

Hearing loss: hearing technology options

Use this **Option Grid™** decision aid to help you and your healthcare professional talk about hearing technology options. This decision aid is for adults with hearing loss.

Frequently Asked Questions ↓	Hearing aids	Assistive listening devices	Managing without hearing technology
What does this involve?	<p>Being fitted with hearing aids and wearing them regularly.</p> <p>You can choose when to wear your hearing aids. Most people say that the more they wear their hearing aids, the more they benefit.</p>	<p>Using assistive listening devices such as a TV amplifier, a telephone with a volume control, a loop system or a loud doorbell.</p> <p>You can try out and use assistive listening devices to hear specific sounds that are important to you.</p>	<p>Not having hearing aids. You can monitor your hearing and discuss any changes with your audiologist.</p> <p>You can also learn ways to manage your hearing loss, such as communication training and lipreading.</p>
How will this help my hearing?	Using hearing aids may improve your hearing, particularly when talking face-to-face and when watching television.	Using assistive listening devices may improve your ability to hear specific sounds. For example, the television might be clearer.	This will not help your hearing.
What should I expect?	<p>You may need some time to get used to wearing hearing aids. This usually takes about 1 month.</p> <p>Some people find hearing aids difficult to wear with glasses.</p>	You will need to learn how to use assistive listening devices. Your audiologist can help you find information about using these devices. You can also get help from hearing loss organisations, such as Action on Hearing Loss.	Your hearing difficulties may be frustrating for you and for other people.
Are there situations in which this option will not help?	Noisy situations can be a challenge.	Assistive listening devices will only help you hear specific sounds. Some devices are not portable.	Does not apply
Do I have to pay?	In the UK, the NHS usually provides hearing aids and batteries for free.	<p>Yes, but you can try first before paying.</p> <p>Some assistive listening devices may be provided free in your area. You may need to pay for batteries.</p>	Does not apply
What maintenance is involved?	You will need to clean your hearing aids and put in new batteries.	You will need to put in new batteries.	Does not apply
Can I use more than one option?	Hearing aids can be used alone or with assistive listening devices.	Assistive listening devices can be used alone or with hearing aids.	Does not apply

Editors have declared no conflicts of interest.

Editors: Amanda Hall, Helen Pryce, Liz Clark, Ariane Laplante-Lévesque, Melanie Ward, Lucy Handscomb, Marie-Anne Durand, Glyn Elwyn

Evidence document: <http://optiongrid.org/admin/resources/grid/evidences/27.pdf?d=1460488428>

Publication date: 2016-04-12 **Expiry date:** 2018-04-12 **ISBN:** 978-1-941487-16-7 **License:** CC BY-NC-ND 4.0 (International)

Download the most current version from: <http://optiongrid.org/option-grids/grid-landing/27>

This Option Grid does not constitute medical advice, diagnosis, or treatment. See [Terms of Use](#) and [Privacy Policy](#) at www.optiongrid.org.