

# HELPFUL HINTS

There are many useful hints for people to get the most benefit from their Hearing Aids and other points to help them cope with their Hearing Loss.

**HOW OFTEN ?** The Hearing Aid should be worn as often as possible.

Many say "I only wear my aid for listening to the television". That's not good enough, you need to be able to hear at all times. By using the Hearing Aid in all situations and at a variety of locations you will get used to hearing the sounds that everyone else hears. You need to stimulate your hearing, or it will get worse.

**MAINTAINING YOUR HEARING AID** -- Regular cleaning and re-tubing will keep your Hearing Aid working in the best possible condition. The Hearing Aid and mould should be cleaned weekly and tube between the Aid and the Mould replaced every 4 -6 months. Visit one of our 'Open Surgeries' or our Resource Centre for more details.

**LET PEOPLE KNOW** -- Don't hide the fact that you have a hearing problem and that you wear a Hearing Aid. If your friends, family or any other contacts you make do not know you have a hearing loss then they cannot use simple tactics to help you hear better. We have produced a simple 10 point 'Communications Tactics' sheet for you to share with others. Read it and see what you need to advise them to do, or you could print off a copy and let them have a sheet.

**BE AWARE** -- If you are ill, even a simple cold, tired or run down, stressed or worried about anything, then there is a chance that it will affect your hearing. Not everybody is affected and not every time. Don't worry it will get better.

**YOUR MOULD** -- It is important that your mould fits in your ear correctly. If it is not fitting correctly then you may get 'feed back' and your aid will keep whistling. Ears change shape, a loose or badly fitted mould stops you getting the best from your Hearing Aid. If you have these problems call for an appointment.

**WAX** -- Wax can be a major problem for people with or without Hearing Aids. Not everyone suffers from wax in the ears but if you do, it can cause your hearing to be affected. If you wear a Hearing Aid wax can block the tube in the mould. Always check your mould and clear any wax away. You may need to use olive oil to enable the wax to clear from the ear naturally. NEVER use cotton buds, or any objects, to try to remove wax in the ear, all it does is push other wax in and make it compacted around your ear drum. If you get compacted wax it will need to be removed by your doctor. We can check your ears for you but you need to make an appointment or visit one of our 'Open Surgeries'

**PROBLEMS WITH YOUR HEARING AID** -- Your Hearing Aid is a tool to help you with your hearing loss. They do break down and stop working, if you have any problem with your Hearing Aid pop in and see us. We can check it for you and if necessary arrange a repair appointment at Mayday Hearing Centre.

**OTHER HELP** -- Remember that **CROYDON HEARING** your **Local Charity** is here to help you with your Hearing Loss. We understand the problems you have and can give you information and practical help. Call for an appointment so that we can give you the time you need to sort out any problems you have.