



# Hearing Health Campaign Case Study

## “I can hear rain again” – Irene’s story

Irene lives on the west coast of South Australia. With six grandchildren, two great grandchildren and at least two others who call her ‘Nan,’ Irene wants to be an active part of her family.

Before a hearing test identified hearing loss, Irene was struggling. She was experiencing a high level of ringing in her ears, having trouble hearing and always saying ‘pardon me’ or asking people to repeat themselves. Her balance was not right and her mental health was impacted.

Her doctor referred her for some tests, including a hearing test, which identified that she had significant hearing loss in one ear and some hearing loss in the other.

The audiologist prescribed hearing aids for Irene and as she approaches her 60th birthday, she can hear rain for the first time in years.

Reflecting on her experience Irene says, “Life is so much better, I now understand the terrible impact hearing loss can have on your physical and mental health, it really brings you down. Now my ‘brain fog’ has gone and I feel fantastic.”

Irene wants to encourage anyone experiencing hearing problems to get their hearing checked. Support is available and there are many management options that can help look after your hearing.

*If you are concerned about your hearing, or the hearing of someone you love, speak to your doctor or book a hearing check with your local hearing health professional today.*

*For more information visit [health.gov.au/hearing](http://health.gov.au/hearing).*