

# Using FM

A guide for children and their families  
on how to use an FM solution with hearing aids

## Congratulations on your new FM solution!!

This booklet tells you how to use your FM solution, where to use it, and how it helps you hear even better in certain situations. Show it to your parents and teachers, because it will also help them!

We hope you will enjoy using your new FM solution..

This book belongs to:

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When you are in a noisy place, or when the person you are trying to hear is standing far away, you might need more than just your hearing aids to hear better. You may need something called FM.

FM solutions bring sounds much closer to you. This can be helpful when your teacher is standing far away, or when the classroom is very noisy. It can also help you hear better in places like noisy restaurants, or at a birthday party.

FM can help you at school and at home - and this booklet tells you how. And if you show it to your teacher and your parents, they will be able learn about FM systems too.

## FM in School

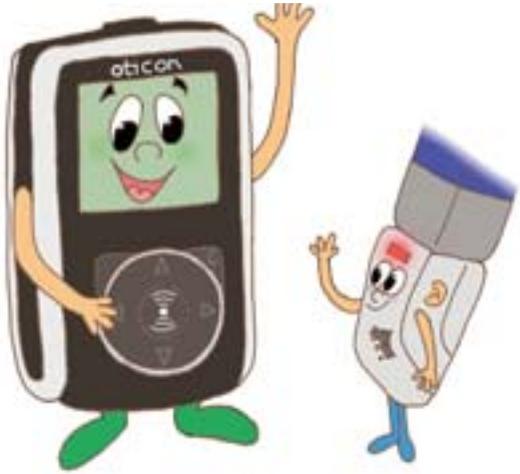


Classrooms can be very noisy, and even though you wear hearing aids it can sometimes be difficult to hear the teacher. And the further away your teacher is, the more difficult it will be to hear him.

An FM solution can help. To get one of these solutions, ask your parents to talk to your audiologist - or someone at your school. They can tell you what you need to do.

## What is FM all about?

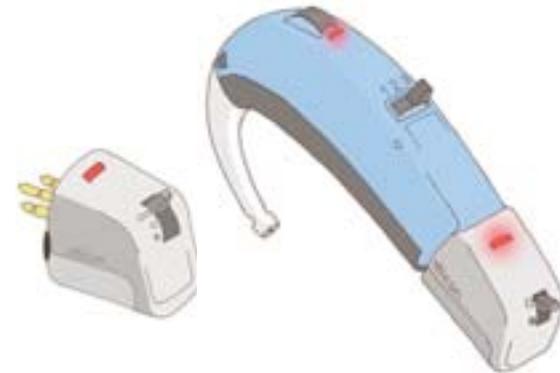
There are two parts to an FM system: a transmitter and a receiver. Much like a radio, these two parts are set on the same channel, so the sound can be sent from one to the other.



## Receiver

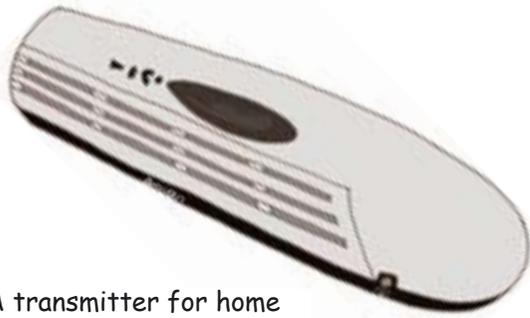
The receiver is the part of the FM solution that plugs into the bottom of your hearing aid. You often have two receivers - one for each instrument. You can attach the receiver directly to your hearing aid or use an adapter. Your audiologist can tell you which receiver to use.

The FM receiver picks up the sounds that are sent by the FM transmitter. So when your teacher is talking, it will be as though he is speaking right into your ear.



## Transmitter

The FM transmitter is worn by your teacher or your parents. It can also be placed on a table or connected to a TV or computer. It then sends the sound directly to your hearing aids.

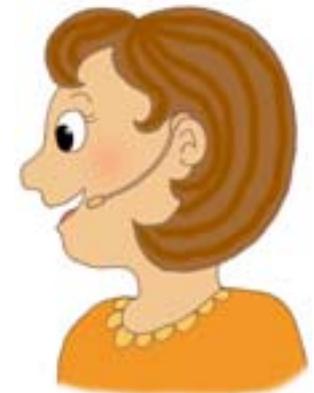


A transmitter for home and school use.



A transmitter for school use.

Some transmitters may have an external microphone. There are different kinds of transmitters and microphones, some of which are shown here. Remember that not all microphones look like this - you might have seen a different one.



## How to attach the receiver

It is easy to attach the receiver to your hearing aid. There are two ways to do this, depending on your instrument. Your audiologist can show the right way to attach your personal receiver.

With some hearing aids you have to click the adapter on before you can click on the receiver. On others you have to open the battery drawer before you can attach the receiver.

The pictures on the next page show you the different types of hearing aids and receivers. Your audiologist can tick the box that shows how YOUR receiver should be attached.



Hearing aid with adapter and FM receiver.



Hearing aid with adapter and FM receiver.



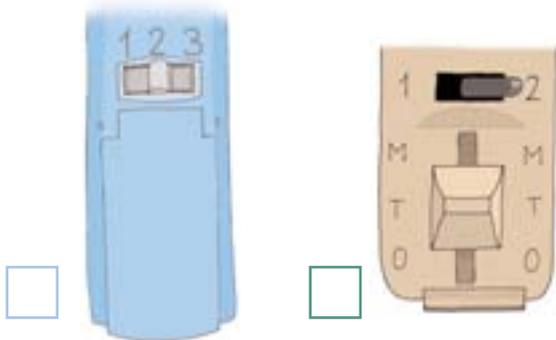
Hearing aid with FM receiver.

## How to set the hearing aid to FM

For the receiver to work properly, your hearing aids must be set correctly. You can do this by choosing the FM program. Your audiologist will make sure that your hearing aids have such a program.

How you select the FM program depends on the type of hearing aid you have. Ask your parents or your audiologist to mark the choice that matches your hearing aids.

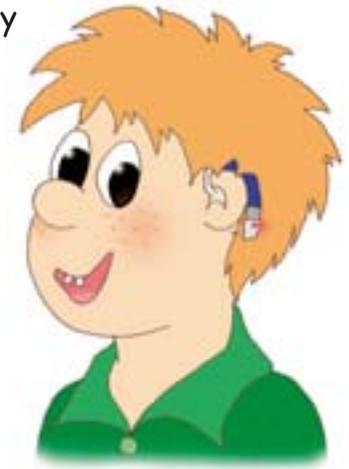
1. Select the FM program by pushing the large switch to the letter T or by pushing the switch to the FM program on your instrument (1,2 or 3).



2. Select the FM program by pushing the button on your hearing aid. When you hear some beeps, you will know that your hearing aids are ready. Your audiologist can tell you what kind of beeps you will hear, and how many.



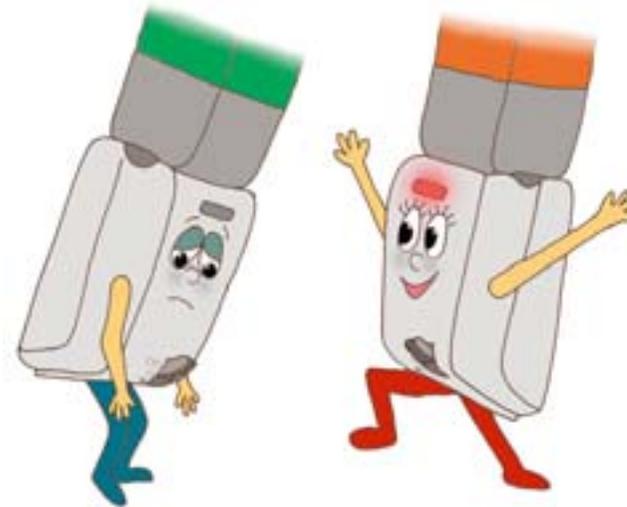
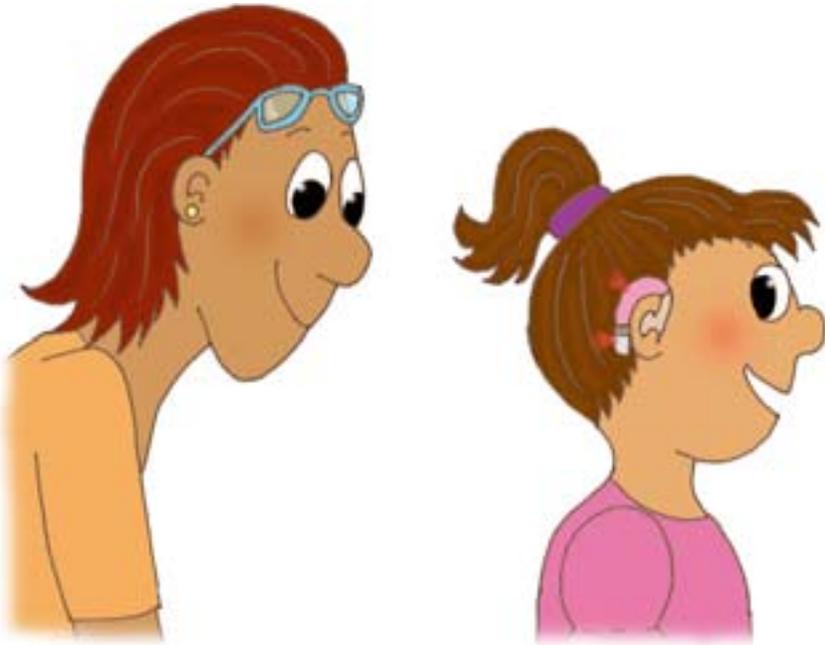
3. Your hearing aids will automatically switch to the FM program when you attach the receiver. So you will not have to do anything more.



## The light on the receiver

Your receiver has a small light that shines red. This shows that the receiver is working and that the receiver and transmitter are on the same channel. This is also helpful for your teacher or parents, because the light shows them that you can hear them.

The receiver gets power from the battery in the hearing aid, so if this battery is dead, the light will not work. There HAS to be a light for the receiver to work. The receiver can be turned so the light shines backwards or forwards. The only time the light is not shining is if the audiologist has turned it off during programming, or if the battery in the hearing aid is dead.



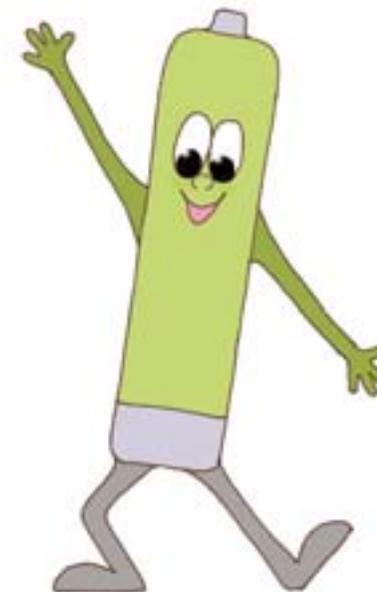
## The teacher's part of the FM solution

As we explained earlier, there are two parts to an FM solution; the receiver that you wear and the transmitter that the teacher wears. The teacher can wear the transmitter around their neck or on their belt. And they can talk right into the FM microphone on the transmitter or into a smaller microphone that is connected to the FM transmitter.

The teacher's voice is then sent straight to the receiver on your hearing aids. So even though they are talking from the other end of the classroom, it will feel as though they are standing right next to you.



The receivers that you clip onto your hearing aids do not need their own batteries because they use your hearing aid batteries. But the teacher's transmitter does need batteries. These must be charged every evening to be ready for the next day. Either you, your parents or your teacher must make sure that the batteries are charged and ready for the following morning.



## When to use FM in school

You can benefit from using FM for all classes in school. This is because teachers always move around a lot, so you will not always be able to see them. And you cannot be sure that they are close enough for you to hear them.

Also, the noise in the classroom can make it difficult to hear the teacher. The noise might not come from your classmates, but from things like airconditioners or traffic outside.

You can also use FM if you are working in small groups in school. The teacher can put the transmitter on the table in the middle of your group, so you can hear everyone much better.

An FM solution can also be useful on field trips. So when the teacher is explaining something, you will be able to hear much more.



## FM at home

School is not the only place where FM solutions can be useful. At home, they can help you hear even better than you do with your hearing aids alone.

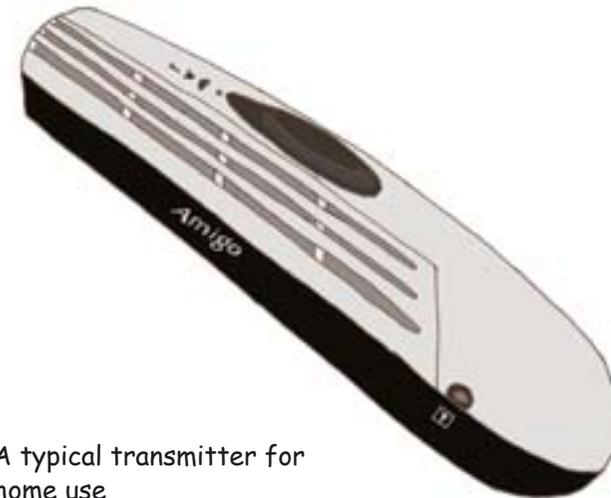
Home FM solutions work in much the same way as school solutions. There is both a transmitter and a receiver. The transmitter may look a little different, but the receiver is the same.



## The receiver and transmitter

The way you attach the receiver - and the way you set your hearing aids for FM - is just the same as for school. Read about this on pages 10-12.

The transmitter works in the same way too, sending sound directly to your ear so that background noise or long distances don't stop you from hearing. The transmitter you use at home may be different from the one you use in school, though.



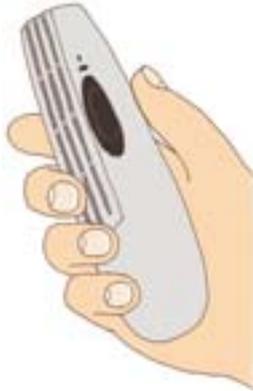
A typical transmitter for home use

## How to use the transmitter at home

The transmitter can be used in four different ways:

### 1. Handheld

This means that you hold the transmitter and point it at the person speaking, so you can hear exactly what they are saying. You would not use this method very often.



### 2. Worn around the neck

This is where the person speaking wears the transmitter - much like the teacher does in school. Your mother, father, brother or sister might wear it if they are standing some distance away, and you still need to hear them.



### 3. On a table

You can put the transmitter on a table - for example during dinner. So you can hear what everyone is saying and have more fun.

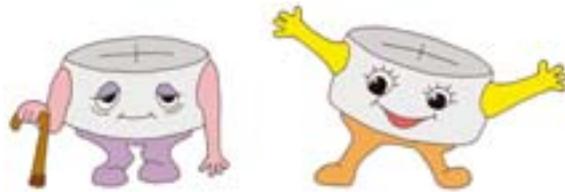
### 4. Plugged into a TV or stereo

You can plug the transmitter into the TV, a stereo, Discman or computer. And the sound will be sent directly to your hearing aids.



## Batteries

The receiver does not use its own batteries - it uses the ones that are in your hearing aids. So all you have to do is make sure that your batteries are replaced whenever necessary.



The transmitter **DOES** need batteries. The batteries are called AAA or AA and they last about 8-10 hours before needing to be recharged. So you must remember to charge the transmitter at night, so the batteries are ready for the next day.

The charger comes with the transmitter, so all you have to do is plug it into the wall.

## Charging batteries

If you forget to charge the batteries, you can use regular AAA or AA batteries. Remember that you can only recharge batteries that are meant for recharging. Get your parents to check what kind of batteries you have, before placing the transmitter in the charger.



Whenever your batteries need to be changed, always let your parents or another grown-up do this. And remember to take extra batteries with you in case they run out while you are away from home.



You can write your battery size here:

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## Ways to use FM at home

There are many ways to use FM at home, some of which are described below. Your audiologist or teachers might be able to suggest other ways to use the system.

### From room to room

If you are in one room and your mother and father are in another, it can be difficult to hear them. But if one of them wears a transmitter, you will be able to hear them quite clearly.



### For homework

When you do homework, and your parents, brother or sister are trying to help you, it can be distracting if someone else is being noisy in the background. If the person helping you uses a transmitter, it will be much easier to hear. With no distractions, homework gets done much faster!



### For dinner

When you are together with your family it can often be quite noisy around the dinner table. But if you place the FM transmitter on the table you will be able to hear what they are saying over the clinking of glasses and noise from cutlery.



### **In the car**

If you are in the back seat of your car, and your mother and father are in the front, it can be difficult to hear what they say. But if one of them wears a transmitter you will be able to hear - even though there's a lot of traffic in the street.



### **Watching TV**

Has anyone ever told you that when you watch TV, you always turn it up too loud? Well, you don't have to anymore. Because you can plug the transmitter into the TV and it will send the sound from your favourite program straight to your hearing aid.

## Playing on the computer

When you play computer games it can be hard to hear all the sound effects. Maybe you already have a system where you can connect your hearing aids to the computer with a cable. With your FM solution, all you have to do is plug the transmitter into the computer. Then the sound is sent to your hearing aids, without a cable.



## Listening to your MP3 or Discman

Listening to music on your MP3 player or Discman is much easier with an FM solution. Just like with the computer, you can plug in the transmitter and have the sound sent straight to your hearing aids, without a cable.



## Sports

If you are playing a sport it can sometimes be difficult to hear the coach. But if he wears a transmitter you will be able to hear his voice much better and follow his instructions.



There are many ways to use your FM solution, and the ones we have mentioned are just examples. You, your parents and your audiologist probably have lots of ideas on how FM can be of help.

## Important things to remember



1. Food and drink go in your mouth  
- batteries and receivers do not!

2. You can take baths and showers and go for a swim - but always take your hearing aids and FM off first. They won't work if they get wet!



3. You can play with your pets, but don't let pets play with your FM solution. They might chew on them or eat them!



4. You can sit close to the heater or fireplace - but keep your hearing aids and FM solution away from extreme heat!



5. Bikes can be taken apart and fixed by you  
- an FM solution cannot!



## Useful tips

Sometimes your FM solution may not work the way you think it should. Here are a few tips on what you, your parents or your teacher can check before taking the system to your audiologist or technician to be checked.

If there is noise (interference) in the receiver, or the signal falls out, try to:

- ☆ Move to a different place in the room
- ☆ Change the channel on the transmitter
- ☆ Press 'scan' on the receiver to get the same channel as the transmitter



If there is no light on the receiver and no sound, try to:

- ☆ Turn the receiver on
- ☆ Turn the transmitter on
- ☆ Check that the transmitter and receiver are on the same channel (to do this, set the transmitter on a channel and press 'scan' on the receiver)



- ☆ Change the battery in the hearing aid
- ☆ Change the battery in the transmitter



If there is light on the receiver but no sound, try to:

- ☆ Turn the hearing aid on - and switch to FM program
- ☆ Turn up the volume on the hearing aid

# People first



We believe that it takes more than technology and audiology to create the best hearing instruments. That's why we put the individual needs and wishes of people with hearing loss first in our development of new hearing care solutions.