



# Life with a hearing instrument

ReSound  
red'scover hearing



## What to expect in the near future

Congratulations with your new hearing instrument. To set the expectations right and ensure a successful experience with your new device, please take time to read through this material.

From the moment you start wearing a hearing instrument, you begin re-learning how to hear. Your brain has to get used to new sounds and stimuli it hasn't received in a while. For many, there is an adjustment period that requires a bit of practice. At first, some sounds might seem too loud and you may find yourself getting tired more easily. This is perfectly normal. Your brain is working hard to catch up. With patience and a positive attitude, you'll soon succeed.

## Every day and every sound amplified

Hearing loss is typically acquired gradually over many years and perhaps it has taken you a few years to truly accept your hearing loss and act on it. This means that you have slowly adapted to a life with fewer sounds.

With your new hearing instrument, you will be able to hear all the great sounds you have been missing, but also those you forgot existed. It may take a little time to get accustomed to these many sounds again. Sounds such as:

**A watch ticking ... Turning pages of a newspaper ... The sound of clothing ... The sound of your own footsteps ... Car engine noise ... Birdsong ...**





## Adjusting little by little

The best way to get used to your new hearing instrument is to start in quiet surroundings. Walk around your home identifying and locating sounds that you haven't heard for a while. Get reacquainted with common sounds such as water running from a tap and how the newspaper rustles as you turn its pages.

At first, everything probably sounds a little different, even your own voice. But don't worry – you'll soon get used to it. After using the hearing instrument for a while in the comfort of your own home, you are ready for more demanding listening situations such as conversations with a group of three or more people.

- 1 Use your hearing instrument every day**
- 2 Wear your hearing instrument for just a couple of hours a day during the first week**
- 3 Gradually increase the time you wear your hearing instrument**
- 4 Don't give up – learning to hear again takes time**



## Adjusting to different environments

When most of the usual voices and sounds at home are familiar again, you can start wearing your hearing device in an increasing number of more challenging environments, such as at work or social events. Those situations that posed tremendous challenges before you acquired your hearing instrument will also demand some extra effort in the beginning. Follow these pieces of advice, and you will soon succeed:

### **Public places, meeting hall, church, etc:**

Have your back to the main source of background noise. Be aware that having a conversation in the open street or when sitting next to an open window with noise outside can be difficult, especially in the beginning.

### **Restaurants, bars, etc:**

Sit as close to the person speaking as possible, and position yourself so you're facing them.

### **Watching TV or listening to the radio:**

Sit two or three meters away from the TV with the volume set to a normal level for others. Then adjust that distance or the volume level on your hearing instrument to suit you best. The same with radio – the closer you sit, the less the background noise and the better the sound quality.

- *Research has shown that committing to your hearing instrument will impressively improve your social and emotional life and your ability to communicate.*
- *According to The Better Hearing Institute survey of more than 1500 hearing instrument users, 85% of those surveyed are satisfied with the benefits they get from their hearing instruments.*



## The most frequently-asked beginners' questions

### **Will a hearing instrument restore my hearing?**

While a hearing instrument will aid your hearing and improve it - it can't completely fix it. With most hearing loss the inner ear and/or the acoustic or hearing nerve has significantly deteriorated. Currently, there are no medical treatments to reverse this type of hearing loss.

### **How long will it take me to get used to a hearing instrument?**

If you have lived with untreated hearing loss for many years, you will go through a process of "remembering" to hear sounds again. This period varies from person to person, and honestly, it can be difficult. It is important to follow your hearing care professional's advice and keep in mind that it is indeed a process. Ultimately, taking this step to better your hearing will greatly increase your overall life satisfaction and even your health.

### **Will using a hearing instrument make my hearing worse?**

No. Modern hearing instruments are designed to decrease amplification of loud sounds, so that sounds are audible but not too loud. Your hearing care professional will make sure that sounds are adjusted to your needs. The hearing instrument will reactivate the part of your brain that deals with hearing and help you get better at understanding speech.

### **How long will my hearing instrument last?**

Although estimates vary, hearing instruments are generally expected to last 5-7 years. Certain types of hearing instruments, such as the behind the ear type, may last longer. To extend the life of your hearing instrument, it's important to follow the manufacturer's and your hearing care professional's recommendations for daily maintenance. It is important to note that your hearing may change during these years. It is a good idea to get your hearing tested once in a while to find out whether your current hearing instrument needs adjustments.

## Use your hearing care professional for help

Do not hesitate to contact your hearing care professional if you have questions or concerns. It's very much in their interest that you are happy with your hearing instrument. Often little hassles that are not remedied can lead to a lot of annoyance.

Do not let this happen! Your hearing care professional is there to support you, so please let them help you succeed in any way they can.





## Maintenance tips

Your hearing instrument has to contend with moisture and heat, earwax, skin flakes, oil and hair care products. And like other things we wear, such as eye-glasses or clothing, hearing instruments require cleaning and maintenance.



## Here are some practical tips that will help keep your hearing instruments functioning properly:

Always keep your hearing instrument clean and dry. Using an electronic drying chamber will keep your hearing instrument in good shape and extend its life. At night, store your hearing instrument in the small hearing instrument case or a hearing instrument drying kit (available from your hearing care professional).

To preserve battery life when you're not wearing your instrument, open the battery compartment door so the battery is not in contact with the internal components.

Make a habit of cleaning your hearing instrument on a daily basis. It only takes 1-2 minutes pr. day - but makes a world of difference.

To clean your hearing instrument, wipe the case with a soft cloth or tissue after use to remove grease or moisture. Never use household cleaning fluids.

Always remove your instrument before swimming, showering or applying hair products.

It's a good idea to check your pockets before washing clothes as well.



## Life with a hearing instrument

You have added a new component to give your life more colour. Your hearing instrument should make a lot of things easier for you. It is however also a new aspect that you need to give attention.

With a fair amount of patience and with thorough guidance from your hearing care professional, we know that you will experience a great new meaningful life with sound.



## What to discuss at your follow-up session

No two people respond to sound in the same way, which is why hearing instruments are fine-tuned to each individual's hearing. There are, however, several dimensions to sound quality and thus questions that you should think about during the initial stages of wearing your hearing instrument.

How is your overall satisfaction with your new hearing instrument?

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In which situations do you experience that your hearing instrument improves your hearing and understanding of speech?

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Have you experienced situations where your hearing instrument did not help you?

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How do you experience the daily handling and maintenance of your hearing instrument?

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Do you have any questions or comments?

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