

Easy
Read



Tinnitus and hearing aids

(T)

British Tinnitus
Association

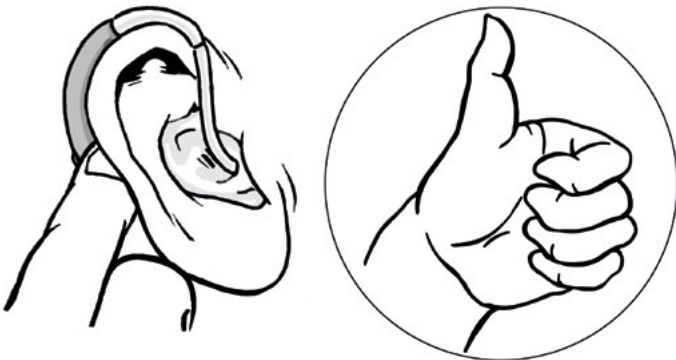
Tinnitus and hearing aids



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.

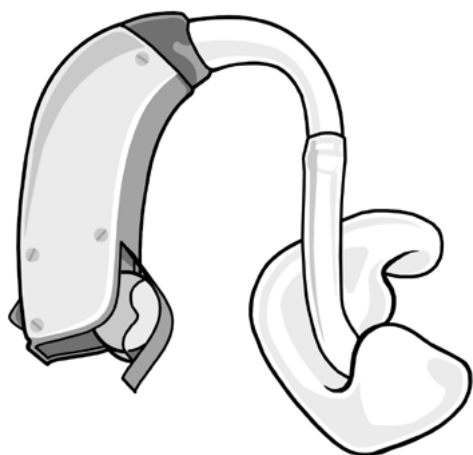


Hearing aids will help you hear better, and this may also help your tinnitus.

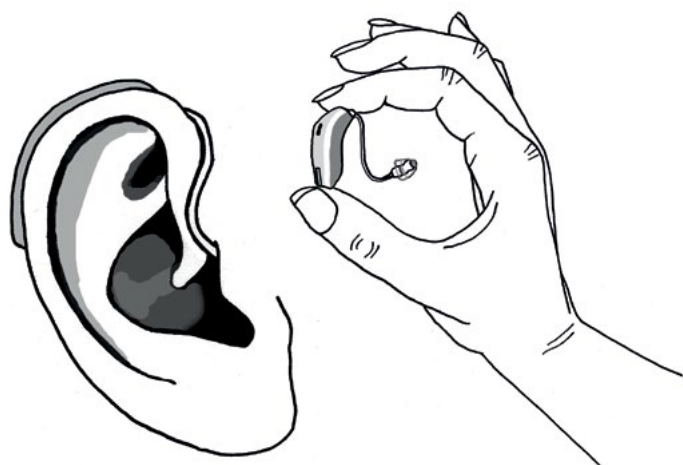


You should wear your hearing aids all the time you are awake.

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.

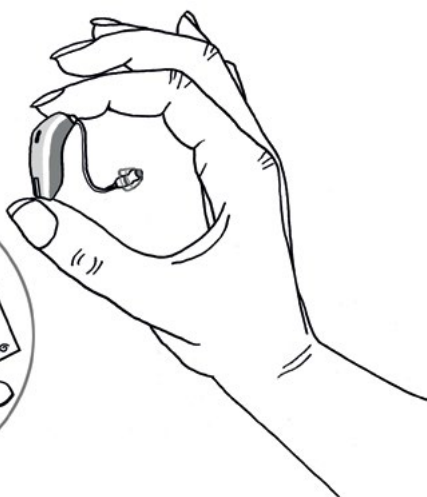
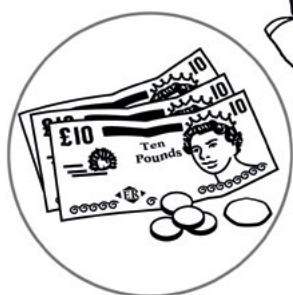


You still hear sounds around you, and you hear direct sounds much more loudly.



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

How can you get a hearing aid?



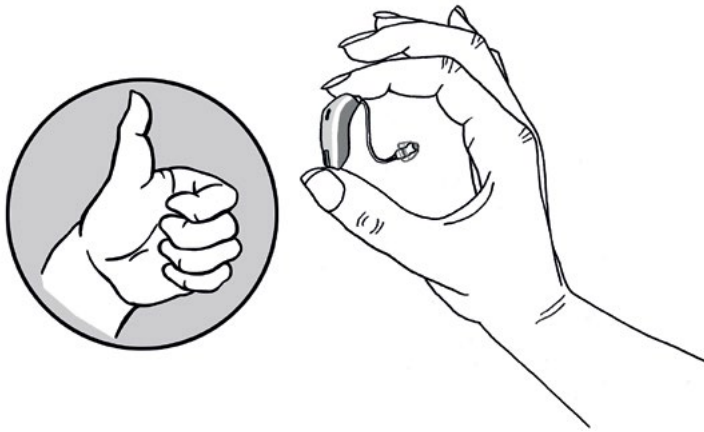
You can get a digital hearing aid from the NHS. Your doctor will help you see a hearing specialist who will fit one for you.

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.

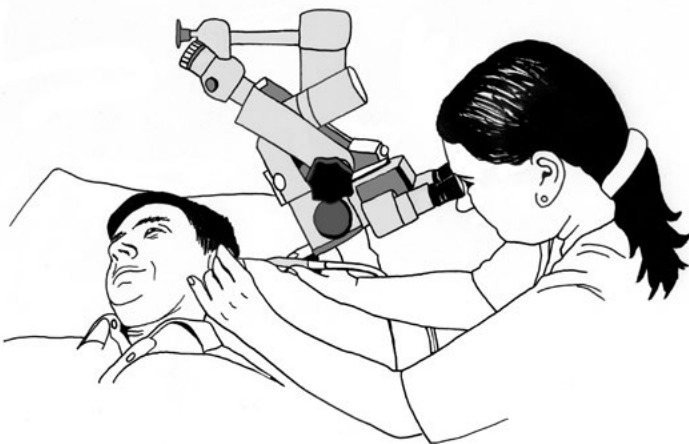
Problems with hearing aids



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.



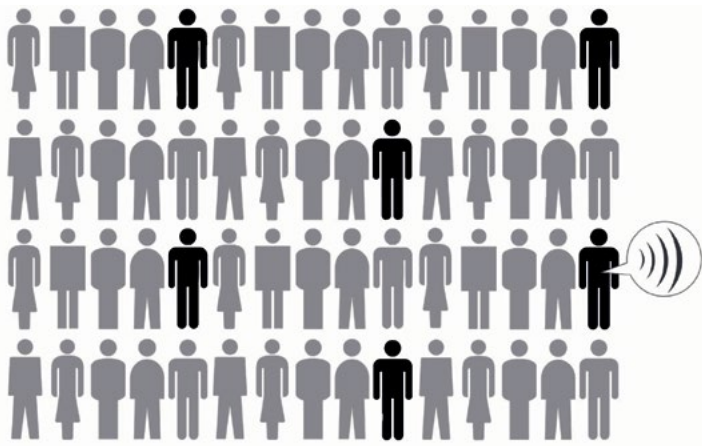
Information from the British Tinnitus Association (BTA) comes from experts, and you can rely on it to be right.



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



The British Tinnitus Association is the only national UK charity that just helps people with tinnitus.

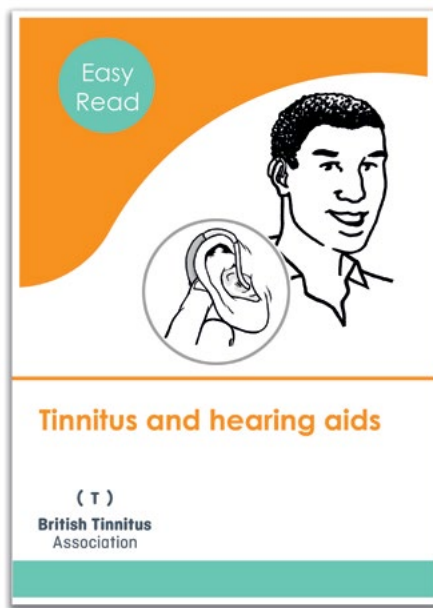


We are an independent charity supporting hundreds of thousands of people who have tinnitus, helping to make their lives better.

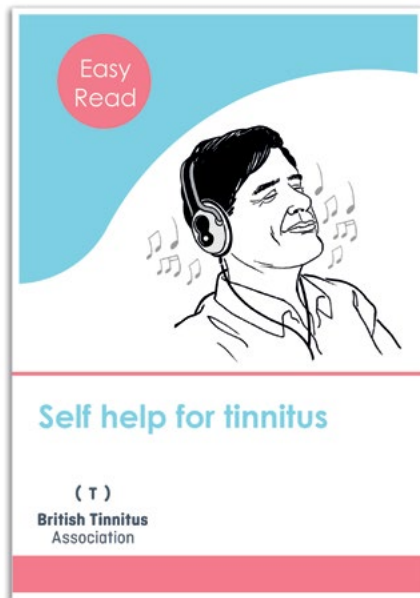


As we get no government or NHS funding, the support we provide can only be offered with the help of donors and supporters who give us money.

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.

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

Email: info@tinnitus.org.uk

Helpline: **0800 018 0527**

Website: www.tinnitus.org.uk

Text/SMS: **07537 416841**

The British Tinnitus Association. Registered charity no: 1011145.
Company limited by guarantee. Registered in England.

Issued November 2021. Version 1.2. To be reviewed November 2024.

© British Tinnitus Association

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.

(T)
British Tinnitus
Association

