



Next Steps to Better Hearing for Adults

We hope that by now you feel more informed and prepared to address your hearing concerns. Take advantage of the motivation you feel and take your next steps, because the longer you wait, the more difficult it gets.

Putting off being examined by a Audiologist or Hearing Care Provider could have consequences:

- Your ease of adapting to hearing instruments is lowered over time, because you are no longer accustomed to normal sounds — the brain simply forget how it is to hear normally.
- Your emotional and psychological state may be further affected.

To guide you through your next steps, below is a checklist of what you need to plan for and consider:

Find a licensed, reputable hearing health care professional

This could be an audiologist, hearing instrument practitioner, otolaryngologist or an otologist. Most offer the hearing test at no cost, so check beforehand.

Make an appointment for your hearing test

The Audiologist or Hearing Care Provider will examine your ears for possible physical causes like excessive wax build-up, infection, or growth. A hearing test will also be performed to measure your ability to detect sounds at various frequencies or pitches. The entire process may take about an hour. It doesn't hurt and will help your Audiologist or Hearing Care Provider find a solution to suit your particular needs. Don't hesitate to ask questions and try to be as open and relaxed as possible. The more your hearing care specialist knows about you, the better he or she will be able to help you.

Choose your hearing system

Depending on your test results, you will receive a recommendation of hearing solutions best suited to your hearing and personal needs. Feel free to do your

Fact Sheet

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own research as well on the solutions available and perhaps compare prices at other hearing instrument specialist stores. You may also want to check with your health insurance to find out how much of the costs will be covered. Your Audiologist or Hearing Care Provider knows what you need best, but the ultimate decision is up to you.

Have your ear impression made

If you have a custom hearing instrument, then you will be scheduled for an ear impression, which is an exact duplicate of the contours of your ears. Your ear impression is sent to hearing instrument manufacturers such as Siemens to make your hearing instrument. At Siemens, impressions of your ears are carefully replicated for the best fit possible. This usually only takes a few days.

Schedule your fitting

Your next appointment will be to optimally adjust your hearing instrument. The adjustments are done with a computer, based on an audiogram and your own comments. Your audiologist will teach you how to operate your hearing instrument, and how to hear best in different environments. You will also practice inserting and removing your hearing instruments and learn how to clean and care for them.

Follow up visit(s)

Wear your new hearing instruments for a few days in your regular surroundings. You may want to keep a diary to record your impressions of the sounds you hear. Based upon how well you can hear in your everyday surroundings, your Audiologist or Hearing Care Provider may make additional adjustments to your hearing instruments if necessary.

Learn to enjoy sound again

Learning to listen with hearing instruments takes time and a degree of patience in the beginning. You may need to learn to filter out unwanted sounds, just as you used to do with normal hearing. It's also important to be realistic and not to expect 100-percent hearing in every situation. If your decision was for a Siemens instrument, then you have the additional support of eARena, an interactive auditory training DVD, which will help you adapt to and enjoy your hearing system in the least possible time.

The fitting and follow up visit

Your audiogram and your own comments about how well you can hear in a variety of listening environments help determine the optimum setting for your hearing instruments. Your Audiologist or Hearing Care Provider adjusts hearing instruments by taking measurements to check how well you can hear. They teach you to operate the hearing instruments, and how to hear best in different environments. They may also offer tips for communicating while wearing hearing instruments, encourage you to practice inserting and removing the hearing instruments, and instruct you in cleaning and caring for your hearing instruments as well as proper battery use.

Typically, you will return for a follow up visit some days later. Your part is to wear your new hearing instruments for a few days in your regular surroundings. You may even want to keep a diary to record your impressions of the sounds you hear. Based upon how well you can hear in your everyday surroundings, your Audiologist or Hearing Care Provider may make additional adjustments to your hearing instruments if necessary.



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