

I lost my hearing aid! What can I do?



Tips and strategies for finding and preventing lost hearing aids

Carly Sygrove, *HearingTracker.com*
April 22, 2024

Losing a hearing aid can be an extremely upsetting experience. Not only are they financially valuable devices, but they also enable the user to access sound, engage in conversations, and feel safe in their surroundings. Reflecting on her own experience, hearing aid user Rosemary shares, “I lost mine once in the bedroom. I must have knocked it off my bedside cabinet when making the bed. I looked everywhere and I couldn’t find it. It was really distressing for me as I have no hearing in one ear, and the one I have my hearing aid in is very limited. A lot of crying happened that day.”

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Chapter Calendar

May 16 at 4:00

Chapter social meeting at Hof’s Hut

May 22 at Noon

Board meeting on Zoom

June 8 [DONATE HERE](#)

Long Beach Walk4Hearing

June 26-29 [REGISTER HERE](#)

HLAA National Convention in Phoenix AZ

Lip reading practice: Wednesdays, 9:30-11:30 a.m. at Weingart Center

Monthly social meeting Thursday May 16, 4:00 p.m.

Have a coffee or soft drink on us!



Join us at the Los Altos Hof’s Hut to socialize and discuss hearing loss topics.

Do you know a friend or neighbor who’s struggling with hearing loss? Bring them along to meet our friendly and supportive group. We’ll treat you and your guest to a non-alcoholic beverage!

Bring your news, questions, or concerns about hearing loss to discuss over a snack, drink or dinner. We hope to see you!

As always, we’ll be on the patio, away from street noise.



We’ll have a drawing for a free individual dessert!

Hof’s Hut

2147 Bellflower Blvd., LB

Free parking in the lot behind the restaurant



Support our team
Maxine’s Marchers

Please support our team— 40% of your donation comes to our chapter!

Saturday, June 8

Registration 9:30 a.m.
Walk starts 11:15 a.m.

Shoreline Park

200 Aquarium Way
Long Beach CA 90802

[Click here to Donate or to Register to Walk](#)

To donate by check, make it out to Walk4Hearing and mail to: HLAA Long Beach/Lakewood P.O. Box 41 Lakewood CA 90714



PRESIDENT'S MESSAGE

from **Gail Morrison**

Meeting together in hearing loss

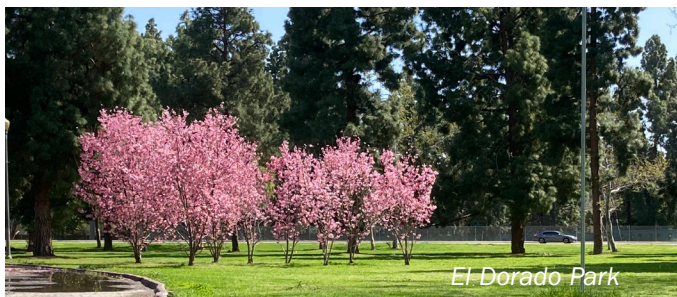
When I went through the extended COVID period of emotional pain and struggle due to the difficult circumstances in my life, it would have been easy to withdraw from our HLAA meetings. (And sometimes I did wonder, Why bother?) But I felt compelled to keep attending HLAA meetings.

Although my situation remained the same for too many years, gathering with other HOH people, attending Hof's Hut and Toni Barrient's Leader's meetings supplied the encouragement I needed to persevere and remain hopeful. And often, I'd not only hear an uplifting message or teaching, but I'd receive comfort, a listening ear, or a hug I needed from others.

Don't give up meeting together, as some are in the habit of doing, but encourage one another. When we face hardships and difficulties, we'll need the reassurance of others—and others will need ours. This reminds us to "hold unwaveringly to the hope we profess" and to consider how to "spur one another on toward friendship and fellowship." That's a big part of what encouragement is. That's why we need to meet together. Someone may need your encouragement and you may be surprised by what you receive in turn.

When have you felt encouraged after leaving a HLAA meeting? Why? Who needs your support and reassurance?

- Gail 

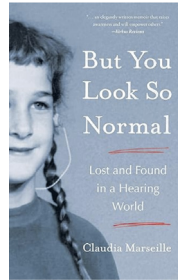


Register for online events on hearing loss subjects

HLAA Diablo Valley Chapter

But You Look So Normal: Lost and Found in a Hearing World

Saturday, May 4, 10:00 am



Diablo Valley chapter member Claudia Marseille will discuss her autobiographical book (release date May 14) about her lifetime of hearing loss.

Diagnosed at age 4 with a severe hearing loss, she had to navigate her way through loneliness and isolation, and eventually found a career and a

life of creativity and love.

[Preorder her book](#) on Amazon.

[Pre-register to attend on Zoom](#)

HLAA Peninsula Chapter

Hearing Loss in the Workplace

Monday, May 6, 1:30 pm

Pat Dobbs, DEI (Diversity, Equity, Inclusion) Coach Specializing in Hearing Loss will address hearing loss in the workplace. Many of us are retired, but consider those activities we are involved with

[Pre-register to attend on Zoom](#)

HLAA Mission Viejo Chapter

All Things Hearing

Monday, May 13, 2:00 pm

A Question & Answer meeting with Audiologist Ann Mundell-Noel, M.A. and Dr. Gaby Rodrigues.

Learn about the latest research on connections between hearing, brain and balance.

This is a hybrid meeting if you prefer to attend in person: Laguna Woods Clubhouse 7, 24111 Moulton Parkway, Laguna Woods CA 92637. No gate pass needed. Email Toni@hlaamv.org

[Pre-register to attend on Zoom](#)

I lost my hearing aid

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What to do if you can't find your hearing aids

Obviously, your search will vary depending on when and where you first noticed your hearing aids missing. And watch your step! The last thing you want to do is step on them, so if applicable, put on your glasses, add more light to the search area using a flashlight or smartphone, and step carefully if you believe they may be on the ground.

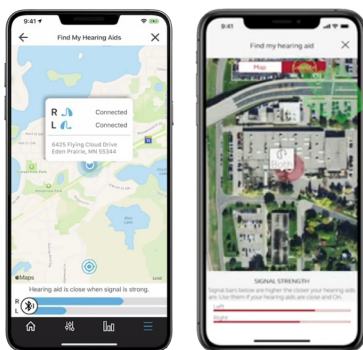
Misplacing a hearing aid can be stressful, but there are measures you can take to increase your chances of finding it. Here are some suggestions of what you can do if you can't find your hearing aids:

Step 1: Check your app for a “Find My Hearing Aid” option

Modern hearing aids are compact and comfortable, so you might not even realize immediately if one slips out/off or goes missing. This makes it challenging to pinpoint where to begin your search. Fortunately, many current hearing aids offer a tracking feature accessible through your hearing aid smartphone app.

For example, the following apps by leading hearing aid manufacturers include tracking features:

- Starkey Thrive app
- Oticon Companion app
- Widex Moment
- ReSound Smart 3D app and Smart app
- Philips HearLink2
- Jabra Enhance Select and Pro app



Note that some popular models, including Signia, Rexton, Phonak, and Unitron, do not currently have a “Find My Hearing Aid” feature on their apps.

If you own a smartphone and have hearing aids that connect to it, be sure to speak to your audiologist about whether your hearing aid app has the “Find my Hearing Aid” feature.

My hearing aid doesn't have a “Find My Hearing Aid” feature

If your hearing aid app doesn't have the “Find My Hearing Aid” option, you may find it helpful to head over to your Apple App Store or Google Play Store to download a hearing aid locator app or a Bluetooth device locator app. These apps use a Bluetooth scanner to track any hearing aid or Bluetooth device that is powered on and connected to your phone.

My hearing aid is turned off or out of power and is lost outdoors

If the hearing aid is likely turned off or without power and you think you lost it in a specific outdoor area, like in thick grass or at the beach, you might try a metal detector. Hearing aids contain small amounts of metal and a battery (rechargeable or button cell), so a high-quality metal detector could help locate them. If you, a friend, or a family member don't have a metal detector, most equipment rental stores rent them.

Step 2: Carry out a thorough search

Ok, this step may seem like obvious advice. But even though you might have already searched for your hearing aid when you realized it was missing, sometimes due to the stress involved in the situation, it can be difficult to search effectively for lost items.

Here are some tips for searching for your hearing aid:

- **Recall and reflect.** Think about where you were and what you were doing when you last remembered wearing your hearing aid. This could give you a clue as to the whereabouts of your device.

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- **Retrace your path.** Return to the places you have visited during the day and retrace your steps.
- **Sudden movement check.** Check any location where you remember making a sudden movement, which may have dislodged your hearing aid.
- **Ask for help.** Ask those you've been with throughout the day if they remember you wearing your hearing aid, or if they can point out any spots you might have missed while searching. Ask family members, friends, or caregivers to help you search.
- **Inspect nearby areas.** Check tables, desks, countertops, couch cushions, under furniture, in shoes, in your car, and other surfaces where the hearing aid could have been placed or fallen.
- **Check your pockets.** Examine your clothing and look in your pockets.
- **Use a flashlight.** Shine a flashlight on the floor, under furniture, and in corners to help locate the hearing aid.
- **Try the squeal test.** If the hearing aid is laying on the ground, there's a chance it might be in a good position to exhibit feedback/whistling. Increase the volume of your hearing aid using your hearing aid app (if connected) to determine if someone nearby can hear the device's squeal.
- **Use a metal detector.** Try using a metal detector to locate your hearing aid.
- **Report them.** Notify the staff as soon as possible at any public venue where you suspect you may have misplaced your hearing aids. Describe the device and request a check of the "lost and found." If the hearing aids are not located, leave your contact details, including name and phone number. Ask the staff to contact you if the hearing aids are found, and get in touch with them again if you still haven't found your hearing aid after a couple of days.

Step 3: Contact your hearing care provider

If, despite your efforts, you are unable to locate your hearing aid, reach out to your hearing care provider to discuss your options. They may be able to help you locate your hearing aid, or assist you in obtaining a replacement device, either under your hearing aid warranty or insurance policy.

"Hearing aids have a 1 or 2-year loss and damage coverage. There may be a service charge, but use this if hearing aids are lost or damaged beyond repair," recommends audiologist Kathy Dowd, AuD, Executive Director at The Audiology Project, Inc.

Since hearing aids can carry a hefty price tag, you may consider purchasing additional coverage for your hearing devices through third parties such as ESCO to protect your investment. Or, if your hearing aid has no manufacturer's warranty, you might choose to include the hearing aid on your existing homeowner's or renter's insurance to cover hearing aid loss and damage. It is important to know the replacement cost of your hearing aid without insurance or warranty when deciding whether to keep the warranty or take out insurance on your hearing aids.

Top 10 tips for preventing a lost hearing aid

Understanding what steps to take if you lose your hearing aid is crucial, yet I'm sure you'll agree that a better scenario would be to prevent loss entirely. HearingTracker spoke to members of its online Facebook hearing loss support group and Hearing Loss Forum, as well as hearing care providers, and asked them if they had any tips and tricks to keep from losing their hearing aids. Here's what they shared:

1) Always store your hearing aids in the case or charger

If you're removing your hearing aids or not wearing them, make it a strict personal rule to put them in the charger or case right away to prevent misplacing them. If your hearing aids are rechargeable, place them in the charger

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overnight so they are not only fully charged for the following day but you know exactly where to find them.

“I have lost one of mine. Luckily, they were NHS so only cost me £60,” shared Hazel who lives in the UK. “I had taken them out by the side of the pool before I went swimming. I am not sure how it happened. I think I left them on my towel. I now have private hearing aids and never take them out without putting them in the box—ever.”

In addition to keeping your hearing aids in their case or charger when not wearing them, Amy advises, “Always keep your case in the same spot.” She explains, “I always have my hearing aid case in my purse. That’s where my hearing aids go when I am not using them. Rarely do I set my hearing aids down and they are not in my case— and if I do that, I am very aware that I need to get them in my case ASAP!”

“Now, if I take them out downstairs,” says Rosemary, “I keep them in a little pot and upstairs in another little pot by my bed; I don’t leave them anywhere else.”

2) Take care when removing clothing

“I was shooting photos in the National Park, and I took my camera off from around my neck, and there goes a \$5,000 aid down the river,” recalled Jo. When removing sunglasses or glasses, a facemask, a hat, or any item of clothing from your head or neck, be careful not to knock your hearing aids out of your ears—this is easily done! Always take a moment to double-check your hearing aids are still in place after removing clothing and accessories.

3) Be super-vigilant around pets and children

Be careful not to leave your hearing aids within reach of children or pets. “I found it in my dog’s mouth,” shared Lori. “It fell out of my ear when leaning over to pet my dog, and I didn’t notice. Thankfully unharmed. So, the learning is for pet owners to be aware that they are super attractive to them.”

4) Ensure that your hearing aids are securely and correctly fitted

If your hearing aids feel loose in your ears, be sure to tell your hearing care provider, who can fit you with a better-fitting mold or dome. In addition to having less chance of falling out of your ear, a well-fitted hearing aid dome will also mean that less sound escapes, which can create feedback, meaning you may also notice an improved performance from your hearing aids.

There are also “sport locks” available for some behind-ear hearing aids: this is a small flexible strand of plastic attached to the receiver or earmold. It tucks into the bowl of your ear and is designed to provide added security. It’s often used with kids and athletes, hence the name.

“When I first had my hearing aids, and the molds didn’t fit right, one fell out on the way to or at the grocery store,” said Roberta. “It was in a rainstorm. For an hour, I searched the street, the grocery store, through the vegetable and fruit bins... wherever I’d been. The neighbors joined in and helped search. No success. In despair, I told my audiologist and was greatly relieved when he said the vendor would replace me with a new one free of cost under warranty. To say they were expensive is an understatement. I lost one again a month later while visiting relatives in England. Juggling sunglasses with regular glasses, one hearing aid fell off. I took an hour walking around a park in Bath looking through flowerbeds, with a couple of strangers helping before I found it!

“I was discouraged and feared that I was resigned to continually go through this trauma. Then my audiologist made me new custom molds, saying I have a strange-shaped ear! Since then, nearly three years later, I’ve never lost one, thankfully. Now, they fit in my ear well.”

5) Consider the color of your hearing aid

Hearing aids and earmolds come in various colors, and a brightly colored hearing aid could prove easier to find than a neutral-colored device. “I just had my impression done for my custom ear mold. It will be green!!!” shared Randy. “My

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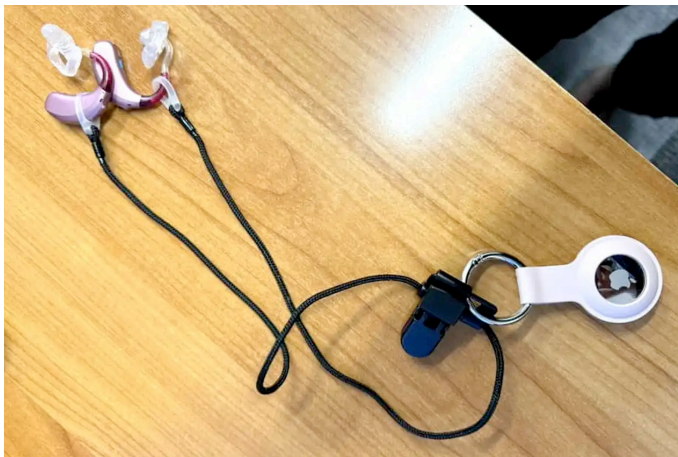
problem is when I put my hearing aids down by my keys. Who on earth can find their keys? The bright green molds might help me find my keys too!”



6) Secure your hearing aids with retention clips or devices

Ruth Reisman, AuD, MBA, professor at Brooklyn College, and co-owner of Urban Hearing, recommends you attach your hearing aids to your clothing using a hearing aid OtoClip or similar hearing aid retainer. “I’ve also seen patients use glasses chains and necklaces to loop on their devices,” added Reisman.

Hearing aid clips can be particularly helpful when taking part in sports or if your work involves physical activity. They can also be beneficial for children because they can help prevent their hearing aids from getting lost during play. Hearing aid clips for children often come in bright colors and fun designs such as animals, sea creatures, and dinosaurs.



Shown: an OtoClip retainer, with an Apple Bluetooth AirTag for tracking lost hearing aids

7) Attach an AirTag tracker to your hearing aids

Although hearing aid locator apps can assist in finding misplaced hearing aids, not all devices

come with this option. Additionally, it is essential to remember to turn on the location service and ensure the app stays active in the background—a step that some people might overlook. One suggestion is to attach an AirTag—a small Bluetooth tracking device developed by Apple—onto your hearing aid OtoClip or retention device.

Given these devices’ extended battery life, family members or caregivers can connect one to their smartphone and easily locate the hearing aid via the device. You can simply feed the loop of the tracker through the central point of the OtoClip where the clip attaches—that way it’s equally weighted and doesn’t pull to one side or the other.

After once forgetting his Roger On hearing aid microphone, Mark now attaches an AirTag to his Roger On lanyard. “Now I can’t forget it!” he told HearingTracker. Note that various brands of Bluetooth tracking devices have similar functionalities as AirTag, and would be suitable for fastening to hearing aids and related devices.

8) Label and store hearing aids safely in the hospital

Hearing health advocate, author, and speaker Shari Eberts shared the following tip for keeping hearing aids safe during a hospital stay: “Bring a small brightly colored plastic container to house your hearing aids when you remove them for a procedure or to sleep. Label it with your name, and the number of hearing aids, and write DO NOT DISCARD on it. This is also a good place to keep extra hearing aid batteries when in the hospital.

“Another trick is to bring a simple Ziplock bag with a safety pin inside, which you can use to safely stash your devices if they need to be removed when you are outside your room,” adds Eberts. “Label the bag with your name and pin it to your gown so your devices are not misplaced.

9) Establish a routine when caring for loved ones

If you are a caregiver of a person who uses hearing aids, take time to discuss strategies for

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preventing the loss of their devices. Set up a routine (as much as possible) for how and when they remove their hearing aids. “Assist your family member to remove the hearing aids every night and put them in a container for safety,” recommends Dowd. “If several members wear hearing aids, mark the containers with their names. If your loved one is in a nursing home, speak to the staff so that they are also aware of the routine.

“In the early stages of a cognitive issue, perhaps also model hearing aid usage on yourself to promote engagement,” suggests UK audiologist Natalie Stephenson, who supports individuals with learning disabilities, dementia, and children with their hearing needs. “Actively support hearing aid use throughout the day to reduce their being removed by other carers or staff. Ensure carers check the hearing aids are in throughout the day.”

“For some patients, we’ll print their phone number on a label maker and adhere it to the body of the hearing aids,” adds Reisman. “So, if someone finds it, they know who to call. We also have caregivers connect the hearing aids to their phones if there’s Bluetooth, so they can keep tabs on the devices as well.”

10) Support children in keeping hearing aids safe

By nurturing independence and self-care in children, we can support them in keeping their hearing aids safe. “Promote an increasing sense of ownership of the aids within the child’s developmental and cognitive stage,” recommends Stephenson. “Develop a good routine around removal and placing them in their box.”

Name labels are also a good option for ensuring children’s hearing aids are returned safely to their owner, should they get lost.

Future enhanced tracking solutions

Randy Abrams, a hearing aid user and senior security analyst at SecureQLab, a Texas-based company specializing in cloud security

validation, proposes that implementing Radio Frequency Identification (RFID) tags could offer a simple solution for tracking and returning hearing aids.

RFID technology is primarily used for tracking and identifying objects or people using radio waves. It is used in several applications, from inventory management to animal identification and pet safety.

So, could RFID technology help people find their misplaced hearing aids? Abrams thinks so. “I suspect that eventually, they will put micro-RFID tags into the devices themselves, and these RFID chips will then be registered and added to a hearing aid database when an audiologist is programming the devices,” hypothesizes Abrams. “From there, anyone would be able to take a lost hearing aid to a hearing provider, and they would be able to return the device to its owner. Awareness of the technology would need to be raised for everyone, not just people with hearing loss, or else people finding a lost device won’t know how to return it to its owner.”

“For OTC hearing aids, scanning them anywhere that sells them would be feasible, and they could have signage that all can see to get the word out. This may be more problematic for prescription devices as you might be skirting privacy protection laws. That potential obstacle could potentially be overcome by having a waiver signed at the time of enrollment.”

Abrams may be onto something, but for now, until a universal and reliable tracking solution becomes a reality, we recommend taking preventive measures to help avoid losing your hearing aid. And, if you do lose or misplace your hearing aids, we hope this article provides helpful guidance on your next steps.

Read the complete original article here:

[I lost my hearing aid! on hearingtracker.com](#)

Study finds nearly half of young people admit to suffering hearing problems after live concert

HearingHealthMatters.com
April 21, 2024

A new study from Specsavers audiologists has revealed that nearly half (42%) of young adults (18-44 year olds) have experienced some form of hearing loss at some point in their life.

Based on a survey of 2,151, over one in ten (11.8%) respondents aged between 18-44 said they attend live music events at least once every three months, with over half (52%) admitting to either having had ringing ears or muffled hearing afterwards.

Because of this, nearly a third (30%) of participants have said that they're less likely to attend a live music event in the future because of this.

However, the research revealed that the younger generation (18-44) also aren't taking precautions to protect their hearing at these events, such as wearing hearing protection, potentially leading to issues in the future.

Four in five (84%) of the panel aged 18-44 that attended live music events regularly admitted to never wearing hearing protection, with 14% saying they're unsure of the benefits or where to get them from.

While there are many forms of hearing protection available, nearly a quarter (22.4%) of people have never considered purchasing any form of hearing protection before any music event.

According to Statista, the live music industry is expected to reach \$30 billion in revenue over 2024, the biggest year in history for live music events:

“The 2024 music industry will be bigger than ever, meaning more of a reason to invest in some hearing protection before any live music event. It's a great way of protecting your hearing, stopping any excessive noise getting through your auditory system and causing damage to the hair cells that help us hear. There's no need for any big over-the-head headphones anymore, as earbuds can be extremely hidden.

“Many people assume that hearing issues only happen in your later years. However, it can affect people of all ages and unfortunately, the longer we leave hearing issues, the worse they can become,” said Specsavers chief audiologist, Gordon Harrison. “It's so important to look after your hearing, especially when at festivals, gigs, concerts or anywhere just in general where there's loud music or noise. Wearing hearing protection can really help, and having regular hearing checks can help identify and manage hearing loss symptoms and minimise any long-term impact.”

<https://hearinghealthmatters.org/hearing-news-watch/2024/survey-live-music-hearing-health-specsavers/>



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Join HLAA to become part of the one organization that represents the interests of 48 million people with hearing loss in the U. S., providing information, education, support and advocacy to people with hearing loss.

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Or call for more information: (301) 657-2248

For more information about our chapter, visit
hlaa-lb-lakewood.org

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Email: info@hlaa-lb-lakewood.org

Phone: (562) 549-3086

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