



Hearing Health

Stay connected with family,
friends, community & culture.

One in six people in Australia
have problems with their hearing,
but you can get help.



When you can't hear well, it
can make you feel like you're
missing out on things—like
yarns with family and friends,
important news at work or from
your health worker, or even the
referee's call at the footy.

But you don't have to miss out
because help for hearing loss
is available.



What are the early signs of hearing loss?

As you get older, you (or the people around you)
might start to notice changes to your hearing
such as:

- Not answering questions when asked
- Asking for things to be said again
- Having trouble hearing on the phone
- Not being able to hear in noisy places
- Not wanting to be with family or friends
because it's hard to hear

If some or all of these things are happening to
you, it might be early signs of hearing loss. To
know for sure, you can get your hearing checked.



How much do hearing aids cost?

If you're eligible, hearing aids are free through Hearing Australia, under the Community Services Obligations (CSO) component of the Hearing Services Program. You are eligible for CSO if you are an Australian citizen or permanent resident or live on Norfolk Island, and you are either:

- aged under 26 years
- Aboriginal or Torres Strait Islander and either:
 - aged 50 years or over
 - take part in the Community Development Program.

How is hearing loss managed?

There are still things you can do to improve your hearing:

- **Assistive Listening Devices**—sometimes called ALDs—such as headphones and personal amplifiers. They work a bit like a microphone, picking up nearby sounds, delivering them to your ear at a louder volume.
- **Hearables**—these are a cross between smart wireless earbuds and traditional hearing aids. They can help with listening to music, can connect to your smart phone and help reduce noise around you.
- **Hearing aids**—these days there are lots of different types of hearing aids. Some that go behind-the-ear and some in-the-ear; as well as different sizes, designs and quality.
- **Talk to your doctor**—if you have any pain in your ears or they are runny, as you might need some medicine.

How much does it cost to get my hearing checked?

For Aboriginal or Torres Strait Islander people 50 years and over, hearing checks are **FREE** through Hearing Australia, under the CSO component of the Hearing Services Program.



How do I get my hearing checked?

Your doctor or health worker can help you get a hearing check. This may be done by an audiologist or audiometrist—health workers that specialise in hearing—at your local Aboriginal Medical Service, your local clinic or by visiting a hearing service provider, depending on where you live.

Ask your doctor or health worker about a hearing check or visit health.gov.au/hearing to find out more.