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DUNCAN AND TODD  
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# REVIVE YOUR HEARING

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Using hearing aids  
successfully



A photograph of a woman with short blonde hair and glasses, wearing a dark jacket and a light scarf, crouching and smiling at a young girl. The girl is wearing a dark jacket, a grey beanie with a butterfly, and a dark scarf. They are in a park with many fallen orange and yellow leaves on the ground. The background is a soft-focus autumn scene with trees and a bright sun creating a warm, golden light.

# **WELCOME BACK TO THE WORLD OF SOUNDS**

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Now that you have taken the step to revive your hearing, you will find some adjustments are necessary. Don't worry, with some new strategies you will soon be enjoying a world of sounds. Knowing what to expect will help you get the most out of your new hearing aids. This brochure will help you discover how.

# LEARNING MADE EASY

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You will benefit the most from your hearing aids if you follow a training programme. Each step will bring you closer to the goal of hearing effortlessly again. Through better hearing you will experience renewed confidence and an improved quality of life.

Hearing aids have evolved into communication systems. Available in a variety of shapes, sizes and colours, they also incorporate a range of different technologies. These developments encourage people with hearing loss to find solutions. After all, relationships revolve around communications.



# GETTING USED TO YOUR HEARING AIDS

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Familiarise yourself with your hearing aids.

## - Adapt the volume to the situation

Modern hearing aids automatically select an optimal volume level when they are switched on and rarely need further adjustment.

### **Important to note**

Don't try to understand soft voices over a great distance. Even people with good hearing cannot do that.

If you have a volume control, don't set it too high or the sound will be distorted.

## - Learn to observe yourself

Your hearing aids should become an extension of your body, just like glasses or contact lenses. This will happen naturally as you get used to them and wear them regularly. Should you experience any discomfort consult your hearing care professional.





## - Give yourself time to discover

Wearing hearing aids and hearing a greater range of sounds may tire you at first. Make a commitment to get used to your hearing aids, your positive attitude and desire to hear better are crucial factors to your success. If you get tired, take a break- but be sure you try again very soon.

## - Adjust to your own voice

At first, your own voice is very likely to sound different, because it is being amplified by your hearing aids. Over time you will adjust to it.



## GETTING USED TO YOUR HEARING AIDS

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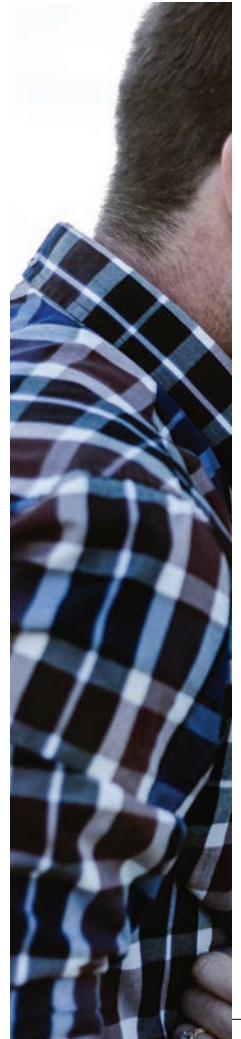
### - Living with noise

The world is a noisy place. People with normal hearing can suppress interfering noises by automatically focussing on the sounds they wish to hear. Your hearing aids will reintroduce you to many sounds you may have forgotten, such as the ticking of a clock, paper being crumpled, the clicking of heels on the floor, birdsongs and children laughing. As you have not heard these sounds in a long time it is very possible that you have temporarily lost this ability to ignore irrelevant sounds. The best way to re-learn this skill is to wear your hearing aids regularly.

### - Learn to be an effective listener

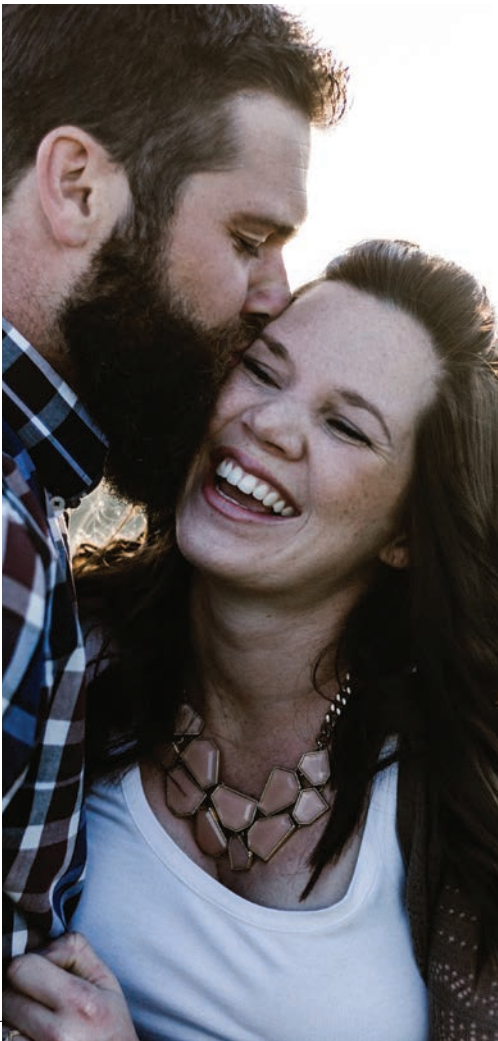
With your hearing aids it is now easier to hear well and communicate effectively in both quiet and noisy situations, but it is also important to be an effective listener.

Try to identify the sounds you don't recognise when you first start wearing your hearing aids. When there are a number of different sounds around you, practice shifting your attention from one to another.



# LEARN TO DEAL WITH DIFFICULT HEARING SITUATIONS

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## - Taking part in discussions

When several people are speaking at once, move closer to the person you want to hear. Try to position yourself with your back to the noise.

## - Visiting public places

When visiting venues like theatres or places of worship, try to sit at the front or near a loudspeaker. If possible, sit where you can see the person speaking.

## - Listening to the radio and watching television

Try to follow the overall meaning rather than each individual word. If you need more help, there are very effective wireless accessories designed to address such listening situations. Consult a hearing care professional to find out what would suit your needs.



## LEARNING MADE EASY

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Successful adjustment to your hearing aids in the initial stages is the foundation for success. Once you have completed the adjustment period you will be able to get the most benefit from your hearing aids. Be sure to read the instruction manual carefully and do not hesitate to contact your hearing care professional should you have any further questions.

- Superior understanding and easy connectivity through a range of effective communication devices.

Situations like watching television, listening to music or one-on-one conversations in a very noisy environment can be enhanced with a range of wireless accessories. Together with your hearing care professional you can choose the best solutions to match your lifestyle.





# ENJOY

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Share these pages with  
your family and friends.

- **Hearing loss also affects those  
with good hearing**

Hearing loss affects approximately 500 million people worldwide. Although people of all ages can develop a hearing loss, those over 50 years of age are particularly affected. In fact, hearing loss is the third most common chronic disorder. Hearing loss is invisible and usually gradual, but it can have a profound influence on the person with hearing loss and everyone around them.

- **Restored communication means a  
significantly improved quality of life.**

For a new hearing aid wearer, the role of family, friends and colleagues is crucial, especially in the initial period of adjustment. The new hearing aid wearer needs your support and encouragement. Help them discover their hearing aid!

## This image shows a full page of white paper with horizontal dashed lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





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