

Your hearing aids, your hearing aid clinic, and you

Choosing a hearing aid

When you visit your hearing aid clinic, an audiologist or hearing instrument practitioner will explain the different kinds of hearing aids, and help you choose the appropriate style. They'll take into account your communication needs, lifestyle, type of hearing loss, ear shape, and cosmetic preferences.

Hearing aids help you hear better; not perfectly

- Remember that hearing aids will not give you back your normal hearing. Hearing aids cannot fix the damage to your inner ear's hair cells; therefore, your ear will always have some difficulty processing sounds.
- Adjusting to a hearing aid takes time, so practice listening in a variety of environments to get used to hearing different sounds.

Tips to help you communicate better

Your hearing aid clinic will suggest strategies to help you communicate more easily. Here are a few tips:

- Communicate in a room with low background noise.
- Face the person you're talking with.
- Move closer to the speaker.
- Let the person know you have hearing loss.

Trial/adjustment period

A hearing aid will bring back sounds you haven't heard in a long time, so your brain will need time to adapt.

Regardless of which type of hearing aids you try, your hearing aid clinic should offer you a 60-day trial to allow you to adapt. This trial period is important because, if you aren't satisfied with the hearing aids, you may return them.

As you try out your new hearing aids, keep in mind the following:

- You might be temporarily disturbed by background sounds.
- As your brain adapts, you'll get better at ignoring or not noticing competing sounds.
- You should slowly increase the time you wear the aids.
- You should expect your tolerance for loud sounds to increase slowly.
- You should gradually increase the number of situations in which you use your hearing aids.
- In order to adapt to the new sounds, you need to use your hearing aids daily.

During the trial period, visit your hearing aid clinic frequently. You'll likely require several visits to get the most comfortable and effective fit.

If you feel the hearing aids are still not beneficial, return them to the practitioner within the two-month trial period. This will

not affect any future entitlement to hearing aids under your WorkSafeBC claim.

Maintaining your hearing aids

Your hearing aid clinic will explain how to use and care for your hearing aids, so they'll function well and remain in good repair. Here are a few things to remember:

- When you're not using your hearing aids, turn them off and keep them in their protective container.
- Use the wax guard, if provided.
- Keep hearing aids away from heat and moisture.
- Replace dead batteries immediately.
- Don't apply hair care products while wearing hearing aids.
- Clean your hearing aids regularly, as instructed.
- If you have problems, visit your hearing aid clinic.

Batteries

Your hearing aid clinic should give you enough batteries to last at least six months. If they don't, please contact us. See contact information below.

Note: Different hearing aids consume batteries at different rates.

Your hearing aid clinic will be able to do the following:

- help you choose hearing aids
- help you understand what hearing aids are capable of doing, as well as their limitations
- demonstrate how to put on your hearing aids and how to use the controls

- adjust the hearing aids, as necessary
- teach you how to maintain your hearing aids
- provide you and your family with tips on how to improve your communication
- provide you with information about local services and support groups for people with hearing loss

Contact information

If you have questions or need help, please contact our Health Care Services team:

Phone: 604.232.7787

Toll-free: 1.866.244.6404

If you have questions about the Hearing Aid Program or the status of your claim, call us at these numbers:

Phone: 604.231.8888

Toll-free: 1.888.967.5377

For general questions about your hearing aids, please contact your hearing aid clinic or WorkSafeBC at the numbers above.