

Adjusting to your hearing aids

 **ACTION ON
HEARING
LOSS**

A national charity since 1911

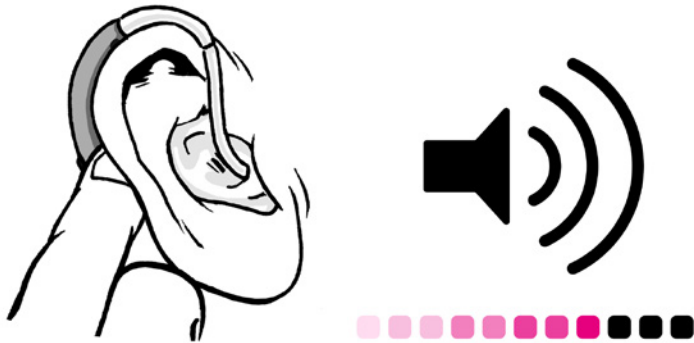
Easy read



Developed in partnership
by Action on Hearing Loss
and CHANGE



What to expect from your hearing aids



Your hearing aids won't make you hear perfectly, but they should make the sounds loud enough so you can hear them.



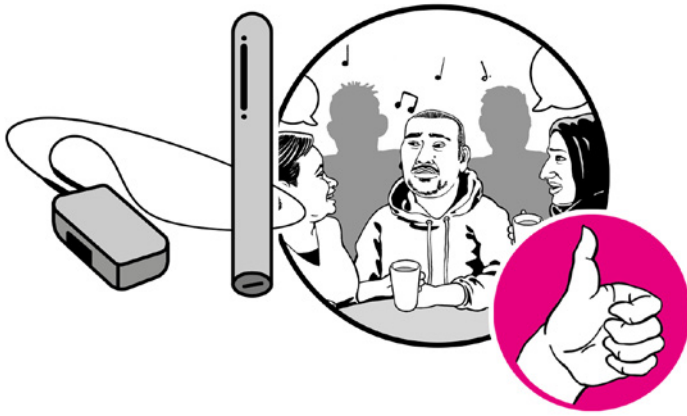
They should help you to hear people talking and everyday sounds like the doorbell and telephone ringing.



Most hearing aids can also reduce some background noises.

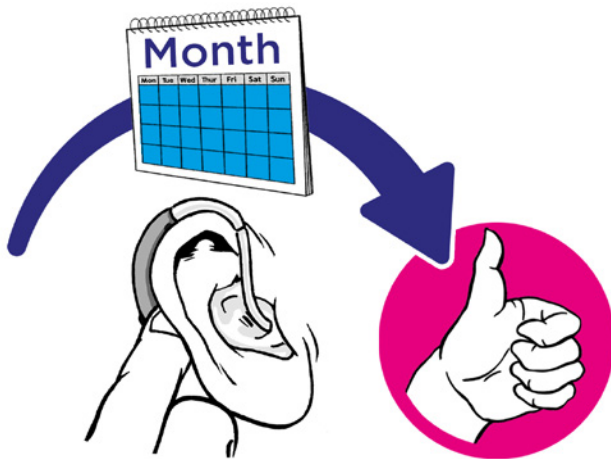


But hearing aids can't cut out all background noise. For example, you might still struggle to hear one person if lots of people are talking at once.



You can use special listening devices with your hearing aids to help you hear better over background noise.

It takes time to get used to hearing aids



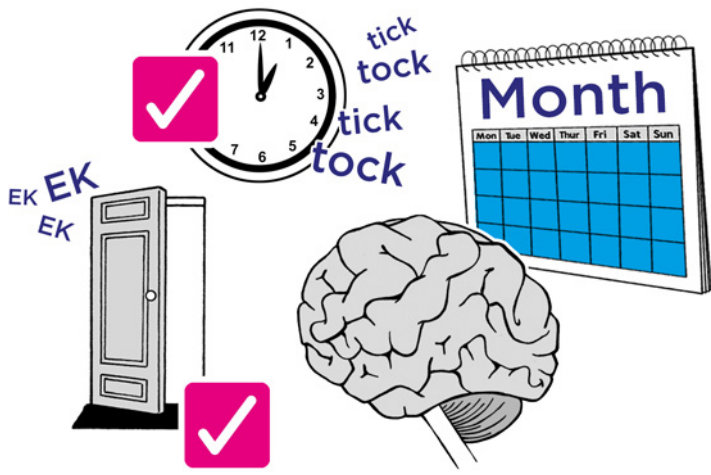
It takes most people about a month to get used to hearing aids but for some people it takes longer.



At first, hearing aids might feel strange in your ears, in how they feel and the new sounds you can hear.

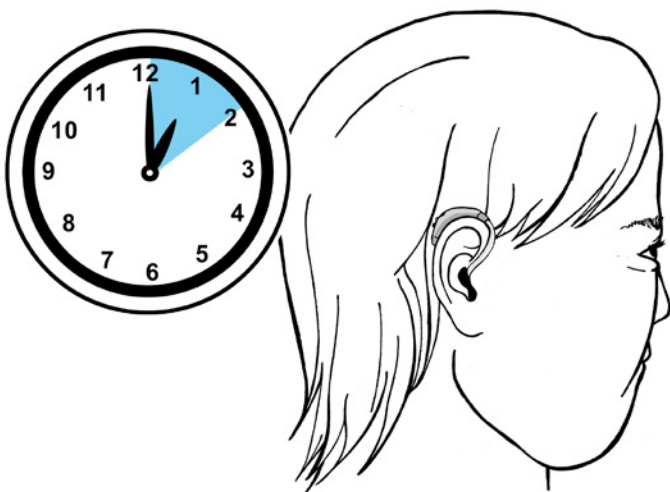


Some sounds might sound too loud at first. For example, the hum of a fridge or the ticking of a clock.

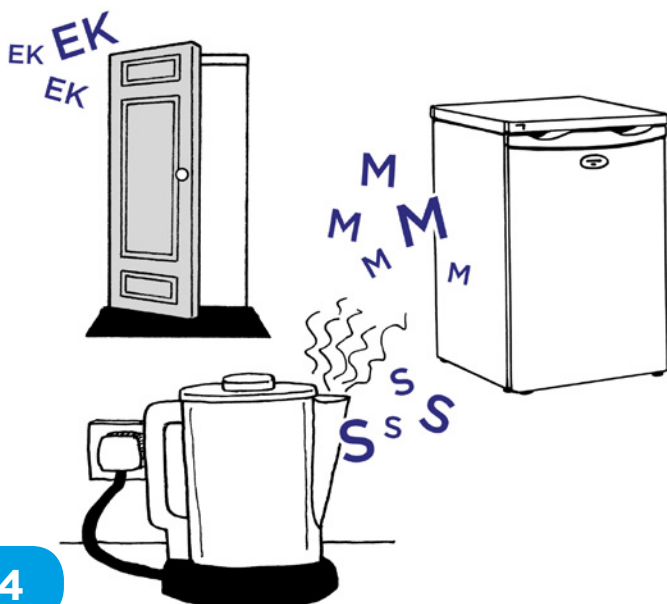


Don't give up – it just takes a bit of time for your brain to get used to hearing these sounds again.

Tips for getting used to your hearing aids



- 1 Start by wearing your hearing aids a few hours a day at home.



- 2 Listen to everyday noises like the kettle boiling, the fridge humming and doors opening and shutting to get used to how they sound.



3 Use your hearing aids while watching TV to help you adjust to hearing different sounds.



4 Try talking with one person in a quiet room, with them facing you in good light so it's easier to lipread them.



5 Then try talking to people in a group. Don't expect to hear everything that's said but try to follow the conversation.



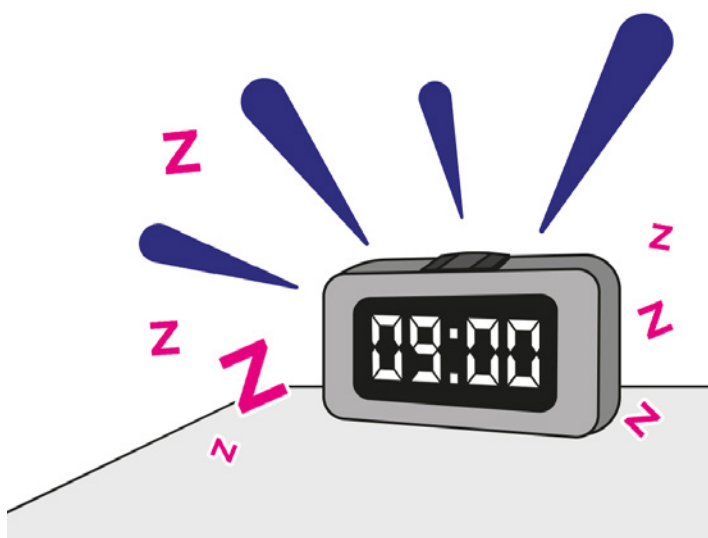
6 Practice using your hearing aids outside. But remember that some sounds can seem very loud until you get used to them.



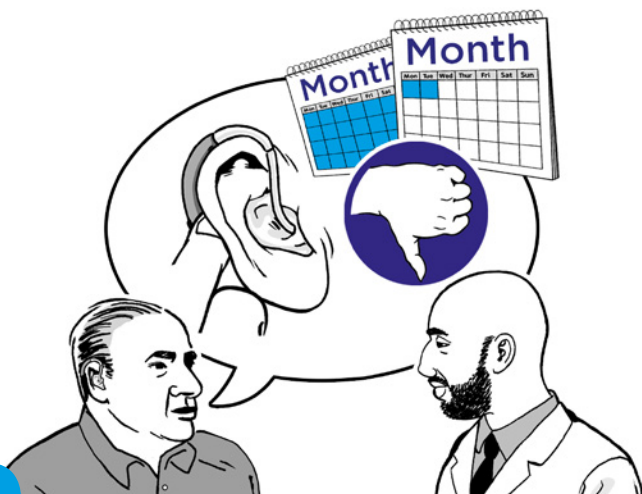
- 7 Finally try using your hearing aids in noisy places, for example where there is traffic or lots of people.



Take out your hearing aids when you go to bed, because it will be more comfortable and give your ears a rest.



You can get different alarm clocks and smoke alarms that vibrate to alert you when you don't have your hearing aids in.



Having problems?

If you are still having problems after a month, tell your audiologist (hearing specialist) so they can help you.

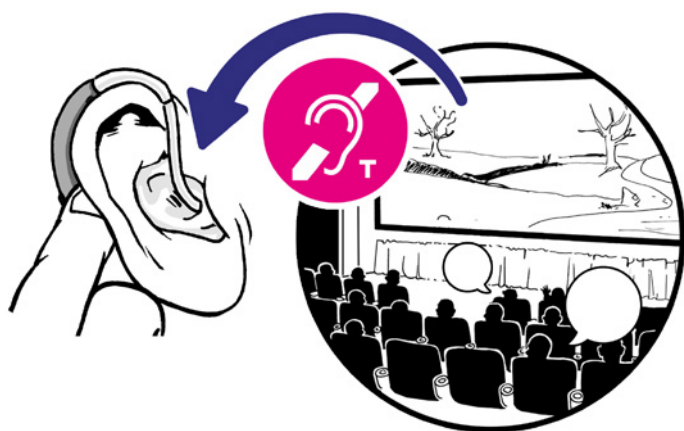
The hearing loop setting



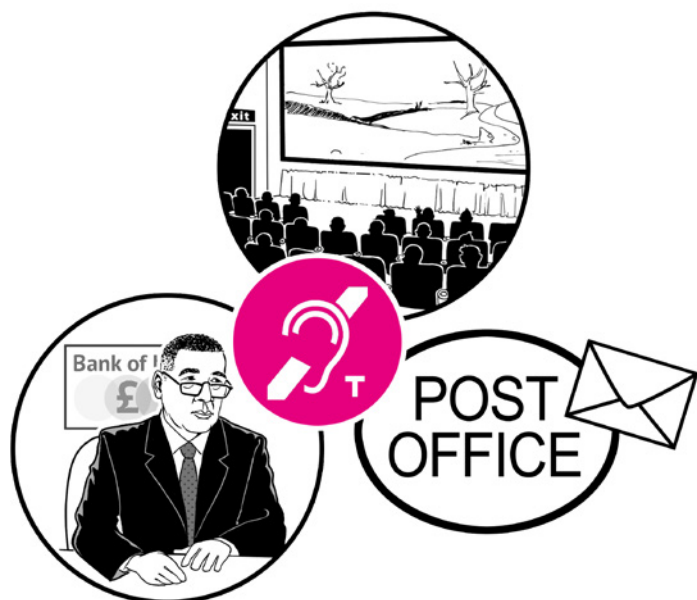
Most hearing aids will have a hearing loop setting. This used to be called the 'T' setting.



If you're unsure how to use it, ask your hearing specialist.



When you switch your hearing aids to the loop setting, your hearing aids will be able to pick up sound from listening systems called hearing loops, so you can hear clearly over background noise.



Lots of public places like theatres, cinemas, shops and banks have hearing loops. They should have a sign that tells you they have a hearing loop.

How to clean your hearing aids

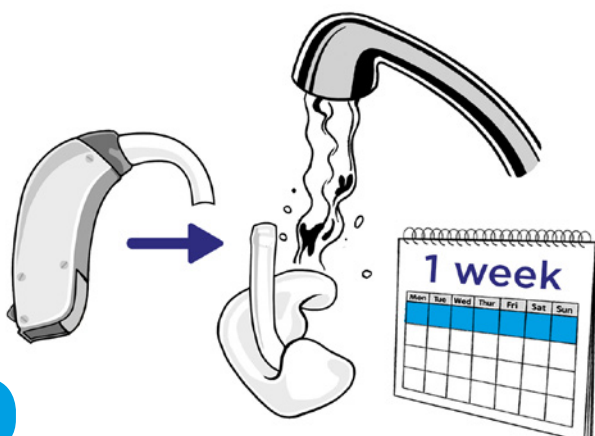
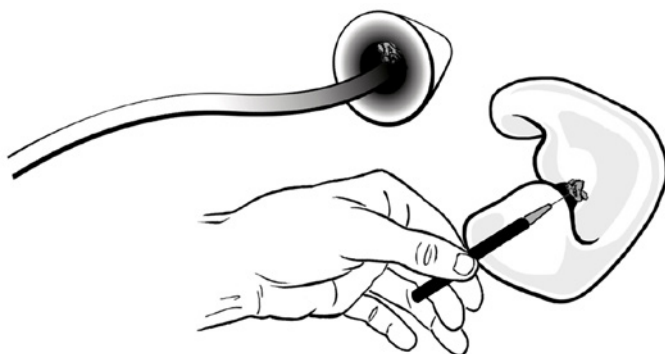
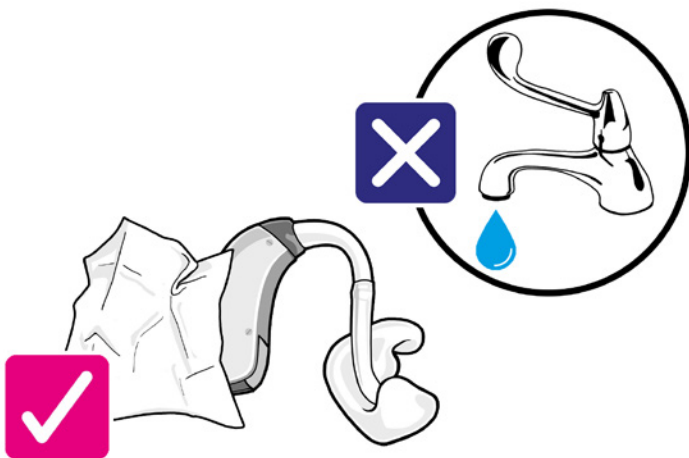
Hearing aids that fit behind your ears

Clean the main part of your hearing aid by wiping it carefully with a soft, dry cloth or tissue. Don't get it wet.

Wipe the earmould or soft tip that sits inside your ear with a soft, dry cloth or tissue every night. Don't use any chemicals as they could damage it.

Use a small brush or something similar to remove any wax or debris that has got into the earmould or soft tip.

About once a week, you need to take the earmould or soft tip apart from the hearing aid and wash it. But check this with your hearing specialist first.



Hearing aids that fit inside your ear

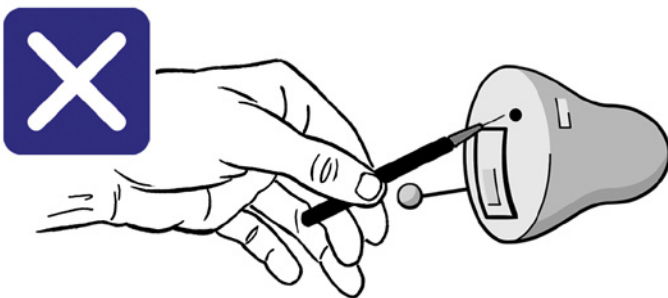
Some hearing aids have their working parts inside the earpiece, so the whole aid fits inside your ear.

In most cases, you can only get these from private hearing aid providers, which means you need to pay for them.

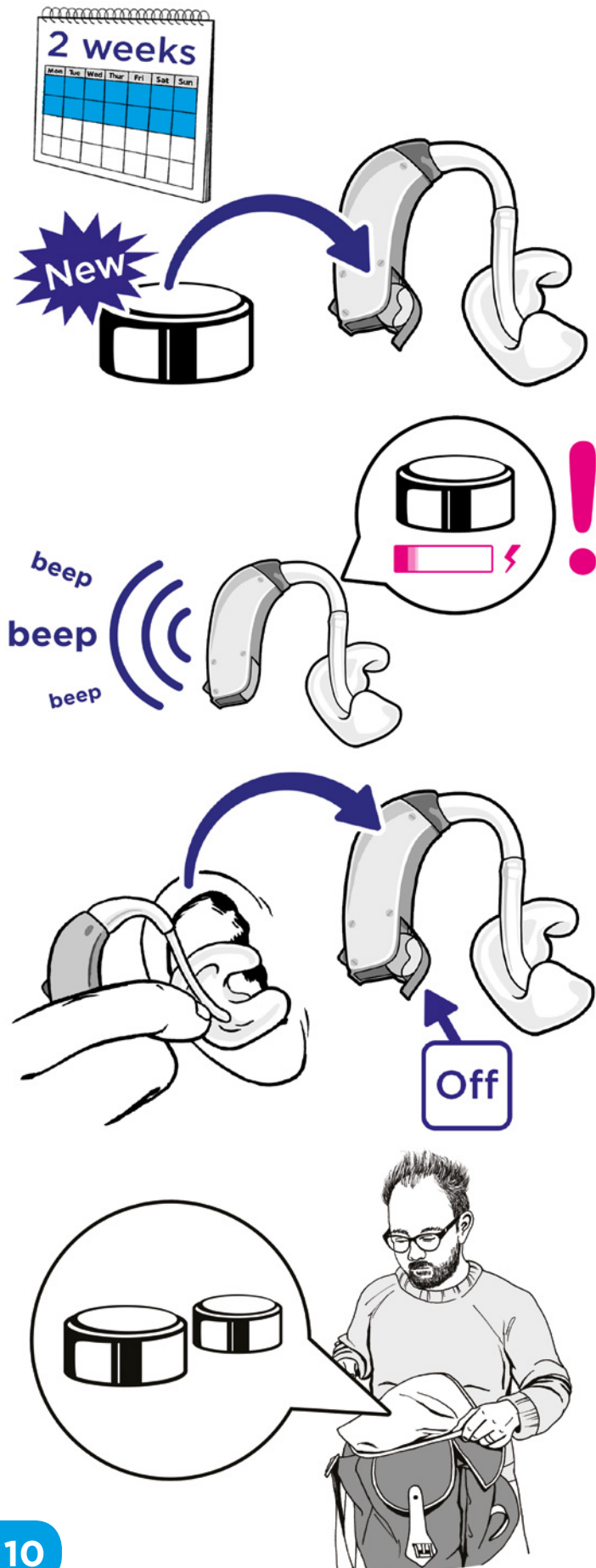
To avoid damaging hearing aids that fit inside your ear, don't wash them. Wipe them with a dry tissue and use a soft, dry brush to remove wax from the opening.

Don't poke anything into the opening as you may damage the microphone.

Your hearing specialist can show you how to look after your hearing aids.



Changing the batteries



You will probably need to change your hearing aid batteries every 1-2 weeks. Your hearing specialist will show you how to do this.

Many hearing aids will give a warning beep when the battery is low.

Switch your hearing aids off when you take them out, to save the batteries and to prevent whistling noises.

Carry spare batteries when you go out.

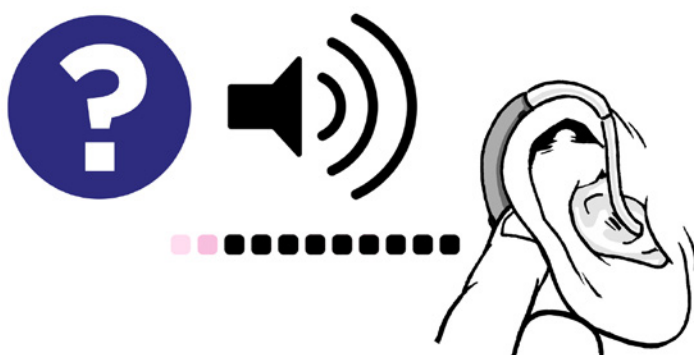
Ask your hearing specialist how to get new batteries.

What to check if your hearing aid isn't working properly



No sound or very muffled sound?

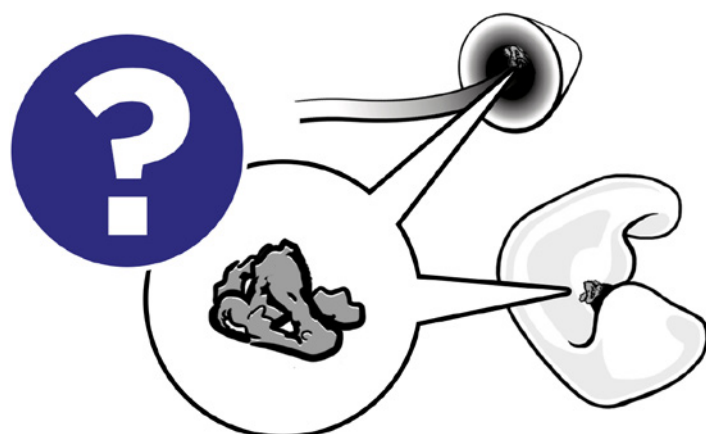
- Check that the hearing aid is correctly fitted and switched on.



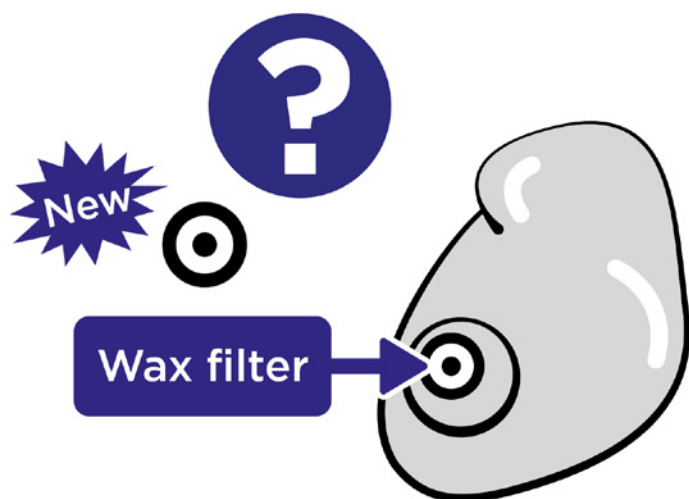
- If your hearing aid has a volume control, check it's not been turned right down.



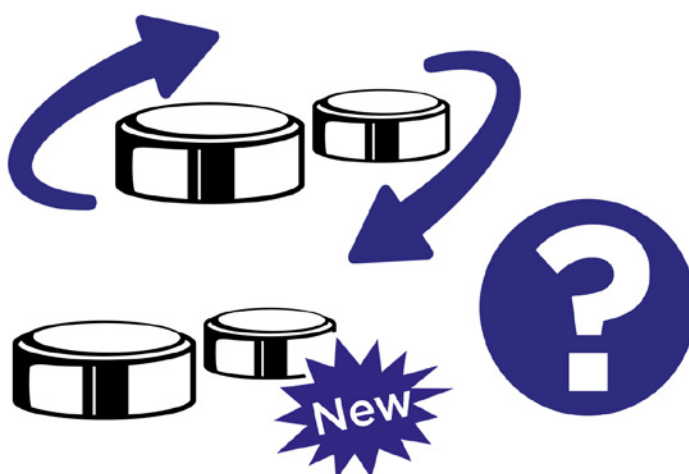
- Check that you haven't switched your hearing aid to the hearing loop setting by accident.



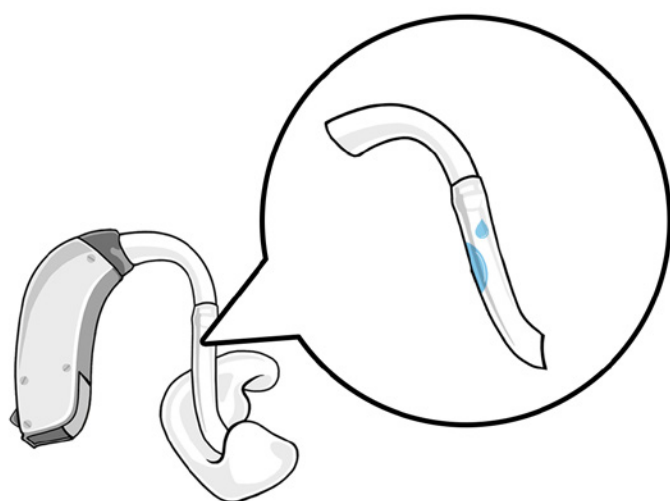
- If your hearing aid has an earmould or soft tip, check it isn't blocked with ear wax.



- If you have a hearing aid that fits inside your ear, check to see if the wax filter needs changing.



- Check that the battery is the right way round. If it is, try replacing it with a new one.



Moisture in the tubing

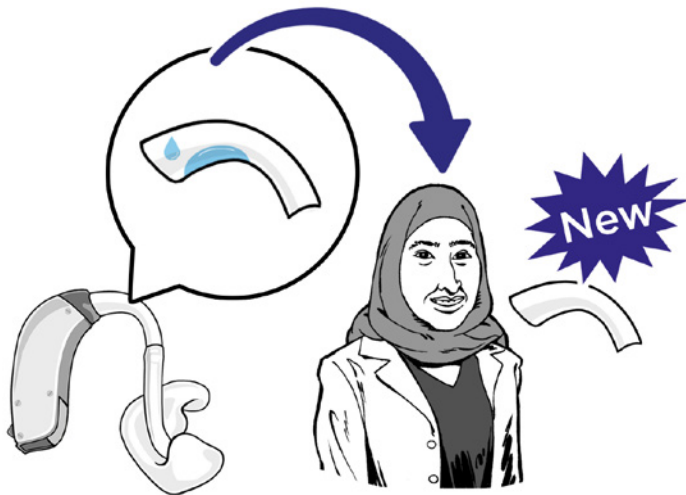
If your hearing aid has a tube, there may be moisture in it.



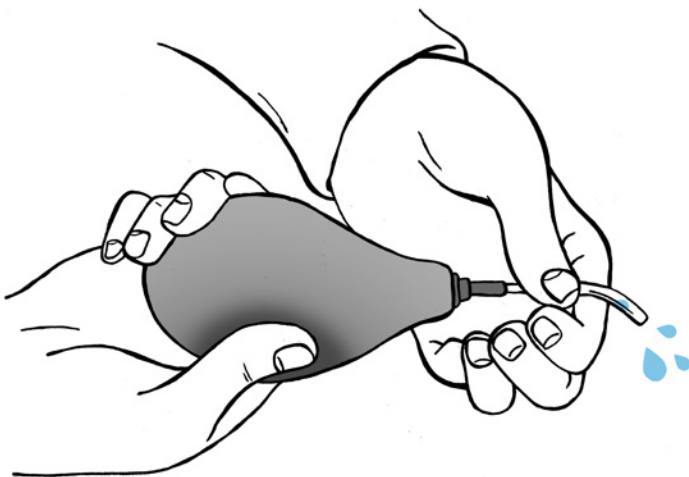
Pull the tubing gently off the hearing aid, at the hook, and blow on it to clear any droplets that might have collected.



If condensation continues to be a problem, ask your hearing specialist if you can have a different type of tube.



Moisture can sometimes build up in the hook of the hearing aid too. Your hearing specialist can replace this.



You can also buy an air puffer, which you can use to blow the moisture out of the tube.

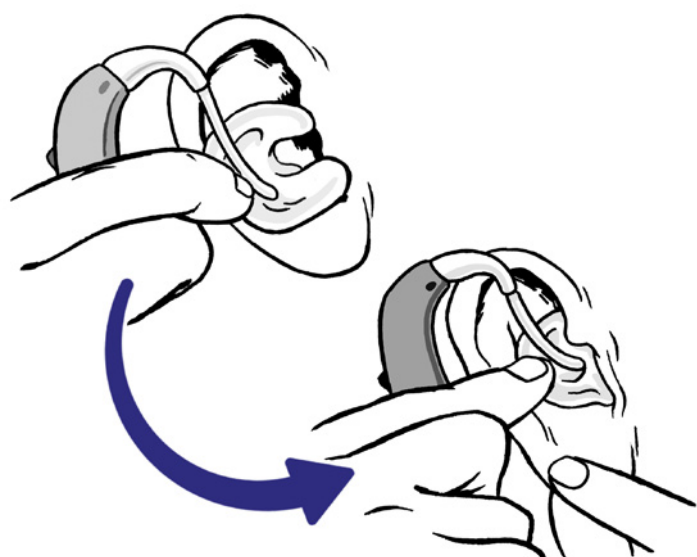


If you've checked all of these things and are still having problems, take your hearing aid(s) back to your hearing specialist to see if repairs are needed.



Buzzing noises?

This might mean you've switched your hearing aid to the hearing loop setting by accident.

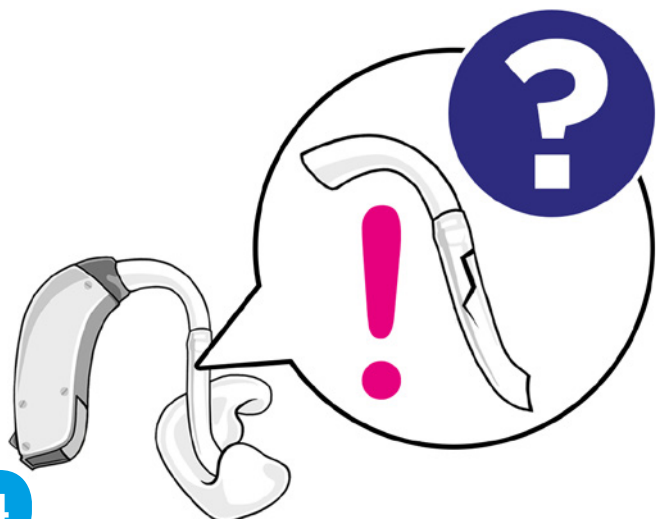


Whistling or squeaking noises when using a hearing aid that fits behind your ear?

- Check the earpiece is in your ear properly – take it out and push it gently back in.



- Ask your GP to check if you have too much ear wax in your ear.



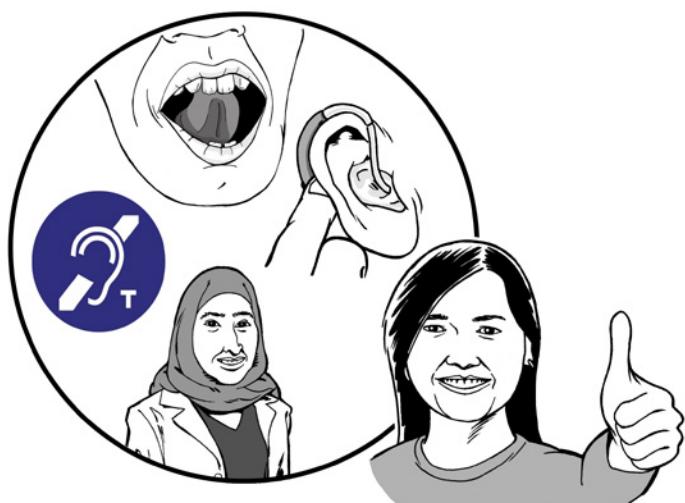
- Is the earpiece or tubing loose or damaged? If this is the problem, you'll need help from your hearing specialist.



Ear problems?

If you have itching, discharge from the ear or earache, see your GP.

More help with your hearing aids



There's plenty of support available to help you with any problems with your hearing aids.

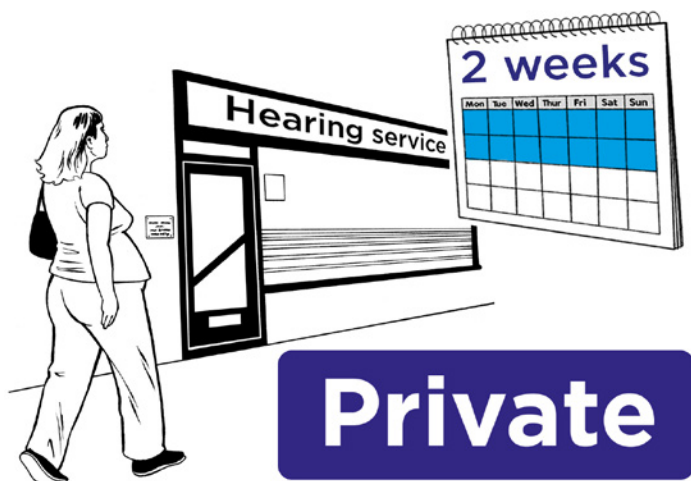
Your audiology service

If you have NHS hearing aids, you should have had a follow-up appointment in person or on the phone with your hearing service within 12 weeks of having your hearing aids fitted.





If you need help in between appointments or after this time, contact your hearing service. Some can even arrange to visit you at home.



If you've bought hearing aids privately, you'll usually have your first follow-up appointment within two weeks of having your hearing aids fitted.



Action on Hearing Loss hearing aid help

If you get NHS hearing aids, we may be able to help you look after them.



We have drop-in centres and can sometimes visit people.



We can clean earmoulds
and replace tubes and
batteries.



We can also give you
information about products
and other support services
that can make life easier.



Not everywhere in the UK
has this service, but new
places are getting it all the
time.



Contact our Information
Line on **0808 808 0123** to
find out if there is a hearing
aid support service near
you.

More information



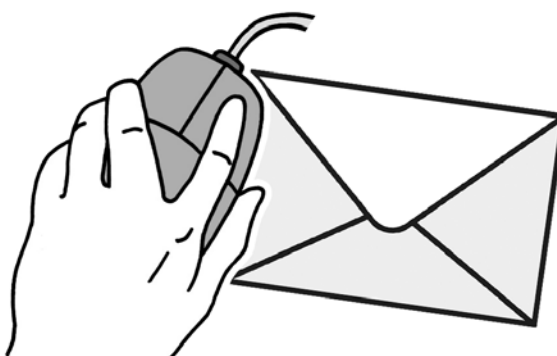
Experts and people with hearing loss help us write our information to make sure it's right.



For more information about hearing loss, call our Information Line on **0808 808 0123**.



You can also send a text message to **07800 000 360**.



You can also email **information@hearingloss.org.uk**

Other information in Easy Read



How's your hearing?

Getting hearing aids



Communication
tips for people with
hearing loss

Communication tips for
speaking to someone
with hearing loss

Action on Hearing Loss (formerly RNID) is the largest UK charity helping people who are confronting deafness, tinnitus and hearing loss.

We give support and care, develop technology and treatments, and campaign for equality.

We rely on donations to continue our vital work.

To find out more, visit **actiononhearingloss.org.uk**

Questions about deafness, tinnitus or hearing loss?
Contact our free, confidential Information Line:

Telephone **0808 808 0123**

Textphone **0808 808 9000**

SMS **0780 000 0360**

(standard text message rates apply)

Email **information@hearingloss.org.uk**

Join us



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Action on Hearing Loss is the trading name of The Royal National Institute for Deaf People.

A registered charity in England and Wales (207720) and Scotland (SC038926).
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