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Getting Started with Hearing Aids

Hearing aids are designed to support clearer everyday listening, but adjusting to them takes time. It is normal for sounds to feel different at first. With regular use, practice and follow-up support, many people find listening becomes more natural and manageable.

Reference: CHC-HI-CF-PR-004

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What to expect at first

- Everyday sounds may seem louder, sharper or unfamiliar.
- Background noise may be more noticeable in the early stages.
- Your own voice may sound different while your brain adjusts.
- Listening may feel tiring because your brain is processing sounds it may not have heard clearly for some time.
- Some environments will feel easier than others.

What helps adjustment

- Wear your hearing aids consistently each day so your brain has time to adapt.
- Start in quieter environments and gradually build up to busier places.
- Use them during familiar routines such as breakfast, television, quiet conversations or short outings.
- Keep track of places where listening still feels difficult.
- Attend follow-up appointments so your clinician can fine-tune the devices.

A simple listening diary

- Write down one situation that felt easier than expected.
- Write down one situation that still felt difficult.
- Note whether the challenge was background noise, distance, speech clarity, comfort, volume or device handling.
- Bring those notes to your appointment.

Remember

- Adjusting to hearing aids is a process, not a test you need to pass.

You do not have to work it out alone.

We are here to help you understand what is normal and what may need adjustment.

Online resource: <https://chcare.com.au/help-and-info/clients-and-families/hearing-aid-essentials>