

How can you help your loved one with hearing loss enjoy activities and participate more fully?

1 Get their attention

Get their attention before speaking to them. Call them by name, "Honey," "Grandma"—this alerts them that the message is directed to them and it allows them to focus better.

2 Practice preferential seating

Practice preferential seating—seat your loved one away from kitchen noise and the kids table. Seat those who are difficult to hear or speak softly next to your loved one.

3 Walk before you talk

"Walk before you talk"—move closer to the person before talking to them.

4 Reduce noise

Reduce noise as much as possible—turn down the TV and radio, run the dishwasher later, move the kids downstairs.

5 Increase lighting

Increase lighting as much as you can. The hearing impaired rely on speech cues such as lip reading and facial expressions to fill in the blanks for what they don't hear. Better lighting allows them to see you more clearly and therefore understand you better.

6 Slow down!

Slow down! Talking louder to them isn't the best answer, but talking slower is. This allows them to process the speech signal, inflections, and sentence endings much easier, and gives much better comprehension of the message.

7 Rephrase rather than repeat

Rephrase rather than repeat. Some speech sounds are easier to hear than others. Use shorter sentences which are easier to understand. And, most importantly, NEVER say "never mind ..." This is very hurtful and makes them feel that they aren't worth the extra effort to talk to them.

8 Quiet table

When in a restaurant, ask for a quiet table and sit away from the kitchen, bar, front door, and music.

Thank you for placing your trust in us for your hearing health needs.



Hearing Aid Maintenance and Key Points to Remember

1. When the hearing aid is not in use, open the battery door to reduce battery drain and allow air to flow in and out of your hearing aid.
2. Avoid moisture and do not use cleaning solutions or Clorox wipes. Check for wax nightly; remove it using the cleaning tool and replace the wax guard as needed. Clean the aid nightly using a damp cloth.
3. **The hearing aid has a low battery indicator** that tells you when it is time to change the battery. Your battery should last an estimated _____ days. During the first three battery cycles, let the battery fully die and change each battery separately. After the third cycle, you can change the batteries together.
4. **Hearing aids should never be painful. Contact us if you have any pain or tenderness.**
5. Your voice will sound hollow or odd for a few days, but you will get used to it.
6. Your ears may itch for the first week or so as they adjust to having a foreign object in them.
7. **Remember to “walk and talk.”** Proximity is the key to success. You will hear best when you are within 6-8 feet of the person talking. Have them get your attention before speaking. Distance and barriers will make it difficult to understand what they're saying.
8. **For optimal hearing in background noise,** try to position yourself so that most of the noise is **behind you** so directional microphones operate most effectively.
9. **Getting used to hearing aids is a learning process.** Your brain has to remember sounds and how to process them; some will be unpleasant at first, but over time these will help improve your speech understanding. Our goal is to help you hear as easily and comfortably as possible. You will never understand every word in every situation, but we will work hard to get you as close as we can.
10. **Vision and hearing are complementary senses.** They work together so we can understand speech. We use facial and speech cues to fill in the gaps. Try to focus on the context of the message instead of every word. Choose a spot with good lighting and, if you still don't understand the message, ask them to repeat or rephrase it.
11. **You will not hear whispers.** Sounds that require air flow such as /s/ and /t/ and /d/ and /p/ and /b/ all sound the same. Instead, speak low—don't whisper—and it should be more easily audible.
12. Finally, and **MOST IMPORTANTLY,** please contact us with any problems or concerns about your hearing aids. Also, if **you lose or damage your hearing aid, PLEASE contact us as soon as possible.**

Homework

1. Close your eyes and have a conversation with someone. Can you understand most of what they said?
2. Close your eyes and listen to the sounds around you. Can you identify what you hear and where it's coming from?
3. Close your eyes and listen to the news or a favorite show. Can you understand it? (Remember, shows with foreign accents may still be hard to understand.)
4. _____

Troubleshooting Tips

1. If one aid doesn't seem to work, push the volume control. If the other aid responds, then the problem aid is most likely plugged with wax. Clean the tip and replace the wax guard.
2. If the aid still doesn't work, replace the battery and push the volume control. If the other aid still doesn't respond, call us and we'll arrange to look at it.
3. Moisture, such as perspiration and humidity, can get into the battery compartment and cause a static or “frying” sound. You may see a small bead of moisture on the battery if this happens. Try wiping off the battery to see if that helps.