

Fitted
not
finished

Your 8-Week Journey to Better Hearing

We've created a plan of what your journey to better hearing could look like, with the care and personalised support of an expert audiologist. Your goals can be tailored to your own circumstances. Some people may find their goals are achieved ahead of schedule, others may need a little more time. Be prepared to reach out to your hearing aid provider, as often as you feel you need to.

	WEEK 1 Introduction to Your Aids	WEEK 2 Importance of Usage	WEEK 3 Building Habits	WEEK 4 Listening Environments	WEEK 5 Programme Adjustments	WEEK 6 Maximising Benefits	WEEK 7 Confidence & Independence	WEEK 8 Review & Plan Ahead
What to expect Steps you can take to achieve your weekly goals. ☐ Tick them off as you go or cross them out if they don't really apply to you – everyone will have a slightly different journey.	☐ Learn basic functions and controls.	☐ Increase daily wear time gradually.	☐ Understand why consistent use matters for brain adaptation.	☐ Introduce more challenging settings (restaurants, office).	☐ Audiologist adjusts settings based on feedback.	☐ Explore advanced features (Bluetooth, streaming).	☐ Feel confident using your hearing aids in all daily situations.	☐ Reflect on your goals and daily usage habits.
	☐ Wear as long as possible.	☐ Note any discomfort or issues for follow up.	☐ Aim for full day usage (every waking hour).	☐ Learn strategies for background noise.	☐ Test new programs in different environments.	☐ Organise social activity with new confidence.	☐ Maintain full-day usage as a habit.	☐ Identify what's working well and any remaining challenges.
	☐ Schedule follow-up with audiologist within 14 days.	☐ Begin logging usage hours.	☐ Practice in quiet environments first.	☐ Schedule fine-tuning appointment.	☐ Get comfortable with setting adjustments.	☐ Write down any questions you still have for your audiologist.	☐ Self-assess progress and note any minor adjustments for discussion.	☐ Check in with your audiologist, if you need to.
Goal <i>Remember: work at your own pace – it's a journey, not a race!</i>	 Comfortable inserting/removing your hearing aids.	 Minimum 4-6 hours daily wear.	 8+ hours of consistent daily wear.	 Confident in different environments.	 Personalised settings optimised.	 Positive impact on communication & social life.	 Feeling confident & ready for long-term success.	 Hearing aid fully integrated into life!

CONSULTATION - YOU ARE HALF WAY - KEEP GOING

“At first, one aid felt a little uncomfortable, but that was quickly addressed by my audiologist, and I haven't looked back since.”

 **Hidden Hearing**