

Your Sound Experience

Expectations

By choosing to work with the team at your AudigyCertified practice, you have made an excellent choice for your hearing care needs. We are 100 percent committed to helping you achieve the lifestyle you desire through better hearing. The following are tips and guidelines about what to expect during your first few weeks utilizing your new hearing technology.

Be Patient

Adjusting to your new technology takes time, patience, and ongoing assessment. At first, your hearing system may not sound normal. In fact, your own voice may sound strange or hollow. You will also begin to hear many sounds you have been missing, such as footsteps in a hallway, the voices of your grandchildren, and even your turn signal clicking in your car. You may also experience sounds that are unpleasant. By documenting your observations, we will be able to readjust your technology to reduce the occurrence of these situations. Remember, losing your hearing was a gradual process, and it will take time for your brain to adjust and hear the sounds you have been missing.

Start Gradually

This will help your auditory system properly adjust and adapt to the new way you will hear sounds. Do not be dismayed if at first you cannot understand low voices or hear a conversation clearly in a noisy environment. Some sounds could seem excessively loud, such as cars on a busy street, the screech of an electric can opener, the motor in your refrigerator, and even music from your stereo. However, your technology can be programmed to filter out a majority of the unwanted noise. Please do not wear your technology while sleeping, bathing, or swimming, as it will cause damage to the system.

Practice

If your hearing loss is severe or has developed over a long period of time, the absence of sound may have become a part of your daily lifestyle. When first utilizing technology, you will hear sounds that you have not heard in quite some time. Initially, these sounds may be confusing, but with time and practice, your brain will learn to interpret them. Your technology is designed to emphasize speech sounds, which will initially cause nonspeech sounds to seem altered and unfamiliar. It takes practice to select the types of sounds you want to hear in different environments. At your follow-up appointments, your provider will be able to readjust your technology to significantly reduce the presence of nonspeech sounds.

Adjustments Are Normal

As an AudigyCertified practice, we offer complimentary reprogramming and recalibration of your technology system. This helps us ensure you are receiving the maximum benefit from your technology according to your lifestyle.

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Helping Your Loved One With Their New Technology

Tips for Friends and Family

Creating the Best Environment for Communication

- Reduce background noise whenever possible. Turn off the television, radio, air conditioner, etc. Understand some situations are more difficult than others, such as in the car, in background noise, etc.
- Face your loved one directly.
- Get on their level. If they are sitting, have a seat. Stand when they stand.
- Face the source of light. Do not have the light behind you or in your loved one's face.
- The intensity of your voice significantly decreases over a distance. Try to be within four feet of your loved one. Refrain from talking from another room.

Things You Can Do

- Get your loved one's attention before you speak.
- Speak in a normal fashion. Shouting distorts your speech, making it even more difficult to understand.
- Keep your hands away from your face while you are talking.
- Refrain from eating, drinking, or chewing gum while talking. This makes your speech difficult to understand.
- If your loved one is having difficulty understanding something you are saying, rephrase the sentence. Repeating the misunderstood word will only lead to frustration.
- Recognize that for someone with a hearing loss, listening is hard work! They will have a harder time when they are tired or feeling ill.

Things to Understand About Hearing Technology

- Hearing technology use takes time and practice to become accustomed to.
- Hearing technology does not restore hearing. Nothing can restore the damage that causes a permanent, sensorineural hearing loss. Today's digital hearing devices greatly help in compensating for the hearing loss, but they do not totally restore one's ability to hear and understand speech.
- Hearing technology is not indestructible. It is important to care for and clean your hearing instruments regularly.