

EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

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HEARING AID TIPS

HEARING AID “NO-NO’s”

- Do not allow your aid to get wet.
- Never subject your aid to extreme temperatures.
- Avoid dropping your aid.
- Store the aid out of reach of youngsters and pets.
- Remove the aid before applying hairspray.
- Do not lubricate any part of your aid.
- Never attempt to repair the aid yourself.

*Refer all questions or service matters to us, and have your aid checked regularly.

HEARING AID BATTERIES

- Hearing aid batteries are ***POISONOUS***.
- Keep the batteries out of the reach of children and pets.
- Discard your batteries carefully.
- Never change batteries in front of children. This is dangerous knowledge.
- Never put the batteries in your mouth for any reason. They are slippery and easy to swallow accidentally.
- Always check your medications before swallowing; batteries have been mistaken for tablets.

*In the event a battery is accidentally swallowed, call the 24-hour National Button Battery Ingestion Hotline at 202-624-3333. Feel free to call collect.

HOW TO GET A QUIET TABLE IN A RESTAURANT

- Do not sit near the kitchen or wait/bus station.
- Avoid tables in or near a bar.
- ***THINK SOFT*** – Select restaurants with plush environments: wall coverings, rugs, tablecloths, padded seats, drapes, etc.
- Go where there is soft music or no music at all.
- Go to restaurants with fewer tables.
- Avoid popular eating times.

COMMUNICATION TIPS:
MAKE IT EASIER ON YOURSELF AND OTHERS

- ***LISTENER***: Move away from noisy areas or sources of noise (i.e., air conditioners, TV, radio, dishwasher, etc.)
- ***LISTENER***: Don't stand in bright light; avoid glares on the speaker's face.
- ***LISTENER***: Ask others to get your attention before they begin talking.
- ***LISTENER***: Face the speaker.
- ***SPEAKER***: Do not chew gum, smoke, or cover your mouth while talking. This makes visual cues inaccessible.
- ***SPEAKER***: Rephrase sentences or substitute words rather than repeating.
- ***SPEAKER***: Do not shout; speak clearly and at a normal voice level.
- ***SPEAKER***: Be patient.