



SHOPPING SMART FOR
HEARING DEVICES – GET
IT RIGHT THE FIRST TIME!

(or better late than never!)

Take Three Steps!

FIRST: Be your own best friend and act on your hearing needs. You deserve it!

SECOND: Take advantage of the Hearing Loss Association of Whatcom County.

THIRD: Realize you are helping yourself and all those around you.

THEN



FOLLOW A CHECKLIST



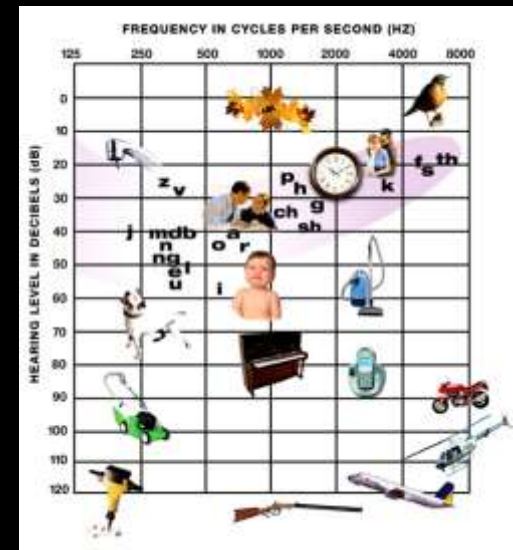
ENTRUST YOUR HEARING CARE TO AN AUDIOLOGIST



- ✓ Have a complete hearing test (audiogram)
- ✓ Acquire an understandable test interpretation in EVERYDAY language

UNDERSTAND YOUR TEST RESULTS

- ✓ Appropriate devices
- ✓ TWO hearing aids (bilateral)
- ✓ Telecoils
- ✓ Custom programming
- ✓ ITE's or BTE's –



NOT just what you think “looks” best on you

RESEARCH MANUFACTURERS

- ✓ What they have to offer you!
- ✓ No monopoly on technology
- ✓ Risk of single manufacturer's shop



TRY DIFFERENT HEARING AIDS COMPARE PRICES!

- ✓ Insist on well-fitting, performing hearing devices
- ✓ Feel comfortable asking for follow-up appointments
- ✓ Find out what questions to ask
- ✓ Get your questions answered!



GET THE MOST OUT OF WHAT YOU'VE GOT!

- ✓ Learn how to use your hearing devices
- ✓ Know what to expect
- ✓ Engage in aural rehabilitation (brain training)



MAINTAIN YOUR HEARING DEVICES

- ✓ Obtain optimum performance
- ✓ Know what to do, how to do it, how often, and why...
- ✓ And, take care of your ears, too! 😊



TAKE FULL ADVANTAGE OF PRE-PURCHASE TRIAL PERIOD

- ✓ Negotiate extensions if needed
- ✓ Keep records – performance, questions/concerns...
- ✓ Work with audiologist
to get the best “fit”
- ✓ Get adjustments you want and need – experiment!
- ✓ Test hearing with the trial devices
- ✓ Ask for feedback from family and others



SHOP AROUND FOR INFORMATION!

✓ HLA members – performance,
purchase price and service

✓ Learn about:

✓ Purchase contracts

✓ Post purchase services

✓ Insurance benefits

✓ How others “afford” hearing aids!



CONSIDER THE COST & BENEFITS
of your decisions because...

If you **DON'T** act to remedy hearing limitations

- ✓ Stress
- ✓ Frustration
- ✓ Dependence
- ✓ Withdrawal
- ✓ Isolation
- ✓ Exhaustion
- ✓ Risk of misdiagnosis – Dementia!

If you **DO** act to remedy hearing limitations

- ✓ Prepare to be ***Impressed, Optimistic, Excited!***
- ✓ Enjoy the challenge to recognize/identify both
New or Old sounds!
- ✓ Check out the “new” you – more confidence, independence
- ✓ Expect increased personal and social enjoyment
- ✓ Welcome a higher sense of dignity/self-worth
AND, experience
- ✓ An increased quality of life with widened activity choices
- ✓ PLUS appreciation from those who care about you!

“IT AIN’T OVER ‘TIL IT’S OVER!”



VISIT YOUR AUDIOLOGIST AT LEAST ONCE A YEAR

- ✓ Get a complete hearing test (audiogram)
- ✓ Obtain an understandable interpretation of the results
- ✓ Look for changes
- ✓ Reprogram hearing aids for best results

TAKE CONTROL OF YOUR LIFE!

- ✓ Ask questions and get answers!!
- ✓ Learn how to use your hearing devices
- ✓ Get the most out of your hearing ability
- ✓ Insist on well fitting, performing hearing devices
- ✓ Know what to expect from your

customized hearing devices

with and without aural rehabilitation

STAY AWARE - KEEP RECORDS

- ✓ Exercise your *entitlement* to follow-up visits
- ✓ Work with audiologist to get the best “fit”
- ✓ Get all the adjustments you need and want
- ✓ Team up with your audiologist
- ✓ Participate in and support Whatcom HLA!
- ✓ Continue to maintain your hearing devices

for *optimum performance*

KEEP ON TOP OF IT!!!

- ✓ Brain training is for all of us
- ✓ Process new information
- ✓ Adjust to acoustic vis-à-vis electronic hearing
- ✓ Welcome old sounds lost and forgotten
- ✓ Learn to recognize new sounds never heard
- ✓ Deal with hearing changes
- ✓ Anticipate tomorrow' s technology – there's hope!



AURAL REHABILITATION STRATEGIES

- ✓ Standard word and sentence tests
- ✓ Unabridged audio books from libraries
- ✓ Friends or relatives read aloud from books, magazines, newspapers; you repeat
- ✓ Familiar music and talk radio

AURAL REHABILITATION ON-LINE RESOURCES

✓ **Advanced Bionics**

<http://www.advancedbionics.com/us/en/home.html>

Scroll to bottom of page and click on your choice of *Hearing Journey*, *The Listening Room*, *Musical Atmospheres*

✓ **Cochlear Americas**

<http://hope.cochlearamericas.com/>

Click on *Hope Notes*, *Sound and Way Beyond*, and *Telephone Training*

✓ **Med-El Corporation**

<http://www.medel.com/>

Scroll to bottom of page and click on **SUPPORT**
Music, *Telephone Tips*, and much more