



AMERICAN  
SPEECH-LANGUAGE-  
HEARING  
ASSOCIATION

## AUDIOLOGY

Information Series

# Making the Most of Your New Hearing Aids

Congratulations on the purchase of your hearing aids! You have just made an investment in yourself. You may have a lot of questions. Listening with hearing aids is different. It takes time to get used to them. Hearing aids don't cure hearing loss. They direct sound into the ear. These tips are for getting started with your hearing aids, taking care of them, and what you can do to be a better listener.

### Getting started

It can take some time to get used to wearing hearing aids. Here are some tips to help.

- Use your hearing aids every day. Don't save them for a special occasion. You have to wear them to know how they sound in quiet and in noisy situations. Allow yourself some time to get used to them. Don't give up. Keep using them, and pay attention to when they help the most.
- Noise will be louder, too. Hearing aids cannot separate speech from background noise. It may be hard to have a conversation in restaurants and movies, or when playing games.
- Check the fit. Whistling or feedback are often from a loose-fitting hearing aid. Try moving the hearing aid to get a better fit. Ask your loved ones for help if you cannot do it yourself. Contact your audiologist if you cannot get the feedback to stop.
- Stop using your hearing aid if your ear gets sore and hurts. Contact your audiologist right away.

### Battery basics

Your hearing aid will need a lot of batteries to work. Batteries come in different sizes. Most batteries last an average of 5–7 days.

#### Here are some things to remember:

- Check that the battery is the right size for your hearing aid. One size does not fit all. Remove the tab from the battery.
- Make sure that the battery fits the hearing aid.
- Keep the battery door open when the hearing aid is not in use. This lets the battery compartment stay dry.

- Store hearing aid batteries in a cool, dry place. Do not put them in a refrigerator. Keep them away from children, persons with cognitive impairment, and pets. Batteries are harmful when swallowed!
- Do not store your batteries near medications. A hearing aid battery can be mistaken for a pill or tablet. If a battery is swallowed, contact the National Battery Ingestion Hotline at 202-625-3333.

Be sure to properly and safely dispose of your hearing aid batteries, recycling them where and when possible. Do this as soon as they stop working. Do not save them up and throw them all out at once. This can be harmful to you and to the environment. Do not burn them. Some states have special requirements for battery disposal. Ask your audiologist about any battery recycling rules that you need to know.

### PRACTICING STRATEGIC LISTENING

Sometimes, it will be difficult to hear. Even without hearing aids, a person may find it difficult to listen in noisy places such as parties, meetings, and large groups. It's even harder with a hearing loss. Separating speech from background noise takes a lot of practice. Communication takes more than one person. Here are some tips for you as well as for your colleagues and loved ones who wish to help.

- Look at the speaker. Make sure you can see the face of the person speaking. We can all speechread. This means that you watch someone's lips, gestures, and facial expressions to help you understand what another person is saying.
- Tell someone if you do not understand what they said. It can create big problems if you misunderstood or did not hear.
- Pay attention to lighting, and stay close to the speaker. Do not attempt to communicate from another room or when you cannot see the speaker.
- Listen for key words or ideas. Ask about the topic if you cannot determine what it is.

- Repeat the part of the message that you heard. This will keep the conversation going.
- Ask that public address systems be used when available. Ask whether hearing assistive technology is available.
- Move to a quieter spot if you are having difficulty hearing in background noise.
- Stay relaxed! Remember that, with or without a hearing loss, we all have times when we cannot hear.

### Look for an audiologist who has:

- A master's or doctoral degree
- The Certificate of Clinical Competence in Audiology (CCC-A) from ASHA
- A state license in one of the 50

### NOTES:

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For more information and to view the entire Audiology Information Series library, scan with your mobile device.

For more information about hearing loss, hearing aids, or referral to an ASHA-certified audiologist, contact:



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