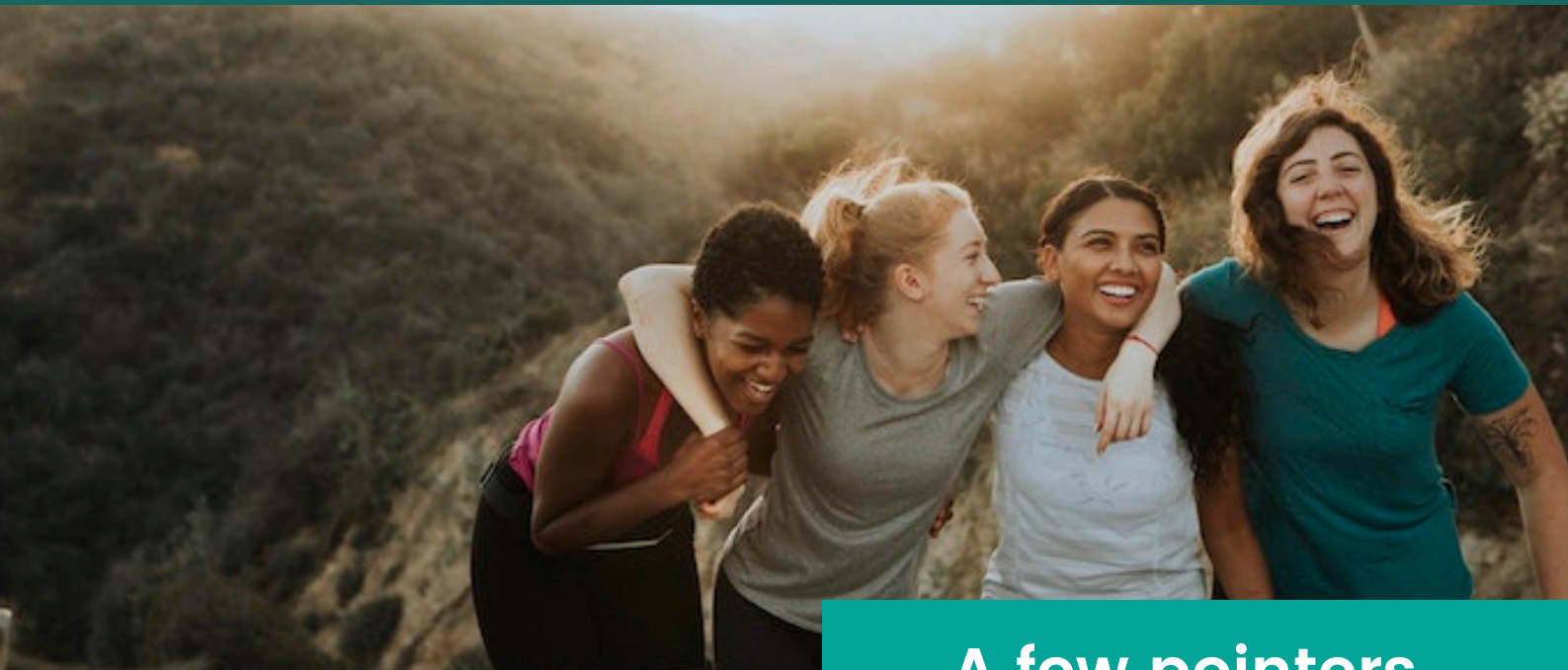


Practical advise to boost your well-being when you have a hearing loss



A few pointers

Get your hearing tested

It is important to have your hearing tested and for you to be fitted with suitable hearing devices. This will help mitigate the adverse effects of hearing loss. The earlier you catch hearing loss, the better your ears and brain adapt to using hearing devices. The longer you wait to treat hearing loss, the better the chances are that your brain will need more time to recognize how to process certain sounds. When treatment begins with mild hearing loss, you adapt faster to hearing aids and your brain actively processes many sounds.



Look after yourself and set a daily routine



- Clear your space: Spending a majority of your time indoors can make you very aware of the walls surrounding you. Maintaining an organised space can help to clear your mind.
- Develop a routine: Having a routine can help to bring purpose and focus to your day. For example, continue to do the things you would used to do, like making your bed in the morning and starting your day with a cup of coffee, going out with friends etc.
- Maintain a healthy lifestyle: If possible, incorporate regular exercise or stretching routines into your day, and try following a healthy eating plan. Explore the multitude of applications online offering workout routines and exercises.
- Use an Aqua+ if you plan on visiting the beach, lake or pool. With the Aqua+ your processor can be worn underwater to a depth of three metres for up to two hours .
- Use LR44 alkaline or nickel metal hydride disposable batteries when using Aqua+ with the Nucleus® Kanso® Sound Processor or Nucleus 7 Sound Processor . You can also use a rechargeable battery module for compatible sound processors.

Stay in touch

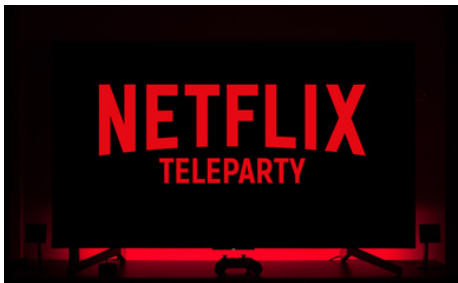
If your hearing devices are direct streaming enabled and where possible, arrange to have video calls using platforms like Skype, FaceTime or WhatsApp to stay in touch with friends and family. This will promote a deeper level of connection with friends and family, it can make communication during calls much easier and also prevent social isolation for you. Video calls will allow you to draw upon visual cues such as the speaker's lip or facial movements, gestures and body language. Also, if you have multiple people on a call, it will make it easier for you to identify who is speaking at any given time.



Go out with friends and family and use your assistive listening devices, like your Mini microphone 2+ and ForwardFocus (if you have a CPI000 sound processor) to facilitate communication in noisy environments and group settings.

Set aside time often to talk to a friend or family member.

Have a Netflix Party



Stay connected with family and friends while you watch television using your TV Streamer. With Netflix Party you can watch movies and TV shows with your friends and family together or online by synchronising video playback and adding group chat to the shows you are watching. Therefore, you do not need to even be in the same room, home or even city to stay connected with your loved ones.

Seek help

Depression, stress and anxiety can exacerbate the effects of hearing loss; therefore it is important to seek professional when you need it.

Hearing loss does not need to signify the end of your life. It is manageable with the correct testing and devices

