

NEXT STEPS

1. If you have answered the questions and this has highlighted that you are having difficulty in some situations and you feel ready to address these difficulties we can assess your hearing and discuss the options with you.

If you are already a Chevin Medical Practice patient - The first step to an audiology assessment is to ask for an appointment with a Healthcare Assistant who will check your ears for wax or infection and then refer you on to audiology.

If you are not a Chevin Medical Practice patient - You will need to see your regular GP and request a referral.

2. At your initial audiology appointment we will do a hearing test and discuss your difficulties as well as taking some general details about your health, in particular relating to your ears and hearing.
3. We will then discuss the test findings with you and discuss the options regarding amplification and other strategies that you may be able to use to assist you.
4. If you are happy to proceed we will fit the aid(s) for you at that appointment. You will then remain one of our patients for three years and all of your audiological care can be completed at Bramhope.

WHAT ELSE SHOULD I KNOW?

Even if you already wear hearing aids but are having difficulty we may be able to help.

If it is longer than three years since your last hearing assessment you may be eligible for a new hearing assessment and potentially an upgrade of your aids. If this applies to you, you would need to seek a new referral from your GP or ask for an appointment with a Healthcare Assistant if you are a Chevin Medical GP patient.

PRIVATE HEARING AIDS

We also offer a private hearing aid fitting service at Bramhope.

This is run in addition to the NHS service and in no way replaces the NHS audiology service.

Patients who are interested or considering private aids can call 0113 230 3209 and request a no obligation consultation.

We offer a comprehensive range of private aid technology to cover individual needs which is all priced very competitively.



Your hearing health



ARE YOU READY TO TAKE ACTION?

Phone 0113 230 3206
Lines are open
9.30-13.00 Mon-Fri

Email
chevin.community@nhs.net

Chevin Medical Consultancy
Bramhope Medical Centre
Tredgold Crescent
Leeds
LS16 9BR

HEARING LOSS

Many people suffer with a hearing loss without seeking assistance. Often this is because of embarrassment or denial believing that it just isn't bad enough to need correcting.

Hearing loss, specifically age related hearing loss tends to occur over many years. Due to the gradual nature of the loss it is not uncommon for people to just 'manage' or blame those around them for 'mumbling'.

This leaflet gives some prompts to consider where you may be struggling with your hearing. We would encourage you to look over the leaflet and answer **honestly** when you feel you are having difficulty communicating. This leaflet is just for you and you do not need to show anyone the answers you give.

It may surprise you when you stop and really think about it.

Having a hearing loss doesn't have to mean wearing a hearing aid. There are communication tactics that you may find to be adequate to resolve your difficulty. Even if hearing aids are the answer, the digital hearing aids we now fit are very discreet and a far cry for the large whistling devices of days gone by.

COMMUNICATION SITUATIONS

Which of these situations, if any, causes you difficulties?

- Watching TV
- In the car
- At the dining room table
- Quiet time with family
- Grandchildren
- Social gatherings
- Restaurants
- Religious Ceremonies
- Telephone
- Cinema/Theatre/Lectures
- Meetings at work
- Doctor's appointments
- Other: _____

Hearing loss can also have an impact on your emotional health.

Take a look at the prompts on the next page to see whether your hearing is affecting you.

EMOTIONS ASSOCIATED WITH COMMUNICATION CHALLENGES

Which of these emotions have you felt as a result of mishearing or not hearing well?

- Frustration
- Embarrassment
- Annoyance
- Anger or agitation
- Withdrawal
- Anxiety or worry
- Uneasiness
- Other: _____

INDIRECT IMPACTS

Hearing loss can have an impact on your overall well-being. Have you experienced any of these?

- Tiredness or fatigue
- Low attention span
- Difficulty remembering
- Unsteadiness on feet
- Feelings of confusion