

2. MY EARS AND HEARING

Ear wax is a common cause of hearing loss. People with learning disabilities are more likely to have permanent hearing problems too.



This checklist can be downloaded from www.sunderlandactionforhealth.co.uk.

It is free to use for personal use and with people you support.

Did you know that at least 4 in 10 adults with a learning disability has a hearing loss?

Ear wax can be easily treated at your doctor's surgery.

If not, your Doctor can ask the Ear, Nose and Throat Department at your local hospital to do this for you.

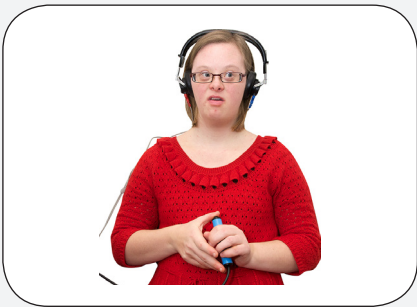


Eardrops, available from your pharmacy, can be used to soften and loosen the earwax which may help it to work its way out naturally.

THINGS TO CHECK

1

Do you have a hearing loss and need more support?



Your doctor's surgery can book you a hearing test.



Your local Audiology department can give you advice about treating ear wax.



Your doctor's surgery can give you advice about hearing aids.

Hearing aids can be worn by most people with hearing loss and can help you to hear better.



Support with your communication.

Speech and Language Therapists can give you help with communication. Contact your local Community Learning Disability Team.

THINGS TO CHECK

2

Do you need more help with your hearing aid?



NHS hearing aids and new batteries are free. Contact your doctor's surgery.



You may need help to remember to wear your hearing aid, or to use it properly.



Your hearing aid may not work properly. It may need cleaning or mending.

The tube may need cleaning, mending or replacing. Your hearing aid may need a new battery. Contact your Audiology department, or wherever you got the hearing aid for advice.



If your hearing aid is uncomfortable, contact your Audiology department or wherever you got the hearing aid. A mould can be made to make sure your hearing aid fits your ear properly.

3

Has anyone noticed signs of a hearing loss you don't know about?



People who know you well may notice things like:

- You sit very close to or have the TV or radio on loudly.
- You find it harder to understand people talking.
- You seem to ignore other people more often.
- You often ask people to repeat what they have said.
- You watch people's faces very closely.
- You seem to hear some people and not others.
- You seem to hear sometimes and not other times.
- You touch or slap your ears and the side of your face.
- You find it hard to tell where sounds are coming from.
- You are easily startled.
- You seem dizzy or lose your balance.

If you have any of these signs book a hearing test.



Some people might not be able to say that they have a problem with their hearing. Their behaviour may change.



- They may not want to go out as often as before.
- They may get more frightened, anxious and frustrated.
- They may seem sad and withdrawn.

4

Has anyone noticed any physical problems with your ears?



Is there any dry skin or soreness?
Is there any discharge from your ears?

Go to see your doctor if you have any problems with your ears or if you have an earache that doesn't get better in 24 hours.



See page 6 for useful websites about ears and hearing.

Action on Hearing Loss

Action on Hearing Loss is the new name for Royal National Institute for the Deaf (RNID).



www.actiononhearingloss.org.uk

Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are Easy Read leaflets about hearing loss and hearing aids designed by many different organisations.

Look in the 'Health Leaflets' section.



www.easyhealth.org.uk

USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from www.sunderlandactionforhealth.co.uk

The Health Action Planning toolkit is free to use.

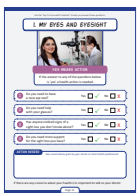


- There are 20 other checklists in the series covering a wide range of health issues.

There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.


Sunderland
Clinical Commissioning Group

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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