**Self Help Guides for maintaining hearing aids**

Here you will find some helpful advice on getting to grips with your hearing aid at home.  These short videos cover all aspects of hearing aid care, from basic functions to cleaning and maintance.

NHS Fife would like to extend a special thanks to Allen Graham, Head of Audiology Services, NHS Lothian for agreeing to share these helpful guides.

**Video 1 - How to change hearing aid tubing**

[https://youtu.be/8uw1GQOCKP0?list=PLosKuOHkm9c4BoG3dA9TTk9WSYvZiDBzY](https://youtu.be/8uw1GQOCKP0?list=PLosKuOHkm9c4BoG3dA9TTk9WSYvZiDBzYHow)

**Video 2 - Hearing Aid Troubleshooting**

<https://youtu.be/YCDz9VkkVB0?list=PLosKuOHkm9c4BoG3dA9TTk9WSYvZiDBzY>

**Video 3 - How to change a hearing aid battery**

<https://youtu.be/NJwSwnQydWc?list=PLosKuOHkm9c4BoG3dA9TTk9WSYvZiDBzY>

**Video 4 - How to clean a hearing aid**

<https://youtu.be/-d2PKXQ_q8I?list=PLosKuOHkm9c4BoG3dA9TTk9WSYvZiDBzY>

**Video 5 - How to turn a hearing aid off and on**

<https://youtu.be/PZsseRKMVLI?list=PLosKuOHkm9c4BoG3dA9TTk9WSYvZiDBzY>

Please note your local contact is:

NHS Fife Audiology Team Hub, to access the hub patients can contact via the following routes:

* By telephone: 01592 643355 ext 28355
* [audiology.fife2@nhs.scot](mailto:audiology.fife2@nhs.scot)
* or via Deaf Communication Service:
* - SMS text message 07984356580
* - Find us on Facebook FifeDCS
* - e-mail: swinfo.deafcommunications@fife.gov.uk
* - contact SCOTLAND-BSL.ORG (01592 643355 ext 28355)