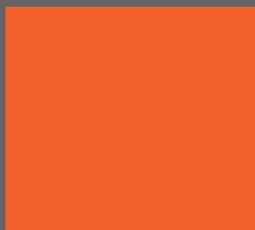


Hearing for life

Tips for getting started



Advice on how you can best benefit from your hearing instruments



A photograph of a man with grey hair, shirtless and wearing dark shorts, jumping joyfully from a wooden pier into a large body of water. His arms are outstretched, and he is captured mid-air. The background shows a calm sea and a clear sky.

Hearing for life

Congratulations!

Well done on choosing your new hearing instrument! A whole new world lies before you.

We've put together some helpful tips for your first few days, which have already proved invaluable to many other first-time users.

Let's get started!

Rediscovering your hearing

The humming of the refrigerator, the rustling of a newspaper and the sound of birds singing. All sounds that you can hear again, right?

Sounds and noises that you haven't heard for ages are back again.

Your ears are being supported by your new hearing instruments. In the first few days, a lot of sounds will appear louder than before. That's great! Just be a patient while your brain gets used to these sounds again.

1 Start using your new devices in a peaceful environment - for instance in your home. Listen to the radio and enjoy a chat with your family or neighbours. Get used to how your own voice sounds now. Your brain will begin to reprocess all unusual sounds.

At the same time, it will concentrate on what's important and filter out unimportant sounds.

The more you use your new hearing instruments, the better your brain will be trained. Every day you will advance a bit more. You're back in the thick of things again.



**Experience
the sounds of
nature again**



The first days with your hearing instruments

2 Rediscover well-known places, like a busy street or your favourite supermarket.

Call someone. Use your hearing instruments when you're together with your family or friends.

To begin with, this might be a challenge. At first, you may have trouble understanding everything

that's going on around you. But you'll be amazed how quickly this phase passes.

The positive side-effect of this process is that friends and relatives will find it much easier to hold a conversation with you. You will not have to ask them to repeat something or miss some conversation detail again.

Time to experience what your new hearing solutions can do for you in noisy settings



**Get out
and about**

For many people with hearing difficulties, restaurants are a real challenge, as they can be for people who hear perfectly too.

3 Your hearing instruments will help you to ignore unimportant background noise while concentrating on the person you're speaking with. Give yourself some time to get used to this. For example, make visiting a restaurant easier by asking for a table in the quietest place. In lively settings, try to sit with your back to any noisy area. If you're attending a seminar, simply turn up a bit earlier and sit in the front row. Don't be shy about asking the speaker to use a microphone.

If your hearing instrument features a telecoil, you can ask about 'induction loop' availability in theatres and cinemas. If they have one, simply switch on your hearing instruments' telecoil program. This technology makes it easier to hear with hearing instruments.

Tips for family, friends and colleagues

4 There are several simple things you can do to make life easier for a new hearing instrument user. For example, move closer to the person when you are engaged in conversation, and make sure he or she can clearly see your face. Your facial expressions and lip movements will be a great help. But remember that it is impossible for someone to lip read if you're smoking or chewing while talking to them.

Avoid resting your chin or cheek in your hand and try to speak more slowly.

If the person you're talking to has trouble understanding you, try to think of a new way of saying something rather than just repeating yourself.

A conversation in an echoing room is just as hard as talking in front of an open door or window if there's a lot of noise outside. Try to find somewhere quiet to talk.



Do you want to support someone who is getting used to a new hearing system?

A few practical tips

5 Your hearing instruments have to cope with all sorts of influences, from humidity and heat, to earwax and hair care products. Here are some useful tips to keep them in great working order.

To increase battery life, leave the battery compartment open when you're not using your devices. Always keep your hearing instruments clean and dry.

Get into the habit of cleaning your hearing instruments every day.

Never use household cleaning products, oil or water. Instead, use a clean cloth and a small brush.

Check the sound output every day and remove earwax as necessary. Always check that you have removed your hearing system before going swimming, taking a shower or applying hair spray.



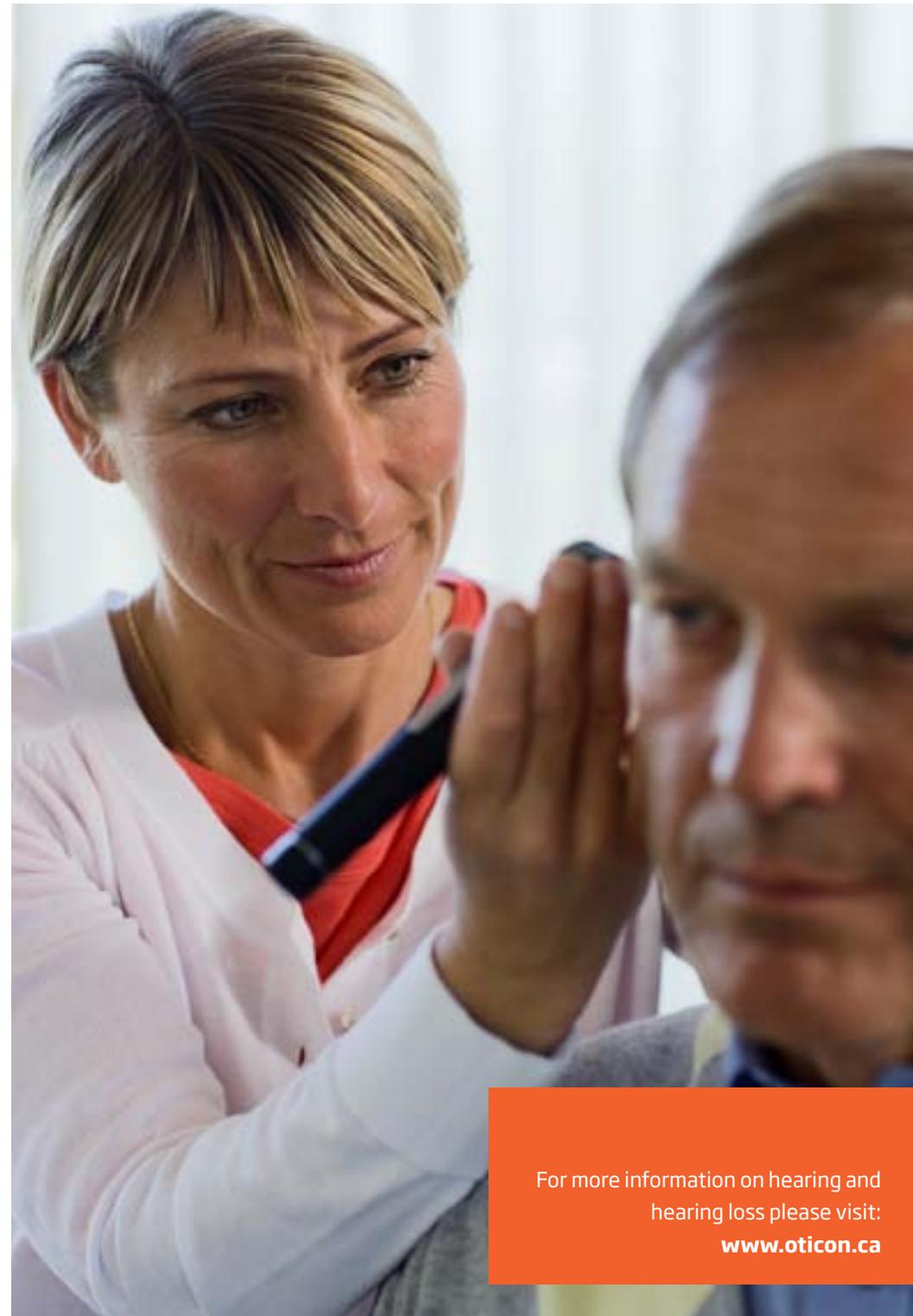
How do I take care of my new hearing instruments?

...And remember to get your instruments checked

Your hearing care professional will be pleased to do this for you

- 6** As your experience increases over time you can adjust your hearing instruments to fit your ears and your lifestyle even better. Let your hearing care professional know how you have got on with them, including anything that seemed strange or unpleasant. It helps greatly to have a relative or friend with you during this discussion.
- 7** Write down your experiences. Use these questions to help you:
1. Which news sounds have you heard since you started wearing your hearing instruments?
 2. What have you done to get used to these new sounds?
 3. How do you find conversations in a quiet room?
 4. How do you find conversations in noisy places like in a restaurant or at a railway station?
 5. Since using your new hearing system, have you taken up a new activity or gone back to an old activity that you had previously given up?
 6. In which situations would you appreciate further improvement?

It only takes a little practice to get a lot of pleasure out of your new hearing system. Enjoy the full world of sound that you've recaptured!



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

People First

People First is our promise
to empower people
to communicate freely,
interact naturally and
participate actively

My Hearing Care Professional: