

Tips for getting started



Advice for getting the most
benefit from your hearing aid

oticon
life-changing technology

Hearing for life



Congratulations!

Well done for taking action on your hearing loss. A renewed world lies before you.

We have put together some helpful tips for your first few days. These have already proven invaluable to many other first-time users, and we're sure you can benefit from them too.

Let's get started!

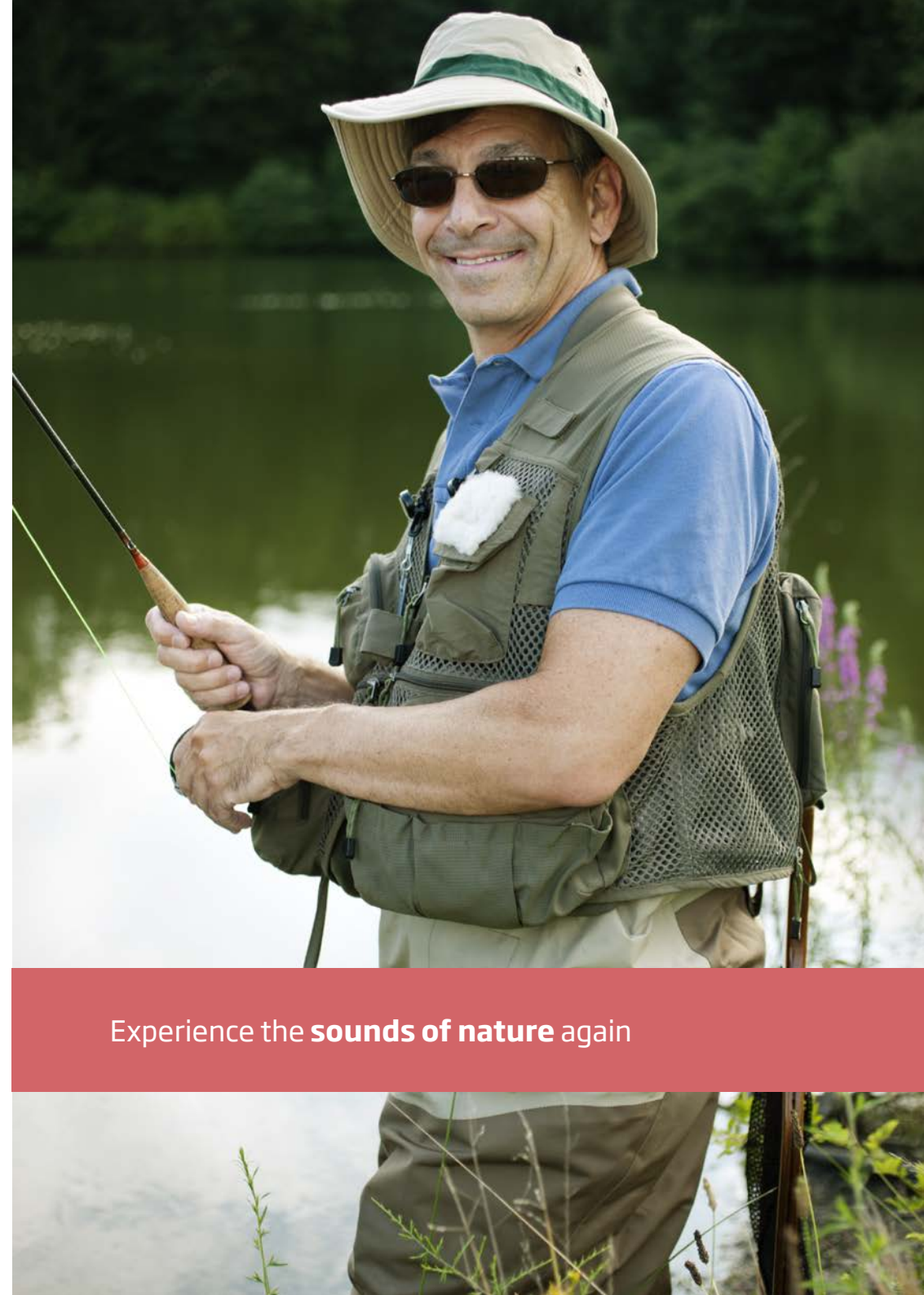
Rediscovering your hearing

The sound of birds singing, the humming of the refrigerator, the rustling of a newspaper. Can you hear all these sounds again?

Sounds and noises that perhaps you haven't heard for a long time are suddenly part of your life again.

Your ears are being supported by your new hearing aids. During the first few days, a lot of sounds will appear louder than before. That's great! However, it may take a little patience while your brain gets used to these sounds again.

- Start using your new devices in a peaceful environment such as your home. Listen to the radio and enjoy a chat with your family or neighbours
- To begin with, get used to your own voice. It will sound a little different while you get used to your hearing aids
- Your brain will begin to reprocess all the unusual sounds you hear and make them more normal. At the same time, it will re-learn to concentrate on what's important and filter out unimportant sounds
- The more you use your new hearing aids, the better you will train your brain. Every day you will progress a bit more



Experience the **sounds of nature** again



Your first days with hearing aids

Rediscover well-known places like your neighbourhood or your favourite supermarket. Try your hearing aids out on a busy street and notice the sounds you've been missing. Call someone. Use your hearing aids when you are together with your family or friends.

This might be a challenge at first. You may experience trouble understanding everything that's going on around you. But you'll be amazed how quickly this phase passes.

Friends and relatives will find it much easier to hold a conversation with you. You won't miss details of the conversation and have to ask them to repeat things.

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**Take your hearing aids
to noisy places and see
what they can do**



Getting out and about

Lively places like restaurants are a real challenge for many people with hearing difficulties. They can be challenging for people who hear perfectly too.

Your hearing aids will help you ignore unimportant background noises while concentrating on the most important sounds. Give yourself some time to get used to this.

Try to sit with your back to any noisy areas. Make visiting a restaurant easier by asking for a table in the quietest place. If you're attending a seminar, arrive a bit early and sit in the front row. And don't be shy about asking the speaker to use a personal listener microphone.

Theatres and cinemas often have 'hearing loops' that make it easier to hear with hearing aids. If your hearing aid has a telecoil programme - simply switch it on and enjoy the show.

How your family, friends and colleagues can help

The people around any hearing aid user can help make life easier with a few simple considerations.

It is important they move closer to you when you are having a conversation - so don't be afraid to ask them.

Facial expressions and lip movements are a great aid to understanding speech, so tell people to bear in mind that you need to see their faces clearly. They must avoid resting their chin or cheek in their hand.

If you have trouble understanding the people you are talking to, ask them to try to speak more slowly. Rather than just repeating something, ask them to think of a new way to say it.

The acoustics and background noise are important. People who use hearing aids often find it is more difficult to have conversations in rooms that echo and when there's background noise, such as from an open window. Try to find somewhere quiet to talk.



How can you **help someone** get used to hearing aids?



Caring for your hearing aids

Your hearing aids are advanced electronic devices that have to cope with all sorts of influences – from humidity and heat to earwax and haircare products. Here are some useful tips to keep them in good working order.

- Leave the battery compartment open when you are not using your hearing aids. This conserves battery life and helps ventilate any moisture.
- Always keep your hearing aids clean and dry, and get into the habit of cleaning your hearing aids every day. Use a clean cloth and a small brush. Never use oil, water, or household cleaning products.
- Check the sound output every day – after you have cleaned them – and remove earwax if necessary.
- Always check you have removed your hearing aids before you go swimming, take a shower, or apply hair spray.

How do I look after my new hearing aids?



Remember to get your hearing aids checked

Your hearing care professional will be pleased to ensure your hearing is optimal

As you become more experienced with your hearing aids, your hearing care professional can adjust them to fit your ears and your lifestyle even better. Tell your hearing care professional as much as you can about your experiences, including anything that has seemed strange or unpleasant. It really helps to have a relative or friend with you during this session, as they may have noticed different things.

Write down your experiences, so you can give your hearing care professional a complete understanding of your hearing. Use these questions to help you:

- Which new sounds have you heard since you started wearing your hearing aids?
- What have you done to get used to these new sounds?
- How do you find conversations in quiet rooms?
- How do you find conversations in noisy places, like in a restaurant or on a busy street?
- Have you taken up a new activity or gone back to one you had given up?
- In which situations would you appreciate further improvement?



For more information on
hearing and hearing loss please visit:
www.oticon.global

Your hearing care professional

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