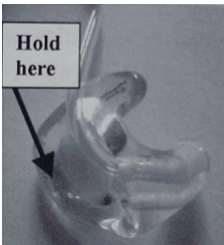
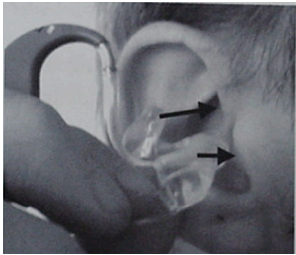
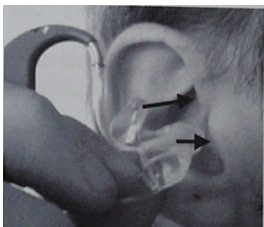










Audiology Information

1. HOW TO FIT YOUR HEARING AID

	<p>Put the ear mould in place first. If it is not put in right, it can hurt your ear or make 'whistling' noises.</p>
	<p>Hold the ear mould like in the picture (use your right hand for your right ear, your left hand for your left ear). Hold it the same way you will wear it.</p> <p>Feel the ridge in the middle of your ear. Put the top of the ear mould under here. The part with the tube goes into your ear hole.</p>
	<p>Keep hold of the ear mould, then make sure the mould fits well in to your ear and under the ridge.</p>
	<p>Let go of the back of the mould now and push it gently into your ear. You can pull your ear back at the same time if it helps.</p>
	<p>Now you can loop the aid over the back of your ear, like the leg of a pair of glasses.</p>








Audiology Information

2. GETTING USED TO YOUR HEARING AID

	<p><u>To start with:</u></p> <p>Wear your aid just for short times – 30 minutes or so. Do this two or three times a day. If that is too much, do it just once a day, but make sure it is every day.</p>
	<p>Sit in a room with soft carpets and sofas, this will be less noisy. What sounds can you hear? <i>Footsteps, doors, kettles boiling?</i></p> <p>They may seem very loud at first, but you will get used to it.</p>
	<p><u>Listening to People:</u></p> <p>Start with one person. They should sit opposite you a short way away (across a table, for example).</p> <p>Talk to them for a few minutes. Do this again as often as you can. Do it for a few days or even a few weeks.</p>
	<p>Then, try talking to two people, still in a quiet room. You may miss some words they say, but make sure you talk as well as listen. Tell them <i>'please don't speak too fast'</i>.</p>
	<p><u>Watching TV</u></p> <p>To start with, watch programmes with one person on the screen, like the news.</p> <p>When you can do this ok, try a programme with more people on it. (It is harder if there is loud music as well as people speaking).</p>
	<p>If you still can't cope with the TV, you could get a 'loop' fitted in your house. This helps you to hear the sound straight from the TV.</p>

Audiology Information






2. GETTING USED TO YOUR HEARING AID (CONT'D)

  	<p><u>Hearing in other places:</u></p> <p>Try using your aid in different rooms in your house.</p> <p>Then try using it in the garden – what can you hear?</p> <p>Try to walk up and down your street, or walk to a local shop – what can you hear?</p> <p>Then use your aid when you go to bigger places. Don't try this too soon, like the supermarket or near busy roads; you may get a fright from sudden loud noises.</p>
	<p><u>Going to meetings:</u></p> <p>This is quite hard.</p> <p>Sit near to the front or close to the main speaker.</p>
	<p>At first the noise of whispers or papers rustling will seem loud – you will be able to ignore these after a while.</p>
	<p>Ask before you go, if they have a 'loop' in the room.</p> <p>Then if you have the 'T' setting on your aid, you can switch this on and it will help you to hear clearly.</p>
	<p><u>Parties:</u></p> <p>No one hears everything people say at parties!</p> <p>Make sure you face the person you talk to.</p> <p>Ask people to repeat things or slow down – this is quite OK</p>

PRACTISE AND BE PATIENT!


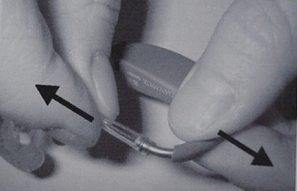



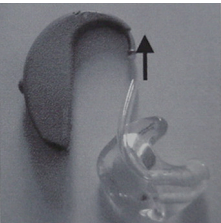
Audiology Information

3. CARE AND MAINTENANCE OF YOUR HEARING AID

 	<p><u>Cleaning:</u></p> <p>Give the ear mould a wipe with a dry cloth every time you take it out. You can use cleaning wipes if you like. (You can buy these from the chemist).</p> <p>Did you get a small brush with your aid to help clean it? This has a small hook on one end – use it to get any wax out that is stuck in the end of the tube.</p> <p>If you get a lot of wax in the ear mould, you will need to wash it. See <i>SHEET 4: ‘How to Wash your Ear Mould’</i>.</p>
	<p><u>Tube:</u></p> <p>You will need a new tube on your aid every 6 months or so, or it will become hard and may break. Someone can do this for you at the drop in clinic for repairs. (If you want to try to do this yourself, ask for another sheet on how to do this).</p>
	<p><u>Batteries:</u></p> <p>Batteries are FREE. You can get them from:</p> <ul style="list-style-type: none">* Audiology front desk at the hospital* The front desk at the clinics at:* Most doctor’s surgeries (GP’s)
	<p>You don’t need to make an appointment. You or a carer need to take your ‘Battery Book’ (hearing aid record book) with you for staff to sign.</p> <p>If you can’t get to any of these places, we can post batteries to you. You need to send the battery book to us at Audiology. <u>Send a stamp with it</u> so we can send the batteries back to you.</p>

Audiology Information

4. HOW TO WASH your EAR MOULD

	<p><u>Washing:</u></p> <p>Wash the ear mould and tube about once a week.</p>
<p>1.</p> 	<p>a) Hold the aid in one hand b) Hold the tube in the other hand c) Pull them gently apart</p>
<p>2.</p> 	<ul style="list-style-type: none">• Take the ear mould and/or tube and wash it in warm soapy water.• (DO NOT use strong washing powder – it can hurt your skin).• You can use an old soft toothbrush to help clean it.
<p>3.</p> 	<p>Rinse the ear mould/tube under the tap. Make sure the water runs through the tube and gets any bits out.</p>
<p>4.</p> 	<p>Blow through the tube or shake it well, to get rid of the water. Leave it to dry for two or three hours or overnight.</p>
<p>5.</p> 	<p>When you put the aid back together, make sure you put the tube back in the right way so the aid fits over the back of your ear.</p>