

Tinnitus care options

Use this decision aid to help you and your healthcare professional(s) talk about evidence based tinnitus care options.

Frequently asked questions	Options for tinnitus care			
	Understanding tinnitus	Talking therapies	Using sound	Group support
	Understanding tinnitus may not make it go away, but getting a better grasp of tinnitus can mean that you notice it less.	Following talking therapy, some people don't hear tinnitus as much. Whilst some people may find that they hear it just as much, others often describe their tinnitus as becoming less bothersome.	Some people find playing sound through various devices helps them hear the tinnitus less. Sound is unlikely to make your tinnitus go away completely. If you have hearing loss and tinnitus some people find hearing aids can help reduce awareness.	This probably won't mean that you hear your tinnitus less, but sharing experiences can be supportive, especially in helping you to understand tinnitus and feel less alone. This may mean that you notice tinnitus less.
	What does this do to tinnitus?	Tinnitus is often made worse by worrying about what it is and what it means. Understanding tinnitus and what influences it can help you manage tinnitus better.	Tinnitus is often made worse by higher levels of stress, and talking therapies can help by reducing stress. Talking therapies also focus on changing how you respond to tinnitus. You learn to change how you think and act and how much attention you give to it.	Tinnitus is influenced by other sounds around you. By listening to external sounds, you're likely to hear your tinnitus less. It can be helpful to focus your attention onto another sound.
	How does this approach help tinnitus?	Making sense of the causes of tinnitus and what keeps people noticing it, can help people cope with tinnitus. Most people find discussing tinnitus information with an Audiologist or Hearing Therapist is helpful.	Talking therapies have been shown to reduce distress caused by tinnitus. People who have talking therapy for tinnitus can find that they notice it less.	Some people find it helpful to put a radio on in the background when they come into a quiet setting. Others may use relaxing sounds to help get to sleep at night. Various devices and apps are available for this.
	How do I access this option?	You can get tailored advice from your Hearing Therapist or Audiologist. Your GP can refer you to these services. Tinnitus UK produce clear information on all aspects of tinnitus.	There are different types of talking therapies. You can access this type of help from a psychologist, therapist or even online. Talk to your GP about a referral.	An Audiologist or Hearing Therapist can advise on this. Your GP can arrange a referral.
Can I choose more than one option?	Yes	Yes	Yes	Yes