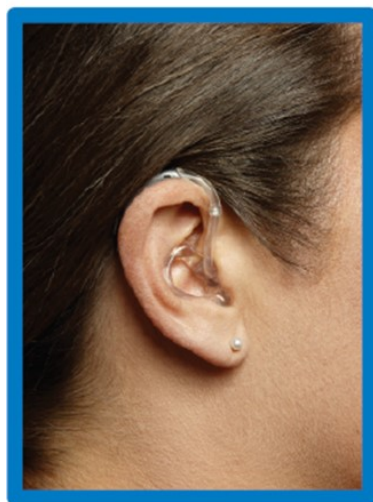
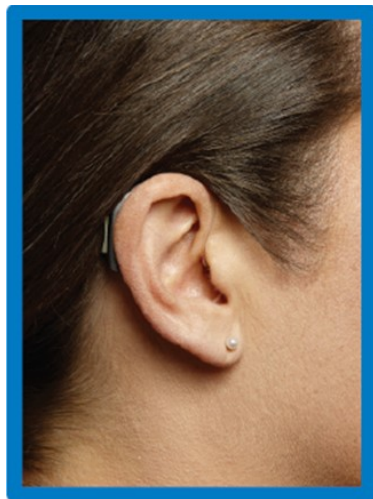


Introduction to hearing aids

Hearing Services Department
Information for Patients

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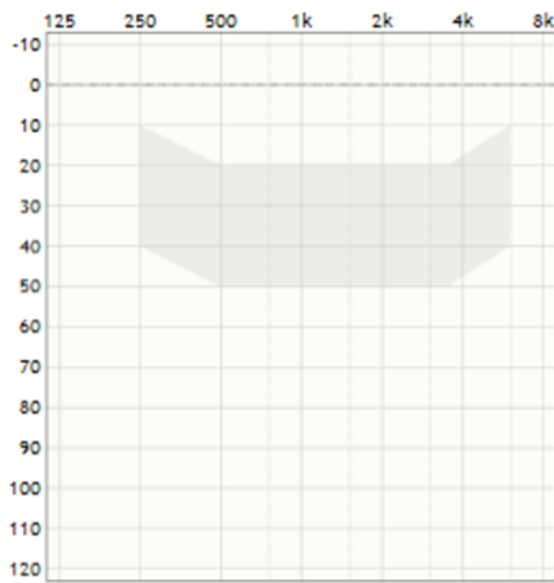
**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

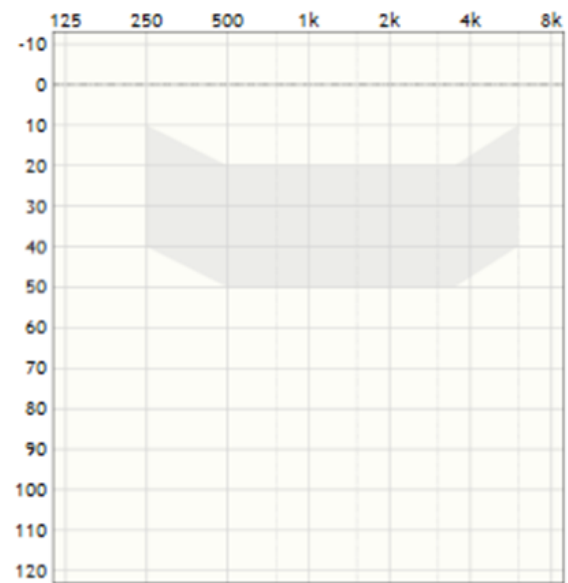
Your Individual Management Plan (IMP)

This is a copy of your recent hearing test. The shaded grey area in the graphs below represent the hearing levels needed to hear normal conversational speech. Your audiologist can explain this test result in more detail.

The closer your test results are to the top of the chart, the better your hearing is.



Right ear



Left ear

Discussed needs:

- 1) _____
- 2) _____
- 3) _____

Agreed actions:

- 1) _____
- 2) _____
- 3) _____

Agreed plan:

- 1) _____
- 2) _____
- 3) _____

Hearing loss

You have recently been confirmed as having a hearing loss and a recommendation for a hearing aid(s) has been made. The following information will help you to understand both your hearing loss and your hearing aid.

As it suggests, a hearing aid, is an 'aid' to the hearing that you already have. Therefore the degree of success varies from person to person. It might depend on:

- how severe your hearing loss is.
- whether your hearing loss is in one or both ears.
- what type of hearing loss you have (conductive hearing loss involves the moving part of the ear; whereas sensorineural hearing loss affects the sensing part or the nerves).
- the cause of your hearing loss.
- your age.
- how good your brain is at processing and sorting sounds.
- your lifestyle and the kinds of listening situations you are in.
- finally and most importantly - your attitude towards the hearing aid(s).

Getting used to a hearing aid(s)

In order to gain the maximum benefit from your digital hearing aid(s), you will need to wear it every day. It will take 6 to 12 weeks for you to get used to it and begin to fully benefit from it.

It is important to gradually increase the amount of time that you wear your hearing aid(s) in the first few weeks. Some people choose to wear their hearing aid(s) all day from the very beginning. Alternatively you can increase the amount of time that you wear the hearing aid(s) slowly. However you choose to do it, your aim is to be wearing your hearing aid(s) most of the time.

Those who choose to wear their hearing aid(s) only when they think they need it, are less likely to get used to them and may find listening in background noise even more difficult.

Will I hear background noise?

At first you will hear lots of background sounds around you, such as a kettle boiling or a central heating boiler starting up. Sometimes these can seem a little too much, however if you keep using your hearing aid(s) you will soon learn to ignore these sounds.

You may also notice a change in the sound of your own voice; again this can take some time to get used to. Your voice will however continue to sound the same to everyone else.

What will it look like?

All NHS hearing aids are designed to fit behind your ear. Depending upon your hearing loss and your ability to handle small objects, your audiologist will help you to choose one of the following:



Hearing aid with an earmould:

A mould is needed for moderate to severe types of hearing loss, or if you have difficulty handling small objects.

An impression of your ear(s) has been taken today to make a plastic mould(s). The mould(s) will be made in the next few weeks.



Hearing aid with a slimtube:

A slimtube is only suitable for mild to moderate hearing losses. A tube will be selected for you from a range of sizes for best fit.

An impression of your ear is not needed for this type of hearing aid.



How long will it take to get my new hearing aid?

If you have not been offered another appointment today, you will have been placed onto a pending list and will receive an appointment letter in the post in due course.

What will happen at my next appointment?

- At your next appointment the audiologist will fit the hearing aid(s) to either a mould or a slimtube.
- Usually a beige coloured hearing aid will be fitted. A choice of other colours are available. Please contact the Hearing Services Department as soon as possible if you wish to choose a different colour.
- You will be shown how to look after the hearing aid and how to fit it. The appointment will usually last up to 1 hour.
- You are welcome to bring a friend or relative to your fitting appointment.
- Please bring your reading glasses if you wear them. You will need them to see the controls on your hearing aid.
- Please bring a bag to carry your batteries, leaflets and hearing aid boxes home with you.

