

01. Do you wear a hearing aid?

If you have used one previously but don't use it now please answer YES.

Is there a reason for not using it currently?



02. Do you use a flashing doorbell to help you know someone is at the door?

Where did you get it from: social services, bought it, gift, other? If no, have you ever had one and if so why don't you use it now? Is there a reason for not using it currently?



03. Do you have equipment to help with your hearing problems?

What do you have? Did you get them from: social services, or did they/their family buy it themselves, other? If no, have you ever had equipment and if so why don't you use it now?



04. Do you ask people to repeat themselves e.g. when they ask you a question?

Do you find it hard to hear people in a noisy or busy place – e.g. the shop/pharmacy counter, the GP reception area, in the train station?



05. Has anyone said your TV or Radio is too loud?

Do you remember comments made by family members or neighbour, or visitors? Has anyone suggested equipment that might help them hear the TV/radio better?



06. Do you generally strain to hear?

How does your hearing affect what you do day-to-day. Do you have to be really close to the pharmacist or your GP to hear them well?



07. Have you stopped taking part in activities or hobbies?

If you are still active or want to go out what problems do you experience because you don't hear or see that well? If you are not active anymore, why? What did you use to do? What would like to do again?



08. Do you leave your post for family or others to read to you?

Do you still read your mail, newspaper or books? If not, why? Does someone read these to you? Do you find it hard to read your prescription/medicines?



09. Do you wear glasses or find a magnifier helpful?

How do these help you? Are they still useful? If not, why are they no longer useful to you?



10. Do you find yourself sitting close to the TV?

Do you sit less than an arm length away? Do you find it better to sit facing the TV straight in front of you or from the side?



11. Have you had recent injuries, bumps or bruises?



Does this happen often? When did something similar happen before?

12. Do you have difficulty recognising people?



Do you only recognise people when they get close enough? Or until the person says who they are?

13. Is using your hands to find things easier than looking? Do you ask someone to help?



If you drop or lose something – tablets, a pen, glasses, is it easier to use your hands to find it rather than looking?

Do you wait until someone else is around/visits and ask them to look for it?

14. Do you ever miss the doorbell, the telephone ringing or not hear your alarm clock? Do you miss the audio or visual announcements at your GP or Pharmacy saying it's your turn?



Do you find notes on the doormat saying someone called at the door, e.g. the postwoman/man or the gas/electric meter woman/man? Do you sometimes miss a GP or pharmacist appointment because you didn't hear/see your name being called/displayed?



What to do next

If they answer YES to 2 or more of questions 1 to 7 AND YES to 2 or more of questions 8 to 14, then it would be a good idea to get some expert advice on understanding and managing their sight and hearing.

They should think about taking these steps:

- See their GP about the health of their ears and their hearing.

- See their GP or the local eye clinic at the hospital or their local optician about the health of their eyes and their vision.

- Contact the adult services department of their local authority to tell them about difficulties they are having due to their worsening hearing and sight.



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