



## What to expect from your hearing device

Using a hearing device for the first time may feel unusual and it is likely you will have a lot of questions about how to use and look after it. Your hearing services provider is the best person to advise you about your own hearing needs and hearing device. This document provides you with some general information on what to expect, including how to adjust to the new sounds you will hear as well as how to look after your hearing device.

### What will my hearing device feel and sound like?

Having realistic expectations and a good understanding of your hearing device will help you to get the most benefit from it. This will help you better manage your hearing loss. It is important to understand that each person's experience using a hearing device will be different, and these differences will depend on the type of device you are using and how much hearing loss you have.

Wearing a hearing device for the first time may feel and sound strange and it is likely you will hear sounds you have not heard for some time. Like all new things, it will take time to adjust to your new hearing device. Be patient and allow yourself a period of time so that you can get used to how your hearing device looks, feels and works.

During this initial period, your hearing services provider may suggest you begin by wearing your hearing device for short periods of time. This allows you to become comfortable with how it feels and sounds. Once you are more familiar with the hearing device, you should increase the time you wear it. Using it initially in quiet environments, such as watching television or listening to the radio, makes it easier to adjust to the new sounds. Once you are accustomed to using your hearing device in a quiet environment, move on to using your device in more challenging and noisy listening places such as clubs, shopping centres, etc. This will help you to get the best benefit from your hearing device. While you may want to use your hearing device in noisy environments as this is where you have the most difficulty listening, it is not advisable to do this until you are fully accustomed to the hearing devices.

### Are there any other tips that can help me get used to wearing my hearing device?

The following tips may also be useful to help you adjust to using your hearing device.

- Read the information your hearing services provider gives you about your hearing device. This can help you better understand what to expect from your device, help you to become more familiar with its controls and settings, and when and how to use them;
- If you have a hearing device, practice how to correctly place your ear mould or aid into your ear. This will make it as comfortable as possible to wear;
- Write down any problems or questions you have about using your hearing device. Discuss them with your hearing services provider at your next appointment. Make another appointment if you need to; and
- Be persistent and be ready to experience change. If you have trouble getting used to your hearing device don't give up. Talk to your hearing services provider to discuss any concerns or questions you have about your hearing loss or using your hearing device.

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## What can I do to get the most benefit from my hearing device?

To get the maximum benefit from your hearing device, one of the most important things you can do is wear it. It is important that you follow the recommendations provided by your hearing services provider. You should actively participate in your ongoing care by attending follow-up appointments.

Here are a few tips to help you take care of your hearing device and to avoid common problems:

- Turn your hearing device off when you are not using it;
- Avoid getting your hearing device wet and remember to take it off before you have a shower;
- Avoid contact with cosmetics such as aftershave, hair spray, perfume and sun screen as these can damage your hearing device. Remove your hearing device before applying these cosmetics and allow time for them to dry before putting your hearing device back on;
- Don't expose your hearing device to extreme heat, so never leave it in places like the glove box of your car;
- Your hearing device may lose volume as the battery runs out. Remember to replace the batteries as needed and keep some spare batteries with you;
- Keep your hearing device clean and wipe it regularly with a dry cloth or a tissue. If you don't clean your device regularly it may affect the sound quality of your device;
- Have your hearing device serviced on a regular basis; and
- Notify your hearing services provider if your hearing device is not working properly or if it is broken.

Your hearing services provider can offer you a maintenance agreement to help maintain your device and supply batteries.

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