

# Love your health

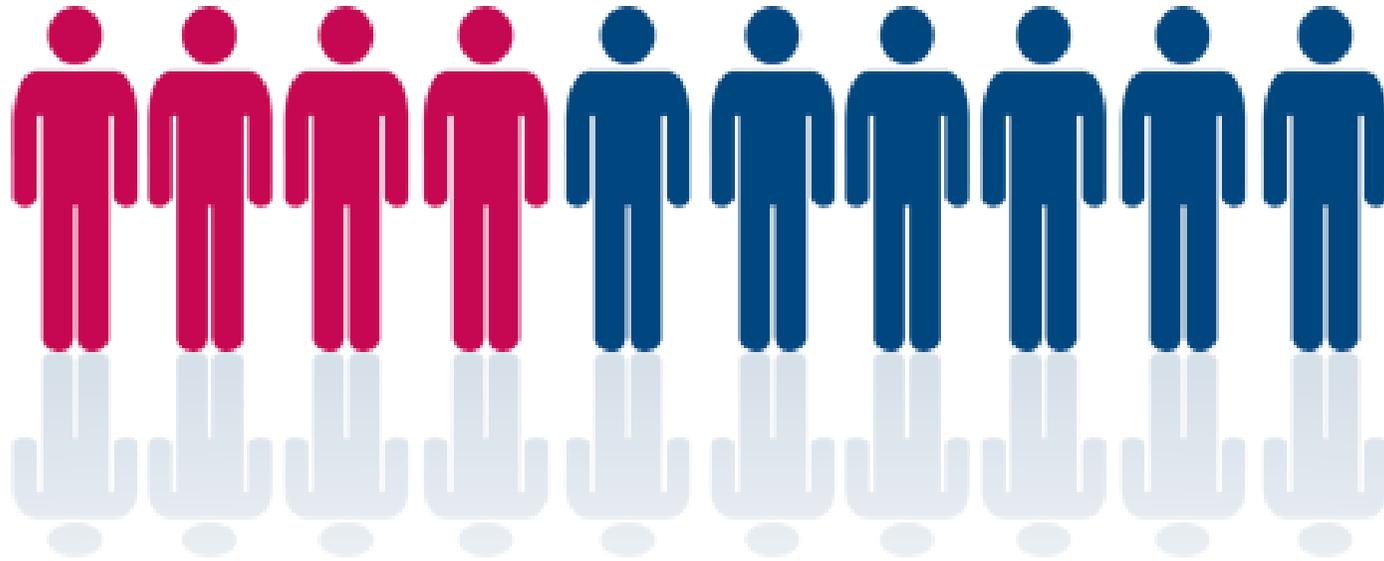
## Hear clear – looking after your ears

### Cardiff Community Learning Disability Health Team

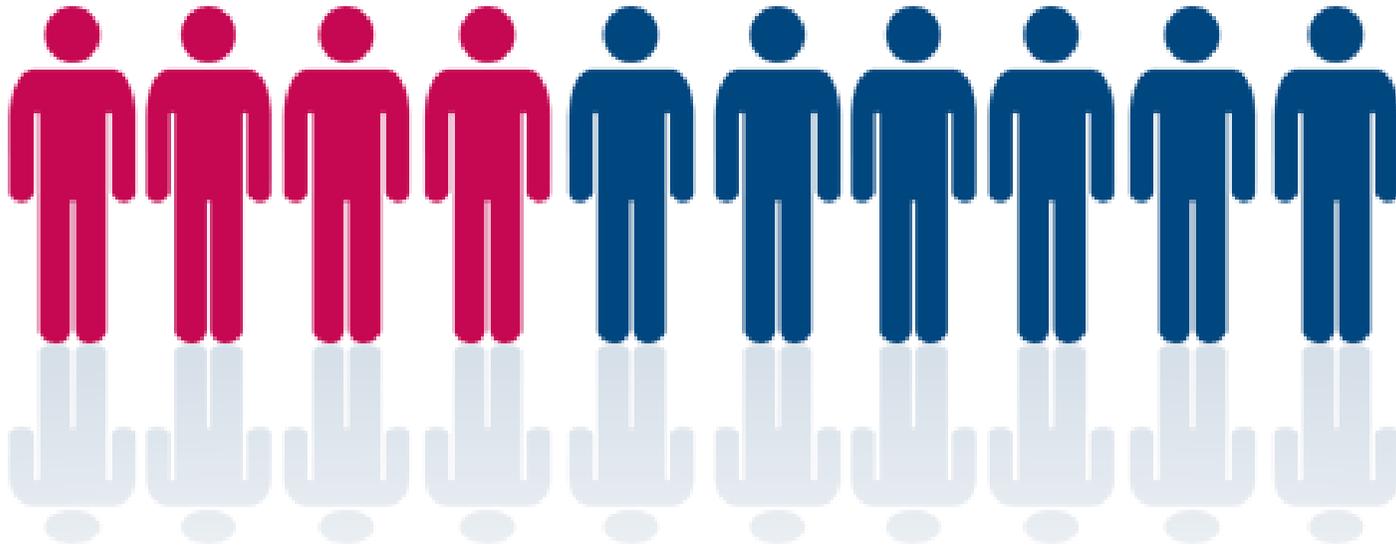
#loveyourhealthldw



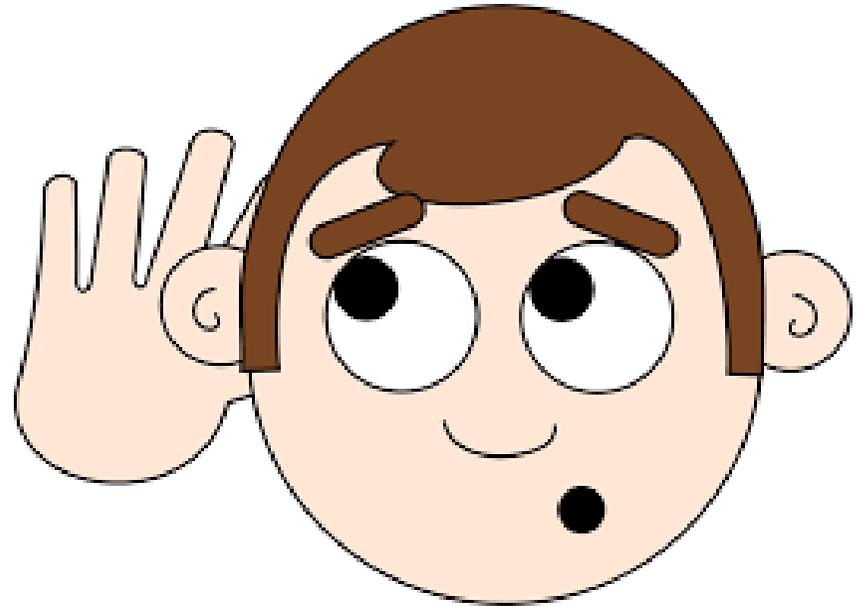
Learning Disability Wales  
Anabledd Dysgu Cymru



4 out of 10 people with a learning disability do not hear well.



8 out of ten people with down syndrome  
to not hear well



As we get older we don't hear quite as well as we used to



Sometimes the support staff and carers don't know people can't hear well.

# Why do I need to hear?

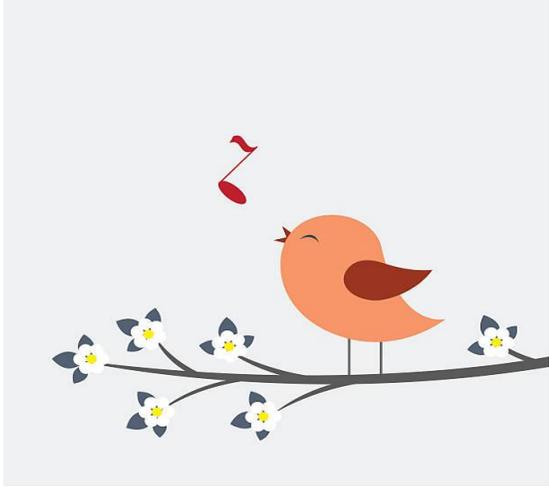


To hear your Family and friends

To hear Sounds at home...



# To hear sounds outside





Having a hearing test



You can bring someone with you.  
They can stay with you all the time.



You will sit in the waiting room when you arrive



- We will look in your ear to see if you have any wax.
- Ear wax can stop you from hearing properly.



- We can take the wax out of your ear.
  - It does not hurt.



- When your ears are clear you can have your hearing test.
- The person doing your hearing test is called an Audiologist.



The Audiologist will need to look  
in your ears again.



You might put on some headphones.



You might be asked to press a button when you hear a sound.



If you have any problems with your hearing, Someone will talk to you about hearing aids.



- If you are going to have hearing aids, we need to make a mould of the inside of your ear.
- This will make sure your hearing aids fit properly.



- We will put this bit of sponge in your ear.
  - It doesn't hurt.



- We will fill you ear up with some paste.
  - It doesn't hurt.
- You will have to wait a few minutes for the paste to dry.



- When the paste is dry we will take it out of your ear.
- We will use it to help us make your hearing aids