Get the Most From Your Hearing Aids

Optimize Your Hearing Aid Experience

There's a fundamental difference between hearing and listening. While hearing aids can help us detect softer sounds, they don't provide good listening skills. To be a good listener, you need to combine a number of skills, including paying attention, understanding and remembering. Unfortunately, these skills tend to deteriorate as we age - at the same time as our hearing gets worse.



Use It or Lose It: We know from science that hearing loss causes physical changes in the brain, which can affect our ability to listen. When parts of the brain aren't being used, they change their function, or lose it altogether. It's the old adage of "use it or lose it". Your hearing aid provides your brain with the stimulation it's been missing, which can improve your listening skills. Depending on how much hearing loss you have, and for how long, you may need to re-train your brain to listen.

Train Your Brain To Listen

The great news is that you can prevent your listening skills from getting much worse - and improve your ability to function in noisy environments. Here are three exercises you can start today!

- ✔ Have someone read a news article, magazine story or book passage out loud while you listen. Then go ahead and read it yourself. Try this in a quiet place at first, then progress to noisier environments.
- ✔ Listen to audiobooks while following along with the printed or e-book version.
- ✔ Watch a show on TV or a streaming service without captions first. Then replay it with closed captions on, or at a slower speed, to catch what you missed.

Adjusting To Your New World Of Sound

Adjusting to amplification and learning to hear again can be challenging. At first, your new ability to hear may be overwhelming. But as your brain re-learns to hear, communication will become easier and easier. Adjusting to amplification is an individual issue. Some people adjust immediately while others take weeks or months. Your HearingDoctor Audiologist is here to counsel you through this time and make adjustments to your hearing aids to ease your transition.

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