



# Is someone you care about suffering from hearing loss?

Tools, tests and tips to help talk about better hearing.

**FREE**  
**HEARING TEST**  
Valued at \$85\*  
Details inside



**bloom**<sup>™</sup>  
hearing specialists

# Living (together) with a **hearing loss.**

Living with an unaided hearing loss is basically no fun at all.

It's upsetting for you with a hearing loss, but it's also frustrating for you as a relative, whether you are a spouse, daughter, grandchild, friend or colleague – it affects all of you.

Unfortunately, this means talking about hearing loss is no fun either.

For you as a relative living or being close to someone with a hearing loss you have most probably experienced:

- You often behave as a translator or a buffer.
- Your loved one's social life decline because going out can be exhausting for both of you.
- You may sometimes feel as if you are slowly losing your partner, parent or friend to isolation.

At bloom™ hearing specialists we wish to make it easier for you both to find a solution before the problem grows bigger than just a simple hearing loss.

An elderly couple is shown from the back, embracing each other. The man on the left has white hair and is wearing a dark green jacket. The woman on the right has short white hair and is wearing a dark blue jacket. They are standing in a natural, outdoor setting with green hills in the background. The text "Talk together. Talk to us." is overlaid in white on the image.

Talk together.  
Talk to us.

You are not the only one who finds it **hard to help someone** you care about come to terms with their hearing difficulties. Here are a few **tips to help you** start the conversation.

- 1.** Talk from your heart with compassion and support and make sure to be motivational.
- 2.** Help your loved one discover their hearing loss – they might not fully comprehend the extent of it.
- 3.** Make sure the conversation takes place in a ‘safe’ and quiet place.
- 4.** Don’t blame your loved one for their hearing loss. They might not realise how much it affects them and you.
- 5.** Emphasise how it makes you feel when not being heard, not how much it bothers you.
- 6.** Try to avoid nagging – nagging does not help either you or your loved one.
- 7.** Don’t make fun of your loved one for not hearing everything. Be patient with them.
- 8.** Let them know you value their company and want them to participate in conversations and social events.



**Honey, we  
need to talk.**

Take the **first test**  
at home. It is simple  
and easy – try it!


**Help your loved one with an easy  
hearing test.**

Taking the first steps to better hearing often requires a little help from you as a friend or relative.

Here are 3 simple at home do-it-yourself tests that give you an indication of a hearing loss.







## 1. No mouth, just words

Test your partner's hearing by covering your mouth while saying words like 'nice', 'soap', 'mess', 'chair', 'hire', which are some of the trickiest words to hear, when you can't see the mouth.

Ask your partner to repeat the words they hear. Are they the same as what you said? If not, this can be an indication of a hearing loss.

## 2. The sweet little one

Take a small sugar packet and shake it in front of your partner's ear about 10 cm from their ear. First one ear. Then the other. If it does not sound the same or if they do not hear a sound that could be an indication of a potential hearing loss.

## 3. Let the fingers do the talking

Rub your fingers about 10 cm in front of your partner's ears, one ear after the other. Can they hear a difference or do they not hear anything? In this case, it can be an indication of a potential hearing loss.

# 5 less known facts about hearing loss.

1. Hearing loss can increase the risk of developing dementia by up to five times.
2. The longer you wait to take action on your hearing loss, the longer it takes for your hearing to get back in shape, because your brain unlearns to interpret sounds if you can't hear them.
3. Hearing loss usually hit only certain frequencies. This makes it very hard to notice a hearing loss because you still hear a lot of the sounds but not all of them.
4. Using a hearing aid can slow down the deterioration of hearing.
5. It is estimated that 10% of New Zealanders<sup>1</sup> experience some form of hearing impairment. Hearing deteriorates with age for all people and can be quite severe for some.

<sup>1</sup> [http://nzhia.org.nz/wp-content/uploads/2017/03/NewZealandTrak\\_2018\\_Final-Report-public-copy.pdf](http://nzhia.org.nz/wp-content/uploads/2017/03/NewZealandTrak_2018_Final-Report-public-copy.pdf)





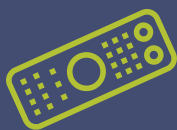
# Some practical tips to **improve the everyday conversation...**



## **Face each other when talking.**

This will make it easier to hear your partner and read their body language. Try to avoid talking to each other from different rooms.

This will make communicating easier.



## **Use the remote to discover the extent of your hearing loss.**

The sound level on the TV often reveals the difference between yours and your spouse's hearing. Use the remote to initiate the conversation on a possible hearing loss – and find a tolerable level for the two of you, so that you can continue to watch TV together.

...but **don't let them be an excuse** for not having a hearing test.



### **Pay attention to your listening partner.**

Tactfully ask your partner if they understood you or ask leading questions if you are in doubt, to be sure they got your message.



### **Help each other.**

A hearing loss can create miscommunication which can affect both parties in a social relation as your partner can feel misunderstood. Remember to seek each other's attention by starting your sentence with your partner's name.

Help each other hear better.

**It's all just talk...**

...but nothing matters more  
in a **good relationship.**

Getting support from friends and relatives can be as important as a good hearing specialist when it comes to better hearing. Maybe a hearing aid can help you and your relatives – maybe not.

So, talk to your loved ones and then talk to us.

**Book an appointment and bring this brochure in with you to receive a FREE hearing health test valued at \$85\*.**

**0800 522 422**

[bloomhearing.co.nz](http://bloomhearing.co.nz)

**bloom**<sup>™</sup>  
hearing specialists