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**The best care  
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**Norfolk and Norwich  
University Hospitals**  
NHS Foundation Trust



## Audiology Services

## Welcome to Audiology Services

Welcome to the Audiology Department. We have tested your hearing today and you've decided you'd like to try hearing aid(s).

This leaflet explains your hearing test results and what to expect from hearing aids. Your individual management plan is also enclosed. The picture below shows the outer, middle and inner part of the ear.

**Outer Ear**

**Middle Ear**

**Inner Ear**

Your hearing loss appears to be due to a problem in the

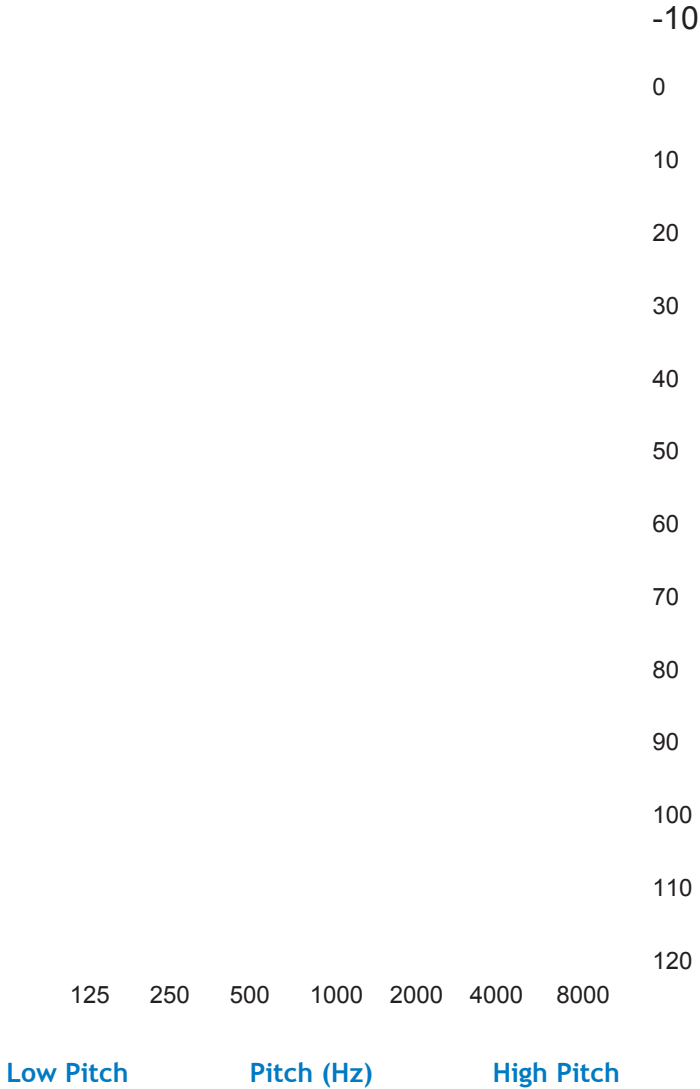
**Inner ear** (organ of hearing and/or hearing nerve)

**Middle ear** (eardrum/bones)

**Both the middle and inner ear**

## Audiogram

The results of your hearing test can be found on your individual management plan on a graph called an audiogram. The picture below shows what the audiogram means.



## Your Hearing Loss

Your hearing test (audiogram) showed that your hearing loss is:

**Mild** - You can often manage well in quiet situations but may have difficulty in noisy places

**Moderate** - Speech may lack clarity; for example, you may be able to hear people talking but find it hard to hear what they are saying. You may struggle to hear people who are facing away from you.

**Severe** - You will find it hard to hear speech unless people face you and speak with a raised voice. Hearing the doorbell ringing or talking on the telephone can be difficult.

## Types of Hearing Aids

You wish to try a hearing aid in:

**Right ear**

**Left ear**

**Both ears**

All our hearing aids sit “behind the ear”. You are most suitable for:

A hearing aid with a thin tube

A hearing aid with an earmould

## Frequently Asked Questions

### How will a hearing aid help me?

Hearing aids will help you hear what your family and friends are saying and feel less isolated. Hearing aids will help you hear what's going on around you and give you a better awareness of your environment. Recent research indicates that people with hearing loss who wear their hearing aids have less risk of developing dementia than those who do not wear their hearing aids

### What will the hearing aids sound like?

Your hearing aids will make speech clearer and easier to hear and the sounds you hear will seem a little strange to start with. They may sound a little tinny, boomy, echoey or loud and your own voice may sound a little unfamiliar too. The sound will become more natural over time.

### Do I need to wear the hearing aid(s) all the time?

Yes. You will get the most benefit from your hearing aids if they are worn all day. You may notice quieter sounds you're not used to hearing such as the clock ticking, your footsteps and the birds singing. Over time, you will learn to "filter out" sounds that you don't want to concentrate on.

### If I have two hearing aids, do I need to wear them both together?

Yes. The hearing aids are set to work together as a pair. Wearing two hearing aids gives a more balanced sound, makes it easier to work out where sounds are coming from and helps you hear speech in noisy places.

### How long does it take to get used to hearing aid(s)?

Adults generally fully adjust to hearing aids over a period of three months. We will offer you a follow-up appointment during this time to see how you are getting on.

## I'm worried that my hearing aid(s) will whistle, does this happen?

Your hearing aids should not whistle when they are in your ears unless the microphone is covered (i.e. with a hat or by your hand).

## Will my hearing aid(s) help me in all situations?

No. Hearing aids are unable to restore normal hearing; they can work with the hearing you have left. Hearing aids are very effective at improving the sound of speech in quiet situations. In noisier situations good listening tactics can help, such as facing the person you want to talk to, and moving away from the background noise.

## What else can help me to hear in difficult situations?

Other equipment such as amplified telephones or personal listening devices can be helpful. If you are interested, we can provide further information on other hearing equipment at your next appointment.

## What happens next?

Your next appointment will be approximately an hour long. In this appointment, the audiologist will set up your hearing aid(s) specifically for you. You will also be shown how to use the hearing aid(s) and have time to practice taking them in and out.



## Useful Contacts