



**Helpful Hour:** How to get the most from your audiology appointment

## 5. Post-appointment

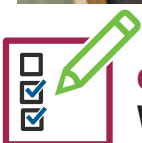
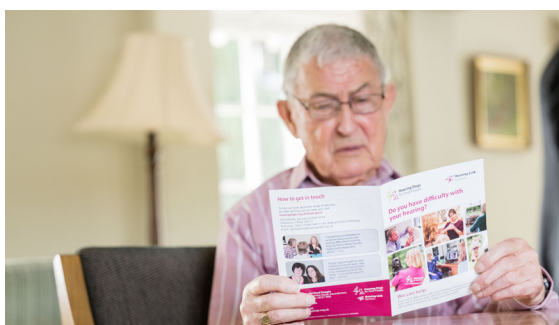
**After your appointment, there may be a rush of emotions. Happiness you finally got diagnosed? Sadness that your hearing isn't as good as you thought it was? Somewhere in between..?**

Some people tell of suffering a sense of bereavement. It's important to reflect on what has happened and start your research on what else can help with your hearing journey.

Be kind to yourself during this period of transition.



1. Take time to consider what was discussed at your appointment and refer back to any notes you may have taken or been provided with by your audiologist.
2. Prepare for your follow-up appointment and ask any additional questions. Do you understand your audiogram? Do you have a copy of your audiogram?
3. Be solutions focused. Investigate the network of organisations in your area or groups that can help.
4. Research which sensory/assistive listening technology might help you to achieve your goals for living with your hearing loss better.
5. Consider the other services that Hearing Link Services can offer. They are free to access and we are here to help.



**CALL TO ACTION:**  
What to do with this information?

Go back to your notes to see what help you can organise for yourself – research, research, research! Make it an adventure, not a chore.

### Useful links

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

**Helpdesk** – [hearinglink.org/ask-us](https://hearinglink.org/ask-us)

**Online shop** – [hearinglink.org/shop](https://hearinglink.org/shop)

**Useful organisations** –  
[hearinglink.org/usefulorgs](https://hearinglink.org/usefulorgs)

**Groups & clubs** – [hearinglink.org/groups](https://hearinglink.org/groups)

#### Employment

[hearinglink.org/atwgov](https://hearinglink.org/atwgov)

[hearinglink.org/rnid-workinfo](https://hearinglink.org/rnid-workinfo)