



The rest of the way.



BEEN THERE, DONE THAT. Although it may not seem so, you've already completed the most difficult part of your journey to better hearing. Recognizing the problem, and taking steps to resolve it shows the willingness and positive attitude you'll need to be successful the rest of the way.

REALISTIC EXPECTATIONS. Eventually, hearing with amplification will become a natural and routine part of daily life. Achieving this requires realistic expectations about what your instruments can – and cannot – do. And how important it is for you to commit to relearning the necessary critical listening skills.

A LEARNING PROCESS. In many ways, the road to effective hearing is one you've traveled when you were young. Focusing on specific sounds, concentrating on voices amid many noises are among the brain-centered skills you'll be relearning, this time with the assistance of amplification.

START AT THE RIGHT PLACE. At first, you'll hear **a lot** of sounds – pleasant and distracting – that you haven't heard for some time. Start gradually in quiet, familiar surroundings with familiar voices as you practice identifying and separating the sounds you need to hear from those you don't.

USE ALL YOUR TOOLS. Effective communication involves all senses. During conversations, follow other peoples' facial expressions and gestures. As you encounter more difficult listening situations, use these non-verbal cues to help enhance your understanding.

THE WORLD IS A NOISY PLACE. The level and complexity of many environments make the "real" world a less than ideal place to hear in. Churches, restaurants, car interiors, and public address systems all have their own unique sound characteristics that take time and practice adapting to.

TV AND TELEPHONES. The pace and complexity of radio and TV sound can have as much to do with your understanding as the volume. And even if your instruments have settings for phone use, you may need to experiment to find the best positions and volume levels when using electronic communication devices.

LET FAMILY AND FRIENDS HELP. Family and friends have as much or more to gain through your success, so let them know how they can help. Encourage them to speak facing directly at you, at a normal pace and volume level. Remember, their attitude and support are as important as your own.

TAKE YOUR TIME. Going too far, too fast can lead to fatigue, tension and disappointment. Successful learning requires the right balance of practice and patience. If you become tired or irritated, give yourself a break by turning your instruments off and/or removing them.

For further hearing information, ask your hearing professional and visit our website



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