



Helpful Hour: How to get the most from your audiology appointment

4. Choices to make – your hearing aids & devices

The difference between a good and a bad hearing aid is not usually the aid itself, since most hearing aids are made by just a handful of manufacturers. What you really need in a hearing device(s) depends on your lifestyle and the type of hearing loss you have.

How to make the most of your hearing aids

When you first start using a hearing aid(s), it is important to keep these points in mind:

Hearing aids won't fix your hearing

Hearing aids can't restore your hearing to normal levels, but they can improve your hearing by amplifying soft sounds.

Allow time to get used to the hearing aid

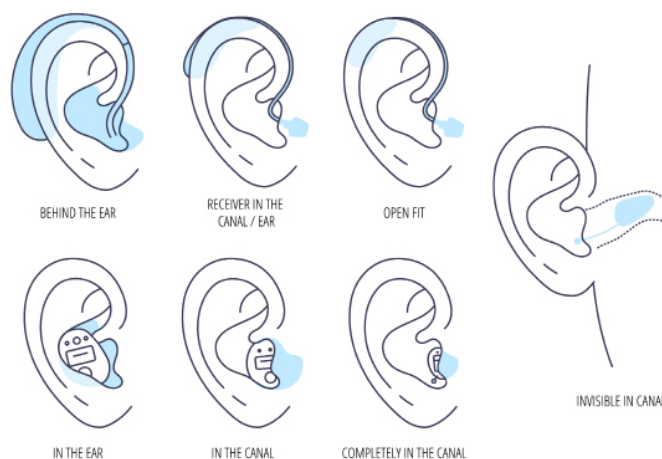
It takes time to adjust to your new hearing aid(s), but the more you use it, the more quickly you'll adjust to amplified sounds.

Practice using your aid in different environments

Your amplified hearing will sound different in different places. Keep a list of your experience to report back to your audiologist at your follow-up appointment.

Seek support and try to stay positive

A willingness to practice, and the support of family and friends, will help to determine your



success with your new hearing aid(s). You may also consider joining a support group or lipreading class to share your experience with peers and get useful tips.

Go back for a follow-up appointment

If you require any adjustments, or to ensure that your new hearing aid is working for you, make sure you have a follow-up appointment booked.

Useful links

Types of hearing aids

hearingdogs.org.uk/ha-types
hearingdogs.org.uk/ha-guide

Profound hearing loss

hearingdogs.org.uk/ha-profound

Earmoulds and domes

hearingdogs.org.uk/moulds

Hearing aid features

hearingdogs.org.uk/ha-features
hearingdogs.org.uk/ha-which



CALL TO ACTION: **What to do with this information?**

- Wear your hearing aids consistently – be patient on how you feel about them.
- Research assistive listening devices and apps that can connect to your hearing aids.

Assistive listening devices

hearingdogs.org.uk/ha-accessories
hearingdogs.org.uk/al-devices
hearingdogs.org.uk/alertdevices
hearingdogs.org.uk/phones

(These links open external sites. We are not responsible for content on these sites.)