



The Aural Rehab Programme

Your journey to brighter hearing

Congratulations,
your journey to
healthy hearing
has begun!

A photograph of a woman with dark hair smiling broadly while holding a wine glass filled with white wine. She is seated at a restaurant table. In the background, a man in a red shirt is looking down at his phone. Another woman is partially visible in the foreground on the right, also smiling. The scene is brightly lit, suggesting a daytime setting.

Over the coming weeks and months, you should rediscover a quality of life that you may have thought you'd lost forever. You're on the way to being fully connected to every situation you find yourself in.



Connections

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You're on the way to being **fully connected to every situation** you find yourself in.

Your senses connect you to your environment and the people in it. They stream data from the outside world into your brain, which then processes that data. When everything's working well, your brain receives and processes information easily, enabling you to be immersed in each moment.

But as soon as one of your senses is compromised, your brain diverts power to fill in the gaps – rather like revving up a car engine. Meanwhile, it's trying to keep up with other things that are happening in real time. All of this compromises your brain's capacity for interaction and learning. So if one of your senses is compromised over a long period of time you can feel tired, your quality of life may suffer, and it can impact your social relationships.

“**Your senses are the channels** through which you connect to, and interact with, **your environment** and the **people** in it.”



Communicate



What makes our sense of hearing so special?

Our hearing is always on. Even when we're sleeping, we're seeing with our ears - our hearing feeds our brain with environmental information every moment of our lives.

Our hearing is our 'early warning system' of impending danger. When our hearing is working well, we're primed to respond quickly and appropriately. When it's compromised, we're more unsure of our environment and more likely to feel anxious, uneasy and tired.

But the Aural Rehab Programme from **The Hearing Clinic** can change all that.

A man and a woman are shown in profile, smiling and looking down together. They are on a rooftop terrace with a railing, and residential buildings are visible in the background under a clear sky. The man is on the left, and the woman is on the right. The overall mood is positive and intimate.

Aural Rehab

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What is Aural Rehab?

Because it's always on, our hearing is bound to suffer wear and tear over time. At The Hearing Clinic we provide diagnostic and rehabilitative services, in the form of our Aural Rehab Programme, to help you rediscover hearing health.

Hearing at your best is more than using hearing technology. Research shows that hearing well is a complex process shaped by high quality sound, experience and learning. That's why we use a range of tools and technology to help you to hear at your best.

It's important to understand that it can take up to a year to become fully confident with hearing technology, understanding what works well for you. But when you remember that many people put up with compromised hearing for years, what's a little more time if, at the end of it, you will hear at your best.

A woman with blonde hair, wearing a dark blue jacket, is smiling broadly while talking on a black mobile phone. She is looking upwards and to the right. The background is a bright, slightly blurred office or clinic setting with shelves and papers. The overall mood is positive and successful.

How the
Aural Rehab
Programme
works.

It works!



How the Aural Rehab Programme works

Our Aural Rehab Programme generally consists of **six appointments**. However, it's important to remember that **we are always available for you in between appointments to offer help and advice**. Everyone's experience is different and we want you to feel supported and comfortable throughout the process.

Fitting: 90 minutes

What you can expect:

- We fit your hearing technology into your ears to make sure they feel comfortable.
- We programme it to about 80% of the full sound level. In subsequent visits we will increase the level - starting at 100% is likely to seem too loud.
- Listening to amplified sound will be a new experience. Your first impressions will be a mixture of clarity and sharpness of all sound including your own voice.
- Sometimes sound might appear echoey. This is entirely normal and expected and these effects will settle down over the coming days.
- We will step outside to listen to real sounds in the environment to make sure that you feel confident hearing a range of sounds.
- We will practise inserting and removing the hearing technology, changing the battery and switching it on and off.

We will do a brief introduction to cleaning and maintenance.

Between visits...

Sounds may appear to be 'popping out' from your soundscape. For example, crisp packets and running water may appear unusually loud, so too may the sound of your own voice. **This is entirely normal and will settle down over the coming days and weeks.**

It is important to put your hearing technology in when you get dressed and take it out when you go to bed. As your ear canals get used to the new sensations of wearing hearing technology you may get some brief tickling sensations.

This is normal and should disappear within a couple of weeks. Remember you are only running on approximately 80% of the full correction so you must still expect to miss some things from time to time.

Follow up 1 (1-2 weeks later: 60 minutes)

What you can expect:

- We will review your progress over the previous week and answer any questions.
- We will check your ears for wax and other symptoms and remove any wax build up.
- We will turn your technology up to 90% of the full prescription. This may again make sounds appear louder, clearer and sharper.

As in week one, these effects will settle down over the coming days. We will then talk you through the cleaning and maintenance of the hearing technology.



Between visits...

This is the time that your new routine is settling in and your hearing brain is getting fitter. The technology should by now be so comfortable that you easily forget about it. **Clear hearing should be emerging and feeling normal.**

Follow up 2 (2 weeks later: 60 minutes)

What you can expect:

- We will review your progress over the previous week and answer any questions.
- We put your prescription up to 100%.
- We will check your ears for wax and other symptoms and remove any wax build up.
- We will also place little probe microphones in your ear canals to measure the performance of the technology live in your ears. This is called 'real ear measurement' and it enables us to precisely programme your hearing technology to create a sound prescription that is accurate and safe.
- Before you leave we check that you're happy to go out with the full prescription and we make any necessary final adjustments.

Between visits...

Unless you experience any problems, you will now have 12 weeks to experience life with your new hearing. Again, things may initially sound louder, echoey and sharper but these effects will reduce as your hearing brain assimilates the full prescription and experiences technology that is fully tuned to your needs. Over time you will become more familiar with the benefits of technology and gain new insights into your hearing performance.

Follow up 3 (12-14 weeks later: 60 minutes)

What you can expect:

- We find out how you have been getting on with the technology running at the full prescription and we can refine the sound for you if required.
- We may look at adding additional programmes to your technology or we may explore accessories that may help you further.
- We will check your ears for wax and other symptoms and remove any wax build up.
- We complete the COSI questionnaire to measure how well we have achieved your hearing goals.
- We then measure how much speech you can hear through your technology. This is called 'aided speech testing'. If the results indicate it, we may recommend an auditory training program called LACE which will get your hearing brain as fit as possible to help you hear at your best.



Follow up 4 (12-14 weeks later: 60 minutes)

What you can expect:

- By now you have been wearing your technology for around 6 months.
- We will chat about your progress and discuss any improvements that may be required.
- We will check your ears for wax and other symptoms and remove any build up.
- We will do a hearing test to monitor your hearing.
- We will also carry out real ear measurements to ensure that your technology is still performing as expected.
- We will carry out aided speech testing to verify that you can hear speech with your technology.
- You will learn about the effects of noise, distance and reverberation on speech and how to better manage your position in an acoustic space.

Follow up 5 (6 months later: 60 minutes)

What you can expect:

- By now you will have been wearing your technology for a year.
- We will chat about your progress and discuss any improvements that may be required.
- We will check your ears for wax and other symptoms and remove any build up.
- We will do a full hearing test to check for any changes to your hearing.
- If there have been any changes, we will reprogramme your technology.
- We will carry out real ear measurements to ensure that your technology is still performing as expected.
- We will carry out aided speech testing to verify that you can hear speech with your technology.

If all has gone well we schedule your next review for 6 months later.

We're here for you.
We hope you find this information helpful. If you have any questions about the programme or about hearing in general, please get in touch with The Hearing Clinic.

Your **journey** to **brighter hearing**

