



## Revive your hearing

Getting the most out of your hearing aids

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# Welcome back to a world full of sound

Hearing aids have evolved into intricate communication systems. Available in a variety of shapes, sizes and colors, they incorporate a range of different technologies and features that will help you seamlessly reconnect to the world around you. As with learning anything new, your best way to understand how to get the most from your new hearing aids is to practice. Regular practice of wearing your hearing aids in different listening situations will bring you closer to hearing effortlessly again.

## First things first

Successful adjustments to your hearing aids is the first step to successful hearing. Start by reading the instruction manual carefully and ask your hearing care professional any questions you might have.



## Useful tips & tricks

One of the basics of getting comfortable with your hearing aids is figuring out how to adjust the volume to the listening situation you find yourself in. The good news is that modern hearing aids automatically select an optimal volume level when they are switched on and rarely need further adjustment.



### **It's also good to remember:**

- Don't strain to understand soft voices over a great distance. (This is also a challenge for even those with good hearing.)
- Don't set the volume of your hearing aids too high, or sound will be distorted.

### **Wear your hearing aids regularly**

Your hearing aids should become an extension of your body, just like glasses or contact lenses. This will happen naturally if you wear them often. Don't hesitate to consult your hearing care professional if you experience any discomfort.

### **Be patient and stay committed**

Wearing hearing aids and hearing a greater range of sounds may be tiring at first – this is normal. Stick with it. Your positive attitude and desire to hear better are crucial factors to your success. If you get tired, take a break, but keep trying.

Getting used to  
your hearing aids

### **Adjust to your own voice**

At first, your own voice might sound different because it is being amplified by your hearing aids. Over time, you'll get used to it.

### **Learn to live with noise**

The world is a noisy place. People with normal hearing can suppress interfering noise by automatically focusing on the sounds they wish to hear. Your hearing aids will re-introduce 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, birds singing and children laughing. The best way to re-learn the skill of being able to block out irrelevant sounds is to wear your hearing aids regularly.

### **Learn to listen**

Thanks to your hearing aids, you're probably hearing and communicating well in both quiet and noisy situations, but it is equally important to be an effective listener. Try to identify the sounds you don't recognize when you first start wearing your hearing aids. If you're surrounded by many different sounds, practice shifting your attention from one sound to another. Getting used to your hearing aids

# Dealing with difficult listening situations

Some of life's richest experiences are noisy ones – now with your new hearing aids, you won't miss out on them.

## Taking part in discussion



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 theaters etc. try to sit at the front or near the loudspeaker. If possible, sit where you can see the person speaking.



## Listening to multimedia



When watching television or listening to music, try to follow the overall meaning rather than each individual word.

## Wireless Accessoires



Your understanding can be greatly enhanced through the use of wireless accessories and devices, designed especially for these listening situations. Your hearing care professional can help you choose the best solutions to match your lifestyle.

# Hearing Loss affects everyone

You are not alone. Hearing loss affects approximately 500 million people worldwide. It can affect the people around you because relationships are hard to maintain when effective communication is a major challenge.



Restoring communication results in an improved quality of life for you and the people around you. For a new hearing aid wearer, the support of family, friends and colleagues is crucial, especially in the initial adjustment period.



# Communicating with hearing aid wearers

A new hearing aid wearer needs encouragement from their family and friends. Here's how to support them on their journey to hearing well again.

### **Speak clearly and naturally**

It is not necessary to shout – this will cause sound distortion and discomfort to the hearing aid wearer. Maintain a normal tone of voice, speak clearly and more slowly.

### **Move closer**

Reduce the distance between you and the listener, especially in background noise.

### **Consider the surroundings**

Don't try to converse from one room to another or in rooms with distracting noises, such as a washing machine, vacuum cleaner, loud music, etc. – this is likely to lead to mutual frustration.

### **Understand that using hearing aids can be tiring**

When talking with a new hearing aid wearer, be aware of signs of fatigue. Don't force or prolong conversations if the listener is tired.

### **Be patient**

Respect the pace of adjustment and encourage the person with hearing loss. Be a good listener and help them to achieve their goal of better hearing and understanding.

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[www.instagram.com/Phonak](https://www.instagram.com/Phonak)

[www.hearinglikeme.com](https://www.hearinglikeme.com)



# life is on

At Phonak, we believe that well-hearing equates to well-being and is essential to living life to the fullest. For more than 70 years, we have remained passionate about creating a world where 'life is on' for everyone. Our innovative hearing solutions are designed for people of all ages and all degrees of hearing loss, to connect socially, thrive mentally and emotionally.

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