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*Q: Should I wear my hearing aids all of the time?*

**A:** You have not heard well for a long time and you have adapted to imperfect hearing. You have to relearn what "normal hearing" is and one of the best ways to achieve this is to wear the hearing aids as much as possible, as consistently as possible during waking hours. Wear your hearing aids for a few hours the first day and add an hour a day the following day, and the next, and the next, until you are wearing hearing aids most of the day. Adapting to your hearing aids is a gradual process.

Interact with people familiar to you during your first days with new hearing aids. Start in a favorable listening environment (such as one-on-one conversations in quiet) and work towards more difficult listening situations. Let your friends and family know you're using your new hearing aids.

Please do NOT wear them to a party or restaurant during the first few weeks, thinking "this will be a good test!" It will absolutely not be a good test – it will be very difficult! You should not wear hearing aids in noise until you are very accustomed to them!

### **Learning to Use Your Hearing Aid(s):**

1. At first, wear the hearing aids in your own home environment.
2. Wear the hearing aids only as long as you are comfortable wearing them.
3. Do not strain to catch every word, even people with normal hearing do not hear every word!
4. Do not be discouraged by background noise.
5. Practice adapting to your hearing aids by locating the source of sounds.
6. Increase your tolerance for loud sounds SLOWLY.
7. Practice learning to discriminate different speech sounds.
8. Adapting to hearing aids is increased by listening to something read aloud. "Books on tape" are available at your library.
9. Gradually extend the number of persons with whom you speak.
10. Gradually increase the number of situations in which you use your hearing aids.