



Hörselskadades distrikt
i Stockholms län

A photograph of a female audiologist with long dark hair, wearing a white lab coat, smiling warmly while examining a patient's ear. The patient's hand is visible in the foreground, holding the ear. The background is a blurred clinical setting.

Hearing care in Stockholm County

A brochure from HRF Stockholms län



HRF Stockholms län

A part of Hörselskadades Riksförbund

Hörselskadades distrikt i Stockholms län, or HRF Stockholms län, is part of Hörselskadades Riksförbund (HRF). Our vision is that people with hearing-related conditions such as hearing loss, tinnitus, sound sensitivity, and Ménière's disease should be able to participate fully in society.

HRF Stockholms län works with advocacy issues at the county and regional levels, provides training activities for the district's associations, and organises lectures on various hearing-related topics, as well as courses and discussion meetings.

Read more:

www.hrfstockholmslan.se

Become a Member

As a member of HRF, you gain access to a range of discounts and benefits. Among other things, you receive six full issues of the magazine *Auris* each year and get discounts on various hearing products.

Become a member:

www.hrf.se/medlem

Do you have any questions?

We at HRF Stockholms län are happy to answer your questions about hearing care, accessibility, HRF, and much more. We offer support and guidance if you have any concerns before your visit to hearing care services. If you wish, we can also accompany you to your appointment.

You are very welcome to contact us by email:

kansli@hrfstockholmslan.se



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Taking the step to get a hearing aid

Hearing loss is a common disability that affects people of all ages. In Sweden today, there are 1.8 million people with hearing impairments. It can be difficult to know when it's actually time to take the step and get hearing aids, but the earlier you do, the better the results tend to be. Here are some signs that it may be time:

1 Conversations in noisy environments become difficult

Not being able to keep up with conversations in restaurants or crowds is a common sign of reduced hearing.

2 You often ask others to repeat themselves

If you notice that you often say "What?" or "Could you say that again?", it may be a sign that your hearing has worsened.

3 You turn up the TV volume more than before

If your family members complain that the TV is too loud, or if you feel that you have to strain to hear what's being said, it may be time to check your hearing.

4 You often feel tired

Constantly trying to hear and interpret what's being said requires a lot of energy. If you often feel mentally exhausted after meetings or intense workdays, your hearing may be the culprit.

5 You withdraw from social situations

Many people with hearing loss start avoiding social events because participating in conversations becomes difficult. If you recognise this, hearing aids can make a big difference in your quality of life.

Getting hearing aids when you have hearing loss is a way to take care of your health and maintain a rich, social life. The first step is to book an examination with an audiologist at a hearing clinic. From there, you will receive advice on what suits you best. Hearing problems are common – and help is available. You deserve to hear the world around you.





How to get a hearing aid in Stockholm County

On www.hrf.se/horselmottagningar-i-stockholm you can find contact information for all hearing clinics in Stockholm County that are approved by the region. You can also call 1177 or talk to your doctor at your primary care clinic.

At the hearing clinic, you will meet an audiologist who will guide you as a patient through tests, the adjustment of assistive devices, and counselling for better hearing and quality of life. You are welcome to bring a family member with you. You also need to make sure that there is no earwax that could affect the hearing measurements. If you cannot manage this yourself with products from the pharmacy, you can contact your health center.

For each healthcare visit with an audiologist, you pay a patient fee of SEK 275. As a patient in Region Stockholm, you can borrow hearing aids from the region's procured range of about 50 models. Apart from a fitting fee of SEK 600, you do not pay anything for the hearing aids themselves.

Five tips for a simple and smooth hearing rehabilitation

1 Prepare before the appointment

Think about when hearing is difficult and when it works better – at home, at work, or with friends. Consider how TV and phone calls work for you. Write down your thoughts and bring them to the appointment to help you and your audiologist find the right solution.

2 Choose the right hearing aid system

Your audiologist will suggest options from Region Stockholm's range of about 50 hearing aids. The recommendations focus on giving you the best possible hearing, but practical needs also matter. The final choice is yours. Modern hearing aid systems can include not only the devices themselves but also apps or remote controls for adjustments.

3 Be active during the fitting process

When it's time to adjust your hearing aids, being active makes a big difference. The sound will feel unfamiliar at first, but that's part of the process. Tell your audiologist how it sounds so they can adjust it for you. Most people need time to get used to the new sound and usually book follow-up visits for fine-tuning.

4 Evaluate your new hearing aid system

Just like any assistive device, your hearing aid system should be evaluated. Ask your audiologist early on how your fitting will be assessed, so you'll know how beneficial the hearing aids are. The method can vary depending on whether this is your first fitting or if you already use hearing aids. You and your audiologist will choose the most suitable evaluation method together.

5 Help others around you

Do you know others around you who seem to be having issues with their hearing? Encourage them to go to hearing care services and share your experience with them. We know that this is one of the most effective ways to get people to seek care, and we also know that although many start to lose their hearing as early as age 50, the average age for first-time hearing aid users is as high as 74. Help us change that!



Things to keep in mind after getting hearing aids

If your hearing aids break

If you have borrowed your hearing aids, the region covers any service and repairs. Contact your hearing clinic if your hearing aids break or if you lose them. If you have been careless, you may need to cover part of the cost for your lost hearing aids.

Vision and hearing instructors

In several municipalities in the county, there are vision and hearing instructors. Their job is to support people with vision and/or hearing impairments, helping them become as independent as possible in their daily lives. There is no cost for assistance from a vision and hearing instructor.

If you are not satisfied with your hearing care

If you are not satisfied with the treatment you received in hearing care, you should first contact the manager of the clinic and explain why you are dissatisfied. If you are not satisfied with the response or do not receive a reply, you can contact the Patient Advisory Committee instead.

Contact information for the Patient Advisory Committee

Website: www.regionstockholm.se/patientnamnden

Phone: 08-123 467 00

Email: registrator.pan@regionstockholm.se

10 tips for communicating more effectively when someone has a hearing impairment

1. Let the other person know about your hearing loss

Inform the person you're talking to about your hearing impairment and be clear about your needs, so they know how to adapt their communication.

2. Get the person's attention before you start speaking

Gently tap their shoulder or wave to make sure the person with hearing loss is ready to listen.

3. Face each other

Make sure you are sitting or standing face to face in a well-lit environment. Avoid covering your mouth or speaking from the side. Don't call out from another room.

4. Choose a quiet environment

Try to talk in a quiet place where background noise is minimised, making it easier to hear or read lips. Close windows and doors, turn down the radio.

5. Speak clearly and at a normal pace

Avoid shouting or exaggerating your mouth movements, as this can make understanding harder. Speaking clearly and naturally is most effective.

6. Be clear about the topic of conversation

Quick topic changes can make it difficult to follow or join in the discussion. Describe the topic briefly if needed.

7. Be patient and flexible

If something is misunderstood, it's better to repeat or rephrase than to raise your voice. Likewise, the person with hearing loss shouldn't hesitate to ask the other person to repeat, rephrase, or explain if something is missed.

8. Use visual aids

When possible, support your conversation with images, notes, or other visual information to make understanding easier.

9. Use available assistive devices

Make sure to use the hearing-assistance tools you have, whether it's a hearing aid, a companion microphone, or speech-to-text apps.

10. Video instead of phone

If the conversation can't take place in person, it often helps to choose a video call instead of a phone call. In a video call, it's easier to read lips and to access live captioning of the conversation.





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