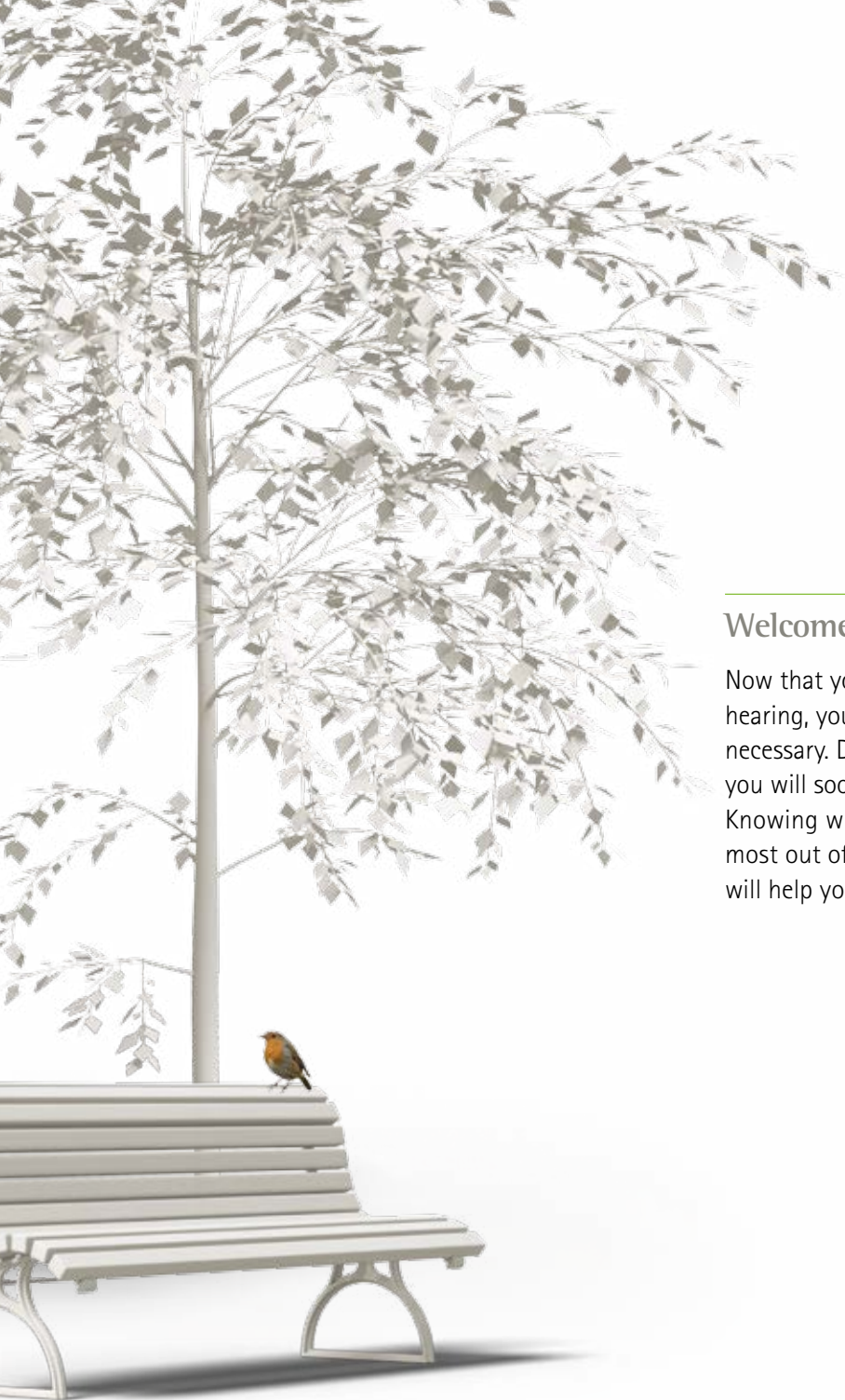


Revive your hearing

Using hearing aids successfully



PHONAK
life is on



Welcome back to the world of sounds

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

You will benefit the most from your hearing aids if you follow a training program. 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 colors, they also incorporate a range of different technologies. These developments encourage people with hearing loss to find solutions. After all, relationships revolve around communication.

Getting used to your hearing aids

The first step is to familiarize 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 likely to sound different, because it is being amplified by your hearing aids. Over time you will adjust to it.

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 recognize 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

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 theaters 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

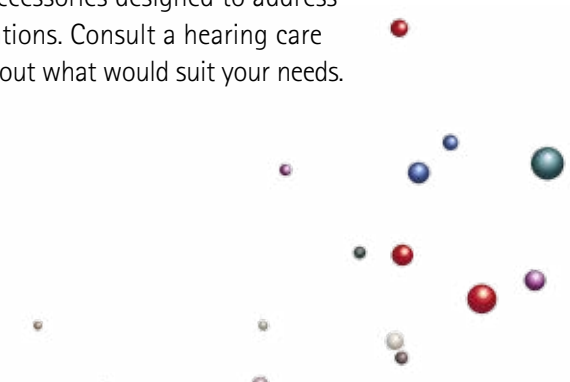
Try to follow the overall meaning rather than each individual word. If you need more help, there are very effective wireless accessories designed to address such listening situations. Consult a hearing care professional to find out what would suit your needs.

Learning made easy

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.





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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!



Practical advice for communicating with hearing aid wearers

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.

Take the surroundings into account

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.

Life is on

We are sensitive to the needs of everyone who depends on our knowledge, ideas and care. And by creatively challenging the limits of technology, we develop innovations that help people hear, understand and experience more of life's rich soundscapes.

Interact freely. Communicate with confidence.

Live without limit. Life is on.

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