

Easy
Read

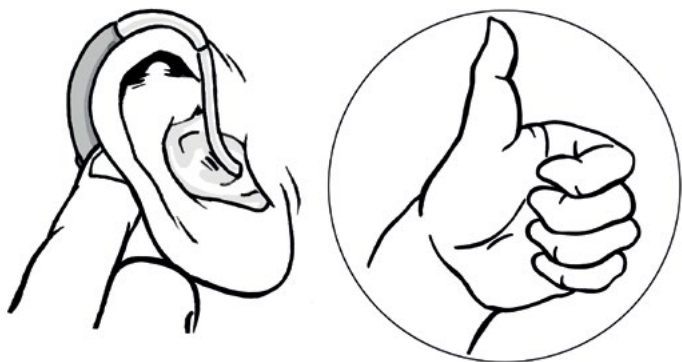


Tinnitus and hearing aids

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British Tinnitus
Association

Tinnitus and hearing aids



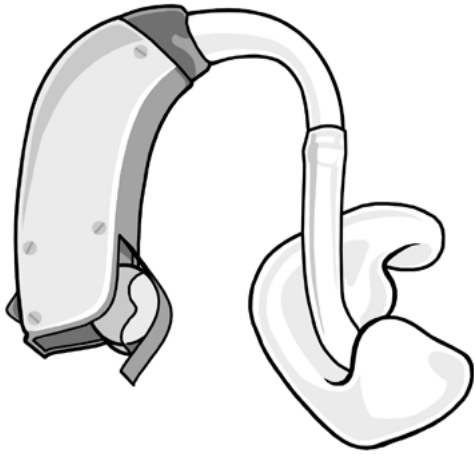
Many people who have tinnitus also cannot hear very well.

Often it is hearing loss rather than your tinnitus that makes it difficult to hear.

Hearing aids will help you hear better, and this may also help your tinnitus.

You should wear your hearing aids all the time you are awake.

Types of hearing aid



Digital hearing aids are able to meet your individual hearing needs. They also fit you exactly.



Open-fit hearing aids use a very thin tube or speaker placed in the ear canal to deliver sound.



You still hear sounds around you, and you hear direct sounds much more loudly.



Combination hearing aids are a hearing aid which also makes sounds which can help your tinnitus

How can you get a hearing aid?



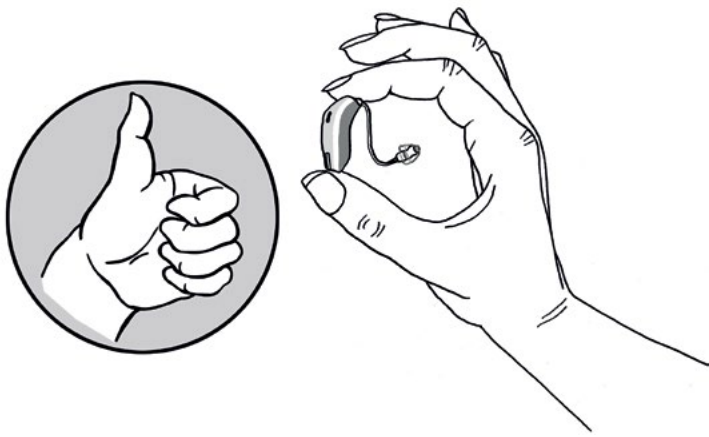
You can get a digital hearing aid from the NHS. Your doctor will help you see a hearing specialist who will fit one for you.

The most important thing with choosing a hearing aid is that it is correctly fitted and that it helps you hear better, even if you have tinnitus.

You can buy hearing aids from a private hearing aid company. You will get a good one that is really small and uses the latest technology, but it might be expensive.

You will need to check you have insurance in case it gets lost or damaged.

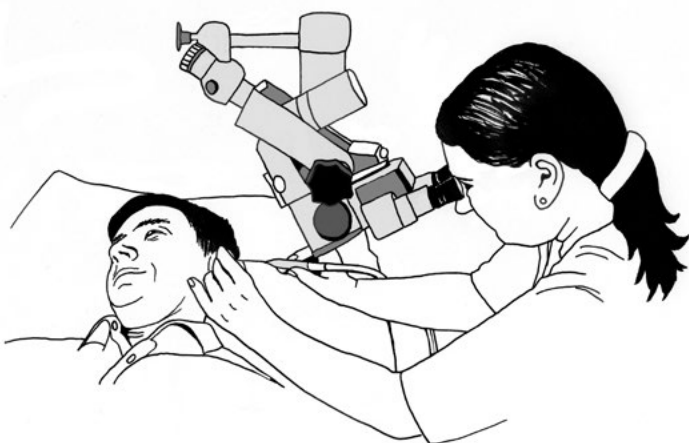
Problems with hearing aids



You need to look after your hearing aid so that it keeps working well.



If your hearing aid gets damaged or has something wrong with it, contact the place or person it came from.



Wax and water in your ear must be cleaned out. Don't try to get wax out yourself. A nurse will remove a build-up of wax for you.

Using a hearing aid for a long time



It takes a few weeks to get used to using your hearing aid and to hearing normal levels of sound again.

Many people stop noticing their tinnitus so much when they have a hearing aid, and this gets even better over time.

You should still have a hearing test every three years.

More information



The internet has lots of information, but some of the information about hearing aids and tinnitus is not right or helpful.



Information from the British Tinnitus Association (BTA) comes from experts, and you can rely on it to be right.

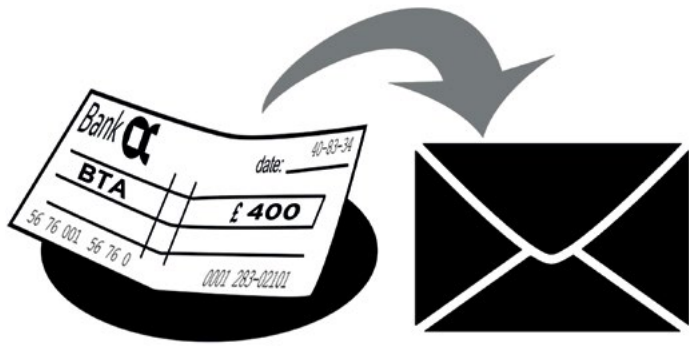


For more information about tinnitus, call the **BTA helpline** on **0800 018 0527**



If you would like to help us support others with tinnitus please donate online:

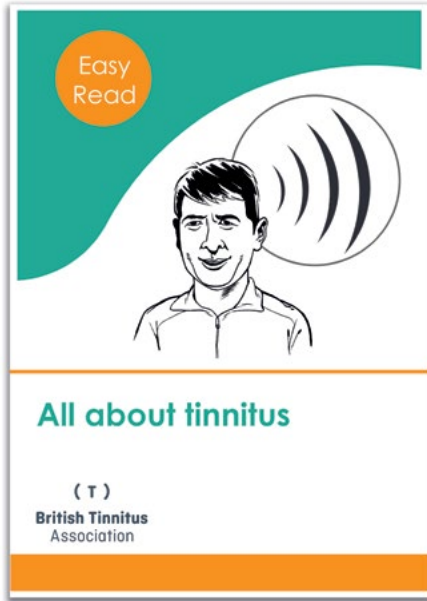
www.justgiving.com/bta



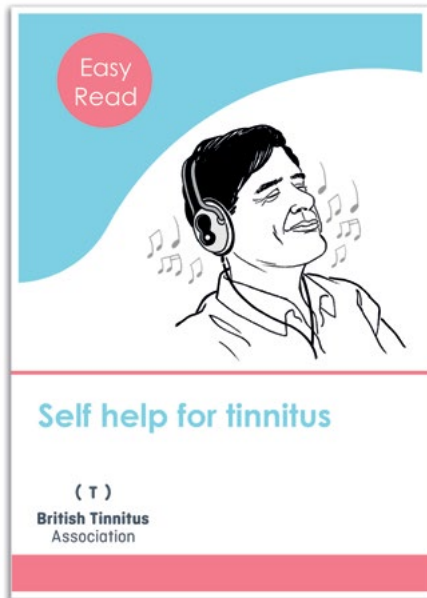
Or, send us a cheque to:

British Tinnitus Association
Ground Floor, Unit 5
Acorn Business Park
Woodseats Close
Sheffield S8 0TB

Other Leaflets in Easy Read



All about tinnitus



Self help for tinnitus



Tinnitus services

This easy read document has been produced by
The British Tinnitus Association working with CHANGE.
www.changepeople.org



Ask us if you would like more details about anything in this leaflet.

This leaflet has been produced by the British Tinnitus Association and conforms to the Principles and Requirements of the Information Standard.



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Helpline: 0800 018 0527
Website: www.tinnitus.org.uk**

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The BTA tries very hard to make sure our information is right, but it cannot tell you everything. You should always check with your doctor.

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