

Learning To Use A Hearing Aid

Learning to use a hearing aid can be initially quite challenging and requires lots of practice. But with perseverance, the results are definitely worthwhile.

Inserting the ear mould

This can be a little difficult at first. How you hold the ear mould while inserting is very important.

1. To insert a Behind-The-Ear hearing aid, hold the mould from the outside of the earpiece. Place the ear mould in the ear before putting the hearing aid in position behind the ear.
2. To insert an In-The-Ear hearing aid, hold the hearing aid from the outside of its casing.
3. To insert the earpiece into your ear, you must have the earpiece at the correct angle. Ensure the sound output is at the bottom. Line up the aid in front of you, the raise your hand to your ear without changing its original orientation.
4. Place the sound tip into your ear before inserting the top part. Give the hearing aid a final push to ensure it is in as far as it will go, but this should not be painful.
5. Once in position the hearing aid should feel secure and should not move excessively with normal head movement.
6. Your hearing aid can now be switched on.

Changing the batteries.

Hearing aid batteries need to be changed on a regular basis. When your battery is beginning to go flat your aid may decrease in volume, or make a beeping sound. If at any time your hearing aids begin to sound different the first thing to try is a new battery. Most hearing aid batteries work on a chemical reaction between zinc and air, so they have a sticker placed over the air vents to prolong their shelf life. This sticker must be removed before inserting the battery into the hearing aid. Before removing the old battery, check how it is sitting and put the new battery in the same way. Never force the battery door closed, as batteries only fit in one way, and the door cannot be closed if the battery is upsidetdown.

Whistling hearing aids.

The whistling sound which is sometimes heard emitting from hearing aids is called acoustic feedback. It is the result of sound leaking out of the ear mould and feeding back into the hearing aid. The most common cause of feedback in the initial stages is that the ear mould is incorrectly inserted. In older hearing aids it is likely that the ear mould needs replacing if it no longer fits snugly. If feedback causes regular problems, this should be discussed with your audiologist.