

HEARING LOSS

IN OLDER ADULTS

Some Tips When with Adults Experiencing Hearing Loss

- Stand in good lighting and use facial expressions or gestures to give clues.
- Face the person and speak clearly.
- Maintain eye contact.
- Speak a little more loudly than normal, but don't shout. Try to speak slowly, but naturally.
- Speak at a reasonable speed.
- Repeat yourself if necessary, using different words
- Try to make sure only one person talks at a time
- Be patient. Stay positive and relaxed
- Ask how you can help

Hearing loss is a sudden or gradual decrease in how well you can hear



Ideas For When Meeting

- Reading or Writing
- Arts & Crafts
- Photography
- Exercise (walks)
- Along with other mutual hobbies

According to the National Institute on Deafness, approximately 1 in 3 adults between 65 and 74 years of age have difficulties with or experience hearing loss

✉ info@befriendersbozeman.com

🌐 <https://www.befriendersbozeman.org/>

📍 Bozeman Senior Social Center
807 N Tracy Ave, Bozeman, MT 59715



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Enhancing Lives Through Friendship