Doing more than helping you hear better

New technologies, like integrated sensors and artificial intelligence, have transformed the latest hearing aids into multi-purpose devices that not only help you hear better, they also:

- Monitor social interaction and fitness activities.
- Detect if you've fallen and send alert messages to people you've pre-selected.
- Translate languages for you.
- Transcribe spoken conversations into readable text.
- Let you assess the performance of your hearing aids or request adjustments without having to make an office visit.

Starkey

Hear better. Live better.

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Time, Practice and Experience

Ways to improve your hearing skills.





Slow and steady wins the race

Unlike eyeglasses, which offer positive results right away, hearing aids usually require some time to adjust to. Getting used to how they sound, how they feel and the daily routine of wearing them takes practice. With time and patience, you'll come to understand and experience all the ways these powerful devices benefit you. This information will guide you through that adjustment process.

Success begins with a positive attitude

Abraham Lincoln once said, "Most folks are about as happy as they make up their minds to be." He probably wasn't talking about people with hearing aids, but it still holds true.

Effort and a positive attitude are critical to improved hearing. Purchasing hearing aids is the necessary first step, but much of your success will depend on practice and your desire to relearn the ability to hear. People do it every day, and so can you.

Hearing and understanding involve more than just your ears

Because you haven't heard normal sounds and noises for a while, the sounds amplified by your hearing aids may be tinny, metallic or unnatural at first. This is because you are hearing high-frequency sounds like /s/, /f/ and /t/ again that you've been missing or hearing differently for years. Your brain needs to become reacquainted with them and that can take four to six weeks.

Hear better faster

One thing almost everyone who successfully adjusts to hearing aids does is practice. With your hearing aids, sounds that you were previously missing will be audible again. But the brain needs to be retrained to properly utilize these "new" sounds. This "brain retraining" process does not happen immediately, and it can be helped along with listening activities.

Talk to your hearing care professional about activities and exercises that can help. These include fun, interactive online games that are clinically designed to speed up the acclimation process and enhance your overall experience wearing new hearing aids.

For practice tips and tools, talk to your hearing care professional.

