



Help & Info • Clients & Families • Printed Resource

Hidden Signs| Hearing Loss May Be Affecting Everyday Life

Hearing changes can happen gradually. Many people adjust their routines without realising hearing is becoming harder. Noticing early signs can help you take action before communication, confidence or social connection is affected more than it needs to be.

Reference: CHC-HI-CF-PR-003

Version: 1.0 | June 2026

Signs to notice

- Frequently asking people to repeat themselves.
- Finding group conversations difficult, especially in background noise.
- Feeling that other people mumble or speak too softly.
- Turning the television, radio or phone volume higher than others prefer.
- Relying more on lip reading, guessing or watching how other people respond.

Everyday impacts

- Feeling unusually tired after conversations, meetings or social events.
- Avoiding phone calls because they feel stressful or unclear.
- Withdrawing from group conversations, family meals or community activities.
- Missing appointment details, instructions, family plans or workplace information.
- Feeling embarrassed, frustrated or left out when conversations move quickly.

What you can do

- Write down where listening feels hardest, such as phone calls, cafes, meetings, the car, television or group settings.
- Ask someone you trust whether they have noticed changes in your hearing habits.
- Book a hearing conversation or hearing check if these signs are becoming part of daily life.
- Bring practical examples to your appointment.

When to seek urgent help

- **A sudden loss of hearing, especially in one ear, should be treated as urgent. Seek medical advice straight away.**
- Also seek prompt advice if hearing changes happen with dizziness, ear pain, ringing, facial weakness or after a head injury.

Online resource: <https://chcare.com.au/help-and-info/clients-and-families/understanding-hearing-health>

General information only. This resource does not replace individual clinical advice. Please contact Country Hearing Care if you need support with your hearing care.

More People Hearing Better

Country Hearing Care | 1800 432 748 | chcare.com.au