



1. Preparing for your appointment



Being in the right state of mind is always important for potentially stressful situations, such as audiology appointments. Preparing yourself by thinking through your aspirations for the session will result in fewer surprises arising.

Session headlines

- **You will want answers**
There will be multiple aspects of your hearing loss that you will want answers to and advice on. Think about your situation and what you want to know.
- **Focus**
Being focused on the different aspects of your hearing loss, and being able to identify examples to share with the audiologist, will help them to provide solutions to support your situation.
- **Reflection**
Take time to analyse what difficulties you are having. This will assist you when formulating the questions that you want to ask.
- **Peer support**
If you choose to have a friend or family member support you at the appointment, then take time to discuss your hearing loss with them, along with the key things you wish to take away from the appointment.

THE 7 Cs

According to The 7 Cs, communication needs to be:

- | | | |
|------------|-------------|--------------|
| 1. Clear | 3. Concrete | 6. Complete |
| 2. Concise | 4. Correct | 7. Courteous |
| | 5. Coherent | |



CALL TO ACTION: What to do with this information?

- Visualise yourself going to and being in your appointment. Make it a success.
- Practice relaxation techniques.
- Think about who you would like to accompany you. Check they are available, and run through your plan with them.
- Familiarise yourself with the location of your appointment, how to get there, and where to park.

Useful links

(These links open external sites. We are not responsible for content on these sites.)

The 7 Cs – hearinglink.org/mindtools

Mindfulness description – hearinglink.org/mindfulness

Five ways to be calm – hearinglink.org/5calm