

## Battery

- These should last for up to three weeks
- They need to be checked daily (you can do this by switching the hearing aid on)
- If the hearing aid is provided by the NHS you will need to keep your old battery to exchange it for a new one. (You should have a brown record book if the NHS has provided the aid)
- You can send the batteries back in a pack of six to the hospital and they will send new ones within a week

## Hearing aid you put behind the ear

You need the hearing aid in your hand

On top of the aid you will see three letters:

- O Off
- T Loop
- M On

When you switch the hearing aid on it should whistle

If it does not then:

- Check the mould for wax - usually in the hole at the top of the mould
- If there is wax, remove the mould from the aid and hold it under hot running water to flush out the wax
- To make sure the mould is dry blow through the tube and reconnect it back to the aid and switch on
- If it whistles it is working
- If not, change the battery

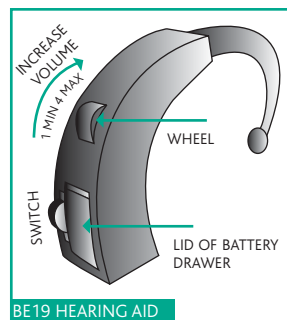
Then try again

## Battery

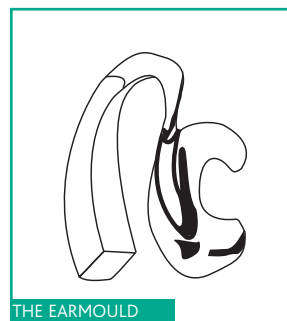
- This is in a holder at the end of the hearing aid
- To take it out you must either lift the holder up or pull it open (depending on which type you have)
- A new battery will have a 'tab' on it



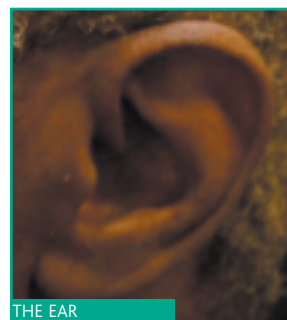
BE18 HEARING AID



BE19 HEARING AID



THE EARMOULD



THE EAR

This literature is produced as an acknowledgement of the life and work of Desmond and Hildergard Atherton. Desmond worked as a GP in Coventry and Hildergard was a founder Trustee of Coventry Churches Housing Association (now Touchstone Housing Association) and The ExtraCare Charitable Trust. Desmond's strength and patience towards those in his care and Hildergard's commitment and support to our charity's work have influenced the development of well-being service that is now benefiting our residents.



Take extra care of your  
hearing



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<p>It is easy to take good hearing for granted. In the world of the hearing impaired, words in a conversation may be misunderstood, musical notes might be missed, and a ringing doorbell may go unanswered. Hearing impairment ranges from difficulty understanding words or hearing certain sounds, to total deafness. Because of fear, misinformation or vanity, some people will not admit to themselves or anyone else that they have a hearing problem.</p>		
<p>Did you know?</p> <p>It has been estimated that approximately 30 percent of adults aged 65 to 74 and about 50 percent of those aged 75 to 79 suffer from some degree of hearing loss.</p> <p>What does this mean for you?</p> <p>If ignored and untreated, hearing problems can grow worse, hindering communication with others and limiting social activities. People with hearing impairments often withdraw socially to avoid the frustration and embarrassment of not being able to understand what is being said. In addition, hearing-impaired people may become suspicious of relatives and friends who 'mumble' or don't 'speak up'.</p> <p>Hearing loss may cause an older person to be wrongly labelled as confused, unresponsive or uncooperative. At times, the feelings of helplessness or frustration experienced by elderly people trying to communicate with others results in depression and withdrawal.</p> <p>While older people today are, in general, demanding greater satisfaction from life, those with hearing impairments often find the quality of their lives diminished. Fortunately there is help available, in the form of surgery, treatment with medicines, special training, a hearing aid or an alternative listening device.</p>	<p>Some common signs of Hearing Impairment:</p> <ul style="list-style-type: none"> <li>■ Words are difficult to understand</li> <li>■ Sounds such as a dripping tap or the high notes of a violin cannot be heard</li> <li>■ Background noise like hissing or ringing is constantly heard</li> <li>■ Another person's speech sounds slurred or mumbled</li> <li>■ Television programmes, concerts and social events are less enjoyable because much goes unheard</li> </ul> <p>Diagnosis of Hearing Problems</p> <p>If you are having trouble hearing, see your doctor for treatment or a referral to a hearing specialist. By ignoring the problem, you may be overlooking a serious medical condition.</p> <p>Hearing impairments may be caused by:</p> <ul style="list-style-type: none"> <li>■ Exposure to excessive noise over a long period of time</li> <li>■ Viral infections</li> <li>■ Vascular incidents such as heart conditions or strokes</li> <li>■ Head injuries</li> <li>■ Certain drugs or medication</li> <li>■ Age-related changes in the ear</li> <li>■ Excessive ear wax</li> <li>■ Hereditary problems</li> </ul> <p>In view of the importance of good hearing, seeking medical help is certainly worthwhile.</p>	<p>Communicating with the hearing impaired</p> <p>You must:</p> <ul style="list-style-type: none"> <li>■ Speak face to face with the person</li> <li>■ Be at the same level as the person</li> <li>■ Speak clearly but do not shout (Shouting can make the speech distorted and unclear)</li> <li>■ Speak slightly slower than usual</li> <li>■ Use different words if the person finds it difficult to understand you (Some words are difficult to lip read and others look the same and meanings can be confused)</li> <li>■ Stand in good light so that the person can see you speak</li> <li>■ Don't speak whilst you are eating, reading or writing at the same time as this will make lip reading difficult</li> <li>■ If the person does not understand what you are saying write it down for them</li> </ul> <p>Understanding your hearing aid</p> <p>Hearing aid that you put into your ear</p> <p>You need the hearing aid in your hand</p> <p>There is a switch that will control volume and switch the aid On and Off</p> <p>When you switch it on it should whistle</p> <p>If it does not then:</p> <ul style="list-style-type: none"> <li>■ Check the mould for wax - if there is wax clean with a pin. DO NOT USE WATER</li> <li>■ If there is no wax then change the battery</li> </ul> <p>Then try again.</p>