

My hearing-aid handling checklist

Try these tasks with your audiologist. Tick what you can manage and where practice or help would be useful. There is no pass mark.

Name: _____ Date: _____

Task to try	I can manage	Practise again	Help needed
Identify the left and right aids	☐	☐	☐
Put each aid in and take it out	☐	☐	☐
Charge the aids or change a battery, and check the result	☐	☐	☐
Use the controls I need	☐	☐	☐
Carry out the daily cleaning shown to me	☐	☐	☐
Manage a wax filter or other small part, if needed	☐	☐	☐

Custom-made parts need a final handling check once fitted. Ask which tasks apply to your aids. If left and right are hard to tell apart, ask about different shell colours.

The exact part I find difficult

What we will try or change

Who will help, with which task, and how often?

How to contact the clinic and when to review

Bring your current aids, charger and usual glasses. Mention pain, repeated dropping or difficulty removing an aid. Daily help needs a reliable daily arrangement.