

Transition Year 8

(age 12-13)

Understanding Hearing Aids

What is Transition?

Transition is a planned process to help you prepare for adulthood. All young people go through transition; this includes careers guidance in school and anyone who helps you to make decisions about what to do when you are sixteen. Have you thought about your options?

Transition also includes health care, as a young person it is likely your parent/guardian help you by making appointments on your behalf or reminding you to wear your hearing aids. As you get older you may need to begin to take more responsibility for your care. Within Audiology, Transition focuses on your hearing and communication needs.

Why is Transition important?

Transition is important to help you achieve your goals. It is important you are aware of the support available to you if you decide to stay at school, attend college/university or begin working. Support is available and may include communication support (someone to help take notes in classes or meetings), equipment to help alongside your hearing aids and/or financial support.

What Happens next?

As you get older it is important to take more responsibility for your hearing and hearing aids. Do you change your own batteries, clean and retube your ear moulds?

Each year you will have a review of your hearing and hearing aids. At each review you will be given more information as it is needed. We will also begin encouraging you to take care of your own hearing aids – don't worry we will show you what to do and if you ever feel unsure or worried speak to your audiologist!

When you are in year 11 you will be invited to a Transition appointment with one of the Transition Audiologists. They will provide information and support as you begin the transition into Adult Audiology Services.

Understanding hearing aids

Hearing aids help you to hear speech and environmental sounds such as traffic or the birds singing when you have a hearing loss.

Hearing aids can be different sizes and shapes, and they can also fit differently. Some hearing aids are fitted using an ear mould while others are fitted with a thin tube which is placed in the ear canal. All hearing aids have a few things in common – they all need to have the basic parts to help you hear!

This includes a microphone to detect sound, an amplifier to make sound louder so you can hear it and a receiver which acts like a speaker. The sound from the hearing aid is then directed into the ear canal – using either an ear mould or a thin tube.

Can you recognise all the parts on your hearing aid?

Activity: Match the labels to the pictures by drawing a line between them!

Program
button

Volume
control

Battery
Drawer



Elbow

Which part of
the hearing aid
do you use to
turn the aid on
and off?

Trouble Shooting



Your hearing aid
is not working!

1. **Does the battery need to be changed?** Try changing the battery first if your hearing aid stops working! If you do not know how to change the battery, your audiologist would be happy to show you how. You can also ask an adult at home to help you.
2. **Is there wax blocking the sound?** If so cleaning your ear mould, slim tube or receiver will help.
3. **Is there condensation (droplets of water) in the tubing?** If so, pull the tubing off the hearing aid, flick the tubing to remove the moisture and then push the hearing aid back into the tubing. Ask an adult to help you if needed!

Remember: Hearing aids should be serviced every six months, either attend a Repair Clinic or phone and book an appointment.

Cleaning and Maintenance

How to clean your hearing aid depends on the type of hearing aid you have. Hearing aids are chosen based on the degree of your hearing loss. Hearing aids can be fitted with ear moulds, slim tubes or a receiver in the canal. Please match the correct cleaning method to your hearing aid, if you are unsure which type of hearing aid you have speak to your audiologist.

Cleaning your Ear Mould

You should clean your ear mould every night by wiping it over with either a tissue, damp cloth or wet wipe (any wipes you can use on your skin can be used to clean your ear mould). If you have problems with ear infections you could use an anti-bacterial hand wipe. It may also be necessary to give your ear mould a 'spring clean' when needed.

Cleaning your earmould



Gently pull the soft tubing off the hooked part of the aid by holding on to the tubing and the hook of the aid and tugging gently. Don't pull it out of the ear mould as you won't get it back in again.



Wash the earmould (with its tubing still in place) in warm, soapy water. Use a nailbrush to remove any wax. Rinse it well, blow down the tubing to get the water out and leave it to dry overnight. Then push the tubing back onto the hearing aid.



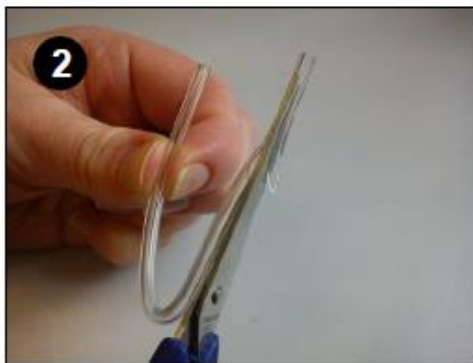
This picture shows the hooked part of the aid put back the wrong way around. Make sure that the curve of the ear mould goes the same way as the curve of your hearing aid.

Changing the tubing

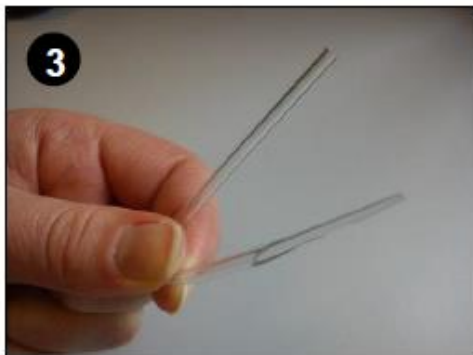
It's possible to change the tubing of your ear mould yourself. Ask your Audiologist for tubing if you wish to try. To change the tube you will need a sharp pair of scissors and a knife.



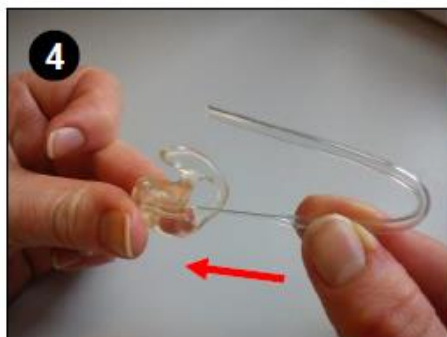
Remove the old tubing by pulling it out of the mould. It may be quite tight.



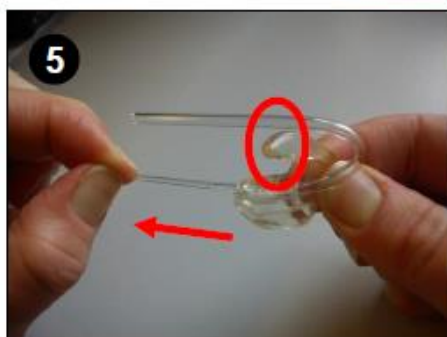
Cut a taper into one end of the new tube using scissors. Some tubes come pre-tapered.



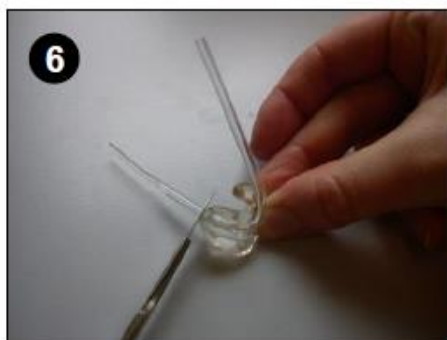
The tapered tube should look like this.



4 Feed the tapered end into the hole from which you removed the old tube. Sometimes there are two holes. The tubing goes into the top hole.



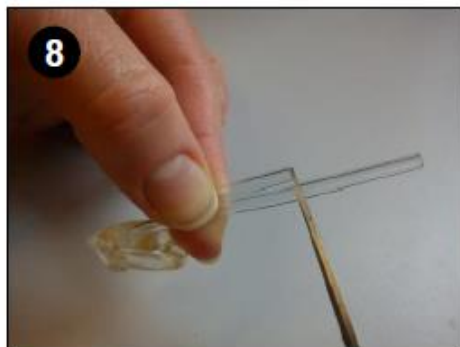
5 Pull the tube through until you reach the bend in the tube. Notice the top part of the tube is in line with the tip of the prong at the top of the mould (circled in red).



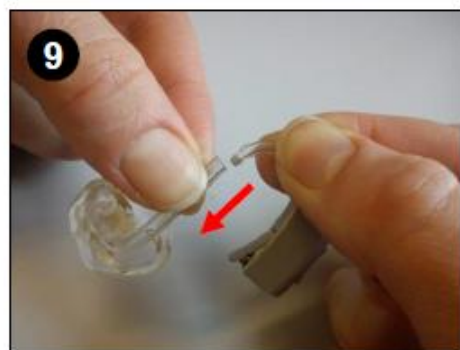
6 Now cut off the tapered end with a scalpel (or any very sharp knife). Scissors will work but it is difficult to cut close to the end of the mould).



7 Measure the old tube against the new one.



While still holding the old tube over the new, cut the new tube to the correct length. Make it very slightly longer as you can always trim a little more off.



Finally push the hearing aid back onto the tubing.



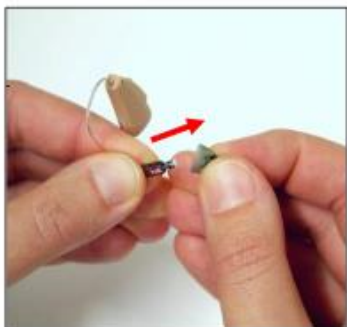
This is how your re-tubed ear mould should look.

Cleaning a receiver in the canal hearing aid

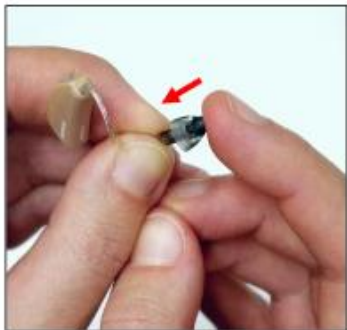


Clean the dome and the speaker unit with a wet wipe or slightly damp cloth. Make sure it is not too damp as this could damage the speaker.

The dome should be replaced every 6 months.



Pull the old dome off by pulling it away from the speaker.



Push the new dome onto the speaker.

Always make sure the dome is safely secured when you put the hearing aid into your ear.

If you run out of domes call Chime on 01392 402223 and we will post some out to you.

Cleaning Slim Tubes

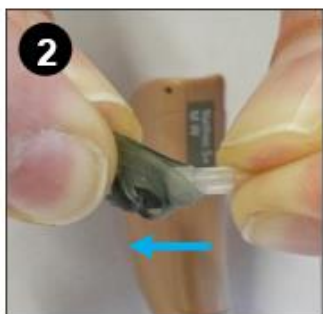


Ear wax can be removed from the dome using a damp tissue or a wet wipe. Not too damp - if water gets into the tube it can cause a blockage.



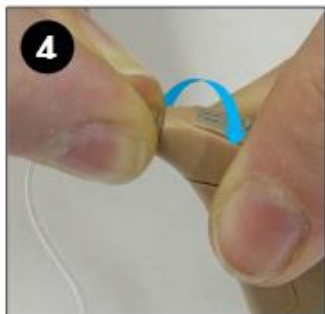
Cleaning the Thin Tube

If the hearing aid stops working, it is possible that the thin tube has become blocked. You can clear the thin tube with the green cleaning wire.

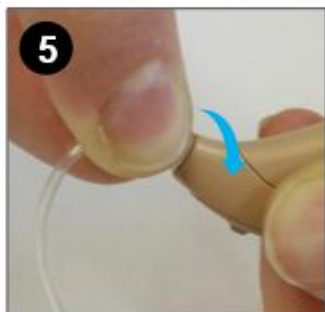


Remove the dome by pulling on its edge.

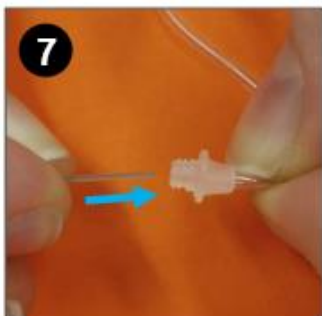




Now unscrew the thin tube from the hearing aid itself. It's probably easier to firmly grip the end of the tube and rotate the hearing aid.



Remove the thin tube from the hearing aid.



Now push the green wire down the tube from the side that was attached to the hearing aid.



8 Feed it all the way through until it comes out of the side that the dome was attached to.



9 Finally pull the wire right through and wipe over with a tissue or wet wipe so that the wire can be reused. You can now screw the cleared tube back onto the hearing aid.



10 Reaffix the dome.



11 Give it a push on the end to make sure it is all the way on.

Chime have produced a set of videos to help you manage your hearing aids including:

- [Getting Used to New Hearing Aids](#)
- [Turning Hearing Aids On and Off](#)
- [Inserting Your Ear Mould](#)
- [Cleaning Your Ear Mould](#)
- [Changing Batteries](#)
- [FAQs](#)

Links to these videos can be found on the Chime website below:

<https://www.chimehealth.co.uk/hearing-aids/help-with-your-hearing-aids>

Reference: Successful transitions to adulthood for deaf young people in England. Published by the National Deaf Children's Society © March 2016

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Chime provides NHS Audiology Services for NHS Devon - Mid, East and Exeter areas. From 1st May 2011 the existing audiology department including staff and equipment transferred to Chime - the new Social Enterprise Company. Chime is located at the RD&E Foundation Trust (but is separately managed).