

's Hearing Aids

Hearing Aid Overview

Make/Model:

Color:

Serial Numbers: (L) _____ (R) _____

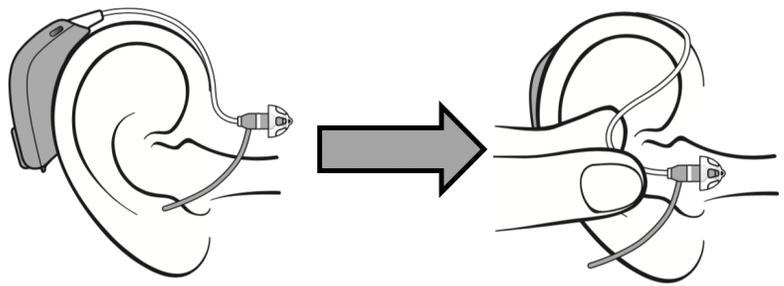
Date fit: _____ Adjustment period end date: _____

Warranty Expiration: _____

Battery Size: _____

Putting your hearing aid on:

1. Rest your hearing aid behind your ear.
2. Gently push the dome tip in your ear.



Hearing Aid Goals

- _____

- _____

- _____

Using Your Hearing Aids

Making a change on one hearing aid

Volume Control

Programs

Program List:

Taking Care of Your Hearing Aids

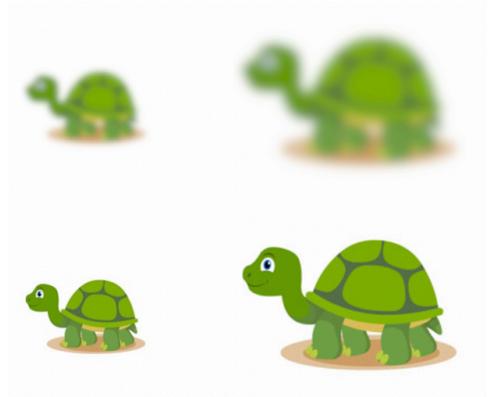
Cleaning Your Hearing Aids

- Use a small brush to clean the microphones. Using the brush, gently rub off any dirt. Hold the hearing aid so the dirt will fall out of the microphone.
- Use a soft, dry cloth to wipe the body of the hearing aid clean.
- Use a wet wipe that is gentle on skin to clean the part that goes inside your ear.

Hearing vs Understanding

Hearing aids make sounds louder so you can hear them. There is a difference between what you can hear and what you can understand. Making sounds louder may not make them more clear.

Think about zooming in on a blurry photo. The image is larger but it is not more clear. A hearing aid is like “zooming in” on sound. There might be times when you can hear someone talking but still have trouble understanding what they are saying.



Communication Strategies



Yourself

- Move closer
- Face the person you are talking to
- Move to a quieter place



Your Environment

- Turn off background noise
 - Turn on extra lights
 - See the speaker's face



Your Partner(s)

- Get their attention
- Face the person you are talking to
- Speak loud and clear

How to Advocate for Yourself

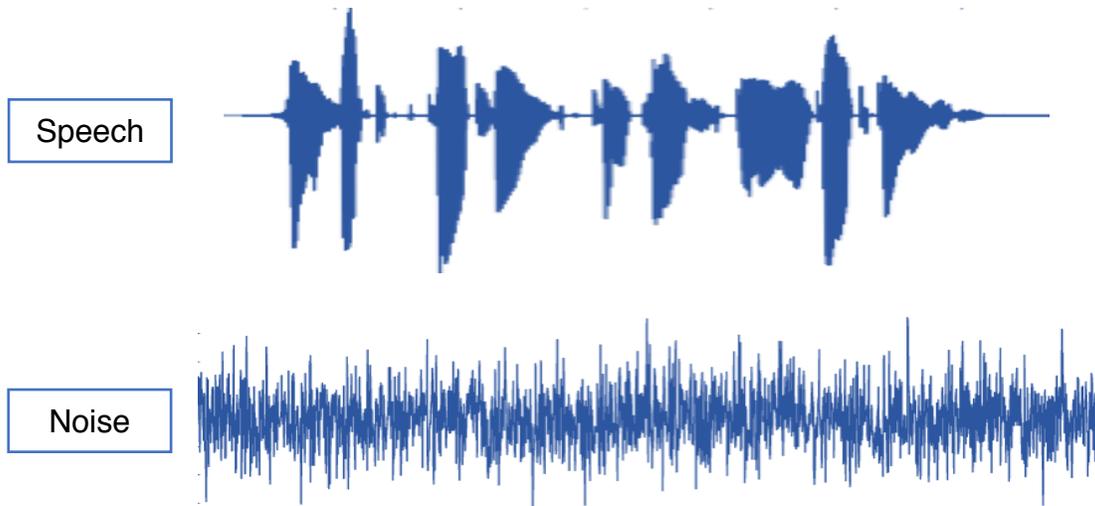
- Ask for clarification (e.g. “Did you say ___?”)
- Tell people about your hearing loss
- Don’t just nod along
- Ask for clear speech (e.g. “Can you speak louder?”)
- Ask for background music to be turned off or down
- Use assistive devices
 - “Can you wear this microphone clip so I can hear you better?”
 - “Please call my home phone so the conversation will have captions”



Listening in Background Noise

Your hearing aid will try to focus on the speech and turn down the background noise. Hearing aids can do two things to help turn down the background noise:

- [Directional microphone](#): The sound in front of you will be turned up. The sound behind you will be turned down.
 - Make sure you are facing the person you are listening to.
- [Noise reduction](#): The hearing aid will try to find patterns. Patterns that look like noise will be turned down. Patterns that look like speech will be turned up.



Steps for Troubleshooting



Frequently Asked Questions

Q: Why do my hearing aids make a squealing sound? / What is feedback?

A: The squealing sound from your hearing aids is called feedback. Feedback occurs when the sound coming out of your hearing aid gets picked up again by the microphone. When the microphone amplifies the sound again, it becomes a loop. This loop is what makes the squealing sound. It is normal for feedback to happen when you put your hearing aids on or adjust the fit.



Q: Can I wear my hearing aids when I exercise? Or when I get my hair done?

A: It is important to keep your hearing aids dry.

- If you sweat a lot while exercising and feel comfortable without your hearing aids, it may be best to take them out. If you keep your hearing aids in, make sure to put them in your hearing aid dryer overnight.
- It is best to take your hearing aids out at the salon. You want to keep your hearing aids safe from water from washing your hair and residue from hairspray or other hair products.



Q: I felt like I could hear better before I got my hearing aids.

A: Over time, your brain adjusts to how hearing aids sound. You might not have noticed how much you could not hear before hearing aids. Once you get used to listening with hearing aids, you will miss the soft environmental noise when you have them out.

- If you find that your hearing aids are no longer loud enough for you or, you always turn the volume up, your hearing may have changed. Talk to your audiologist about having your hearing checked.

Q: How often should I see my audiologist?

A: Hearing aid check – every six (6) months

Hearing evaluation – once per year

- Always call your audiologist if you have any questions or concerns about your hearing or hearing aids.

