

# My Hearing Support Plan

Name: .....



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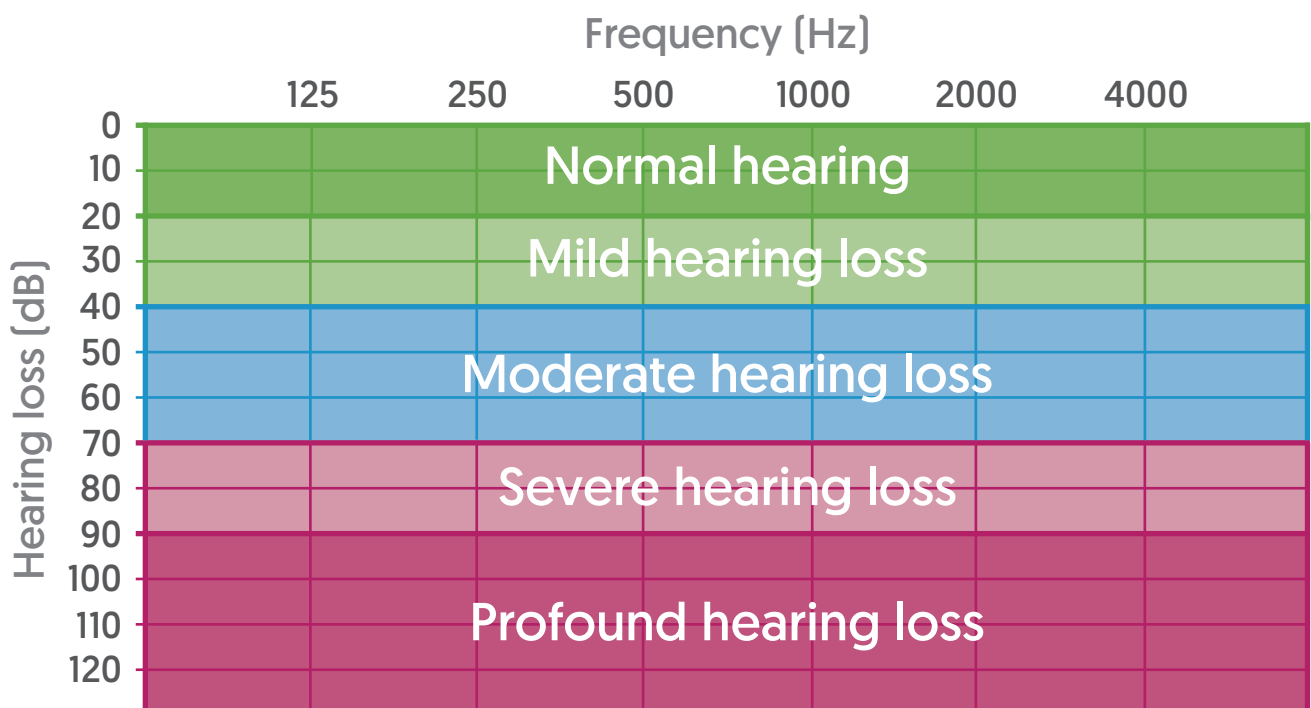
# My Hearing Test



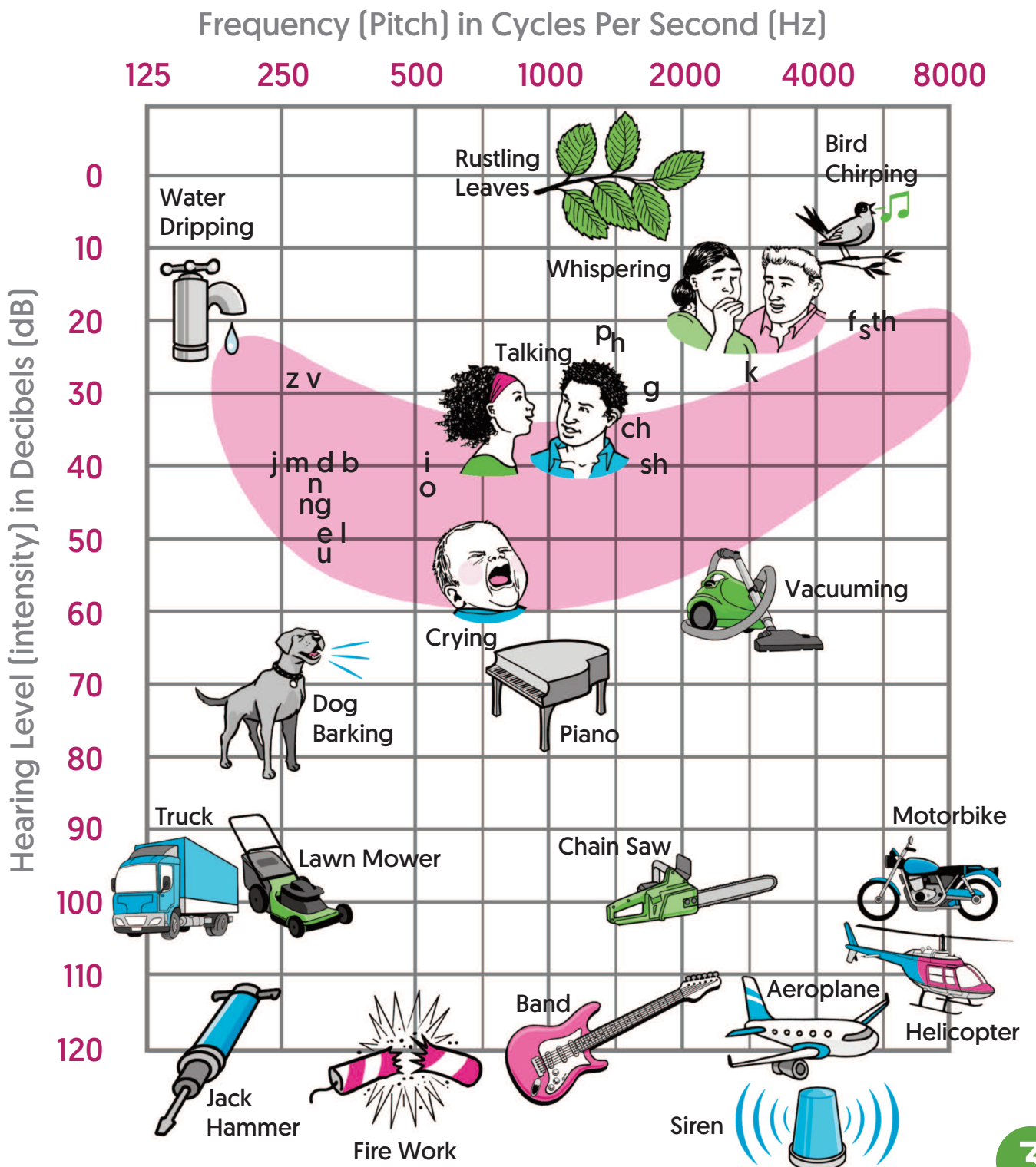
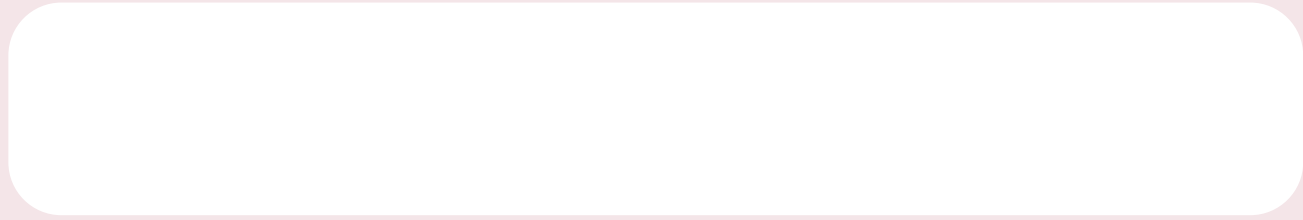
I had my hearing tested in Audiology at Sunderland Hospital. They told me that I have a:



The hearing in:



My average hearing level is shown on the chart below. I can hear sounds below the line. I might not be able to hear sounds above the line without help. This means I might not be able to hear:



# My Hearing Aids

I need to wear:



Red marker - Right aid

Blue marker - Left aid

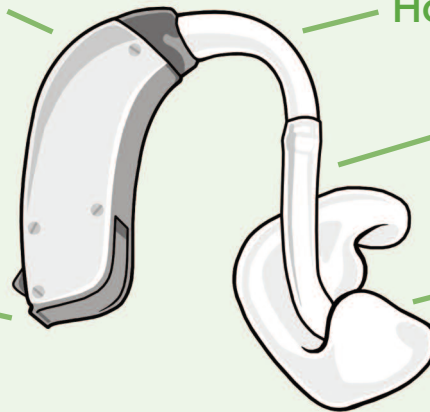
Microphone

Hook / Elbow

Tubing

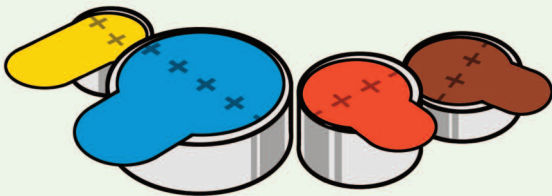
Battery drawer

Earmold



Batteries

The colour of the batteries I need are:

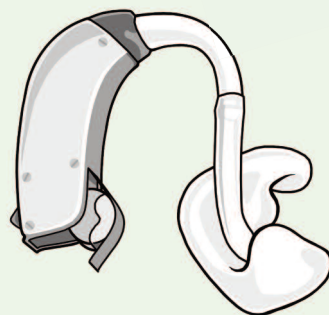


On and Off



Hearing aid battery drawer closed

= on



Hearing aid battery drawer open

= off

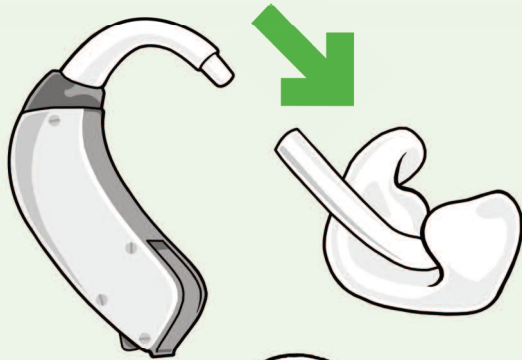


Turn my hearing aid off when I am not wearing it and keep it somewhere safe



## Hearing aid care

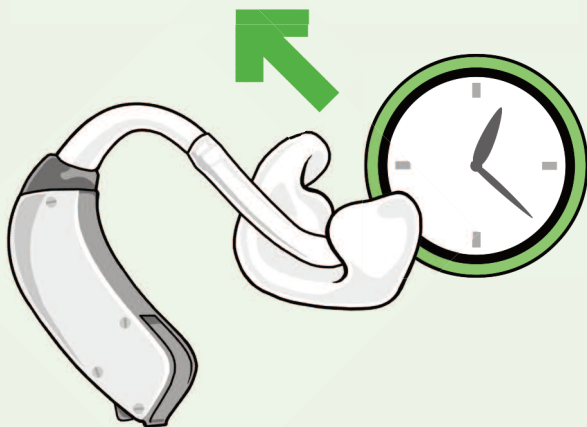
Clean your hearing aid/s regularly.



Disconnect the hearing aid by pulling it apart at the connection between the hook and tubing.



Wash the earmould with warm soapy water or a wet wipe. Wipe the hearing aid with a dry cloth or tissue.



Wait until the earmould is completely dry before connecting it back together.



The hearing aid tubing needs to be changed every 6 months. Contact Audiology on: **0191 569 9001** to arrange this.





## Wearing my Hearing Aids

Hearing aids will help to make quiet sounds easier for me to hear. They can be set up to work automatically, or they can be set up with a volume control. My hearing aids do / do not have an active volume control.



Hearing aids will make sure that loud sounds are not too loud or uncomfortable.

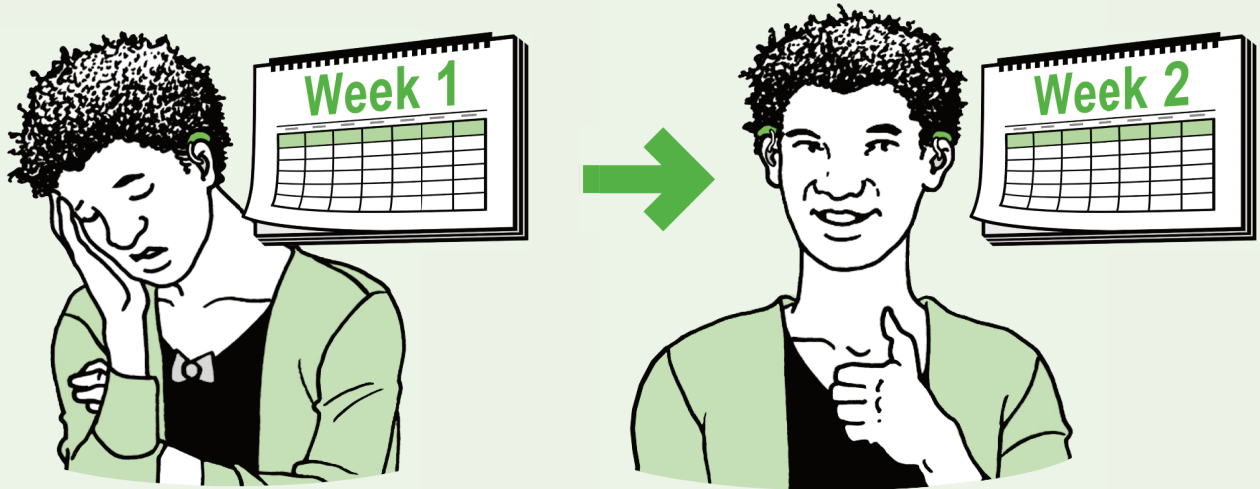


I need to wear them as much as possible to get the most benefit from them.

I need to take them out before bed or in the shower / bath.



It might take me a few weeks to get used to the hearing aids but it is important to keep trying with them.



### Putting my Hearing Aids in



## People around me can help me to hear well:



Help me to keep my ears clear of wax.



When speaking to me, get my attention first, make sure I can see your face and turn down background noise as much as possible.



If I wear hearing aids, help me to make sure:

- I wear them as much as possible
- They are in my ears properly and switched on
- The batteries haven't run out
- The earmold tubing is changed every 6 months

If you have any problems or questions, please contact the Audiology Department at Sunderland Royal Hospital



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