

Aural Rehabilitation: After Hearing Aid Fitting- “You Mean I Have to Train My Brain?”

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HEARING & BALANCE CENTER
— OF AUSTIN —

What is Aural Rehabilitation?

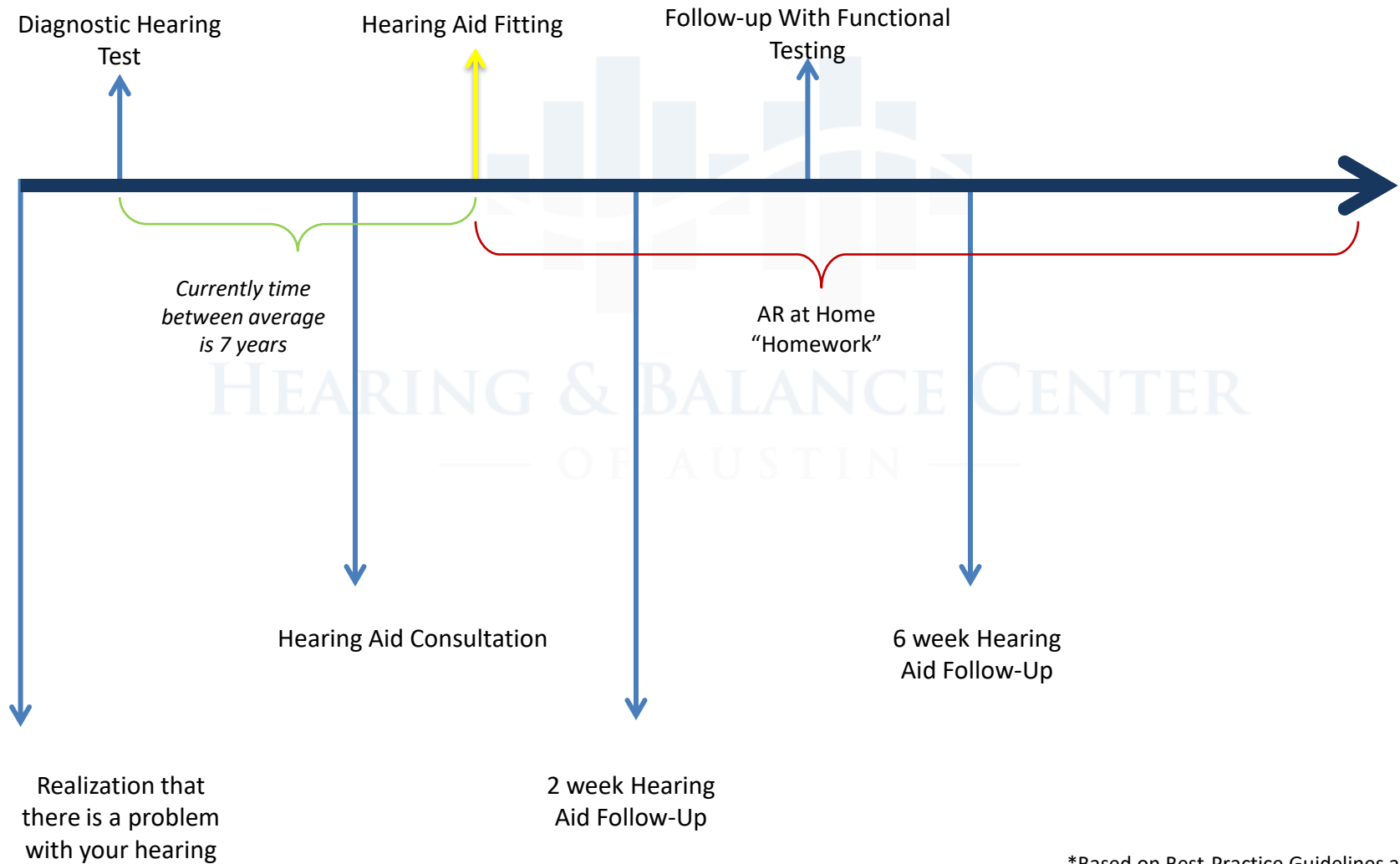
Aural Rehabilitation (AR), now there is a hearing loss, and a hearing aid now what?

AR is the *“aural/audiologic rehabilitation services focusing on adjusting to your hearing loss, making the best use of your hearing aids, exploring assistive devices that might help, managing conversations, and taking charge of your communication. Services can be individual, in small groups, or a combination of both”*.

American Speech Language and Hearing association (ASHA)



"Normal" Timeline of Events*



*Based on Best-Practice Guidelines and HBCA protocol.

But The Ad Said All I Need Is A Hearing Aid!

Yeah, advertisements are designed to get you in the door. Salesmen can promise you the world, but the reality is a hearing aid is part of an **AMPLIFICATION SYSTEM**. It is a very important part, but with every therapy tool, you will get out of it what you put into it.

When you get hearing aids, you have to retrain your brain to hear. It will be hearing auditory signals that were not present before you put the aid on. The sooner you start your rehabilitation, the easier it is.



What Makes Up Aural Rehabilitation Program?

- **Knowing the Details of Your Hearing Loss**
 - Diagnostic audiogram (not a screening)
 - You can't rehabilitate what you don't understand
 - What parts of speech/sounds are difficult to hear
 - What situations may be difficult
 - Realistic Expectations
- **Your Family's Understanding of Your Hearing Loss**
 - Hearing Loss effects more than just the person with loss
 - Need to know the type of hearing loss so that they can communicate effectively
- **Hearing Aid**
- **Learning to Hear/Listen Again**
 - See Slides for AR Resources
- **Assistive Listening Devices**
 - Remote Microphone
 - TV Unit
 - T-Coil/Loop Systems
 - Amplified/Visual Phone
- **Using Visual Cues**
 - 60% of communication comes from "Visemes"



Goals of an AR Program

- Explain individual type of hearing loss besides “Yes there’s a hearing loss”, explain what environmental sounds, speech sounds a person hears or misses
- Facilitate a place to educate loved ones and friends of patient's hearing loss and how to communicate best based on individual loss
- Fosters a relaxed environment to explain all components of person's hearing aid and how/when to use them
- Creates an atmosphere to explore Assistive Listening Devices (ALD's) and provide resource services for hard of hearing persons, if found appropriate
- Re-habilitate or help re-introduce a person back to listening, which is a skill and our muscles need therapy or re training/ listening strategies
- Ultimately provide information how to live and function with a hearing aid and hearing loss, without limiting their independence and improve their quality of auditory health and life!



Effective Communication Strategies for Hearing Impaired

- Position, Position, Position
- Pay Attention To Visual Cues
- Master the "Power of the Pause"
- Ask Specific Questions
- Be Honest and Assertive
- Tune into the Topic
- Use Assistive Listening Devices
- **Be Realistic**
- Plan for Public Environments
- Learn to Laugh at Your Mistakes
- Stand and Speak how you wish others to
- Write Down and Repeat it Back
- LOOK at the Person You Want to Hear



Effective Communication Strategies for Communication Partner

- Position, Position, Position
- Get their attention before you speak to them
- Use clear, concise lists & directions
- Do not turn your back, walk down the hall, put your head in the fridge, talk from the closet, or cover your mouth while speaking
- Do not speak with food in your mouth
- If wearing a moustache, trim to be able to see your lips
- Make sure there is adequate lighting
- Be Realistic
- Slow Down, We aren't at an Auction
- If they are using an assistive device, make sure it is ON or OFF depending on what it is for
 - Remote Mic- Turn it On
 - TV streamer, turn off or Pause to talk.



Aural Rehabilitation Resource Guide

RESOURCES AVAILABLE FOR PURCHASE *

LISTENING UP!

- A 3 Audio CD series with training exercises, workbook, and answer book
- CD 1: Listening Training for Beginners; CD 2: Advanced Listening Training; CD 3: Music Training x Available on CDs from MED-EL (\$20/each)

AUDITRAIN

- A training program designed to help cochlear implant users improve their communication skills
- Question and answer exercises, lists of common sentences around a central theme, word matrices and other exercises designed to help CI users optimize the use of their cochlear implant in everyday situations
- Available in CD-ROM format from MED-EL (\$110.00)

HEAR AT HOME

- Developed to meet the needs of people with cochlear implants who require training and support, but who are without easy or ready access to trained therapists
- Designed for home use with family members and/or friends as the talkers
- Speech sounds are introduced in words and sentences. Exercises provide practice in the recognition of connected speech
- Available in CD-ROM format from MED-EL (\$70.00)

LACE: Listening and Communication Enhancement

- This auditory training program retrains the brain to comprehend speech in difficult listening situations such as noisy environments, rapid and competing speakers. This is a very challenging program.
- LACE Home Edition Software, \$99
- LACE Online Version, \$79
- www.neurotone.com

READ MY QUIPS

- Innovative training program specially designed to help you face these challenges in a fun and creative way by listening to auditory clues to solve puzzles with increasing levels of background noise
- Starter Version, \$39
- Full Version, \$99
- <http://www.sensesynergy.com>

Clear

- Guided rehabilitation program created and maintained by audiologists (Dr. Nancy Tye-Murray)
- \$150 for 3 months
- www.clearworks4ears.com

FREE RESOURCES AVAILABLE ONLINE

ANGEL SOUND

- FREE Interactive Listening Rehabilitation and Functional Hearing Test Program for adults and teens
- A self-paced rehabilitation program that allows you to practice and perfect your listening skills at home.
- Angel Sound™ is an UPGRADED and FREE version of “Sound and WAY Beyond”, an auditory rehabilitation program based on CAST technology and distributed by Cochlear Americas.
- Includes basic to advanced training modules. The functional hearing test module provides a perfect tool to self-assess your functional hearing with a variety of speech and music recognition tests, including auditory resolution, phoneme, music, speech in quiet and noise, and auditory cognition (short-term memory) etc.
- <http://angelsound.tigerspeech.com/>

THE LISTENING ROOM

- FREE activities and resources to support the development of speech, language and listening skills of children, adolescent, and adult cochlear implant recipients
- Sponsored by AB (Advanced Bionics)
- www.thelisteningroom.com

SOUNDSCAPE

- Interactive Listening Activities sponsored by MED-EL
- Listening games are designed to help test and listening skills
- Different interactive listening activities designed for various age groups
- Adults: Sentence Matrix - activity is designed for practicing speech recognition while reading sentences
- <http://www.medel.com/us/soundscape/>

AUDIO CONCENTRATION / MATCHING GAME

- Concentration / Matching game with words (no text or pictures)
- "Audio-only" version requires you to depend on your ears only
- Timed and challenging
- <http://www.manythings.org/ac/>

*Prices subject to change

Aural Rehabilitation Resource Guide

FREE RESOURCES AVAILABLE ONLINE (CONTINUED)

RANDALL'S ESL CYBER LISTENING LAB

- General listening quizzes allow listener to hear everyday conversations with adult and children's voices
- Pre-listening exercises, discussion questions, online investigation tasks, and vocabulary practice
- Provides listening quizzes at easy, medium, and difficult levels
- <http://www.esl-lab.com/>

DAILY ESL: CONVERSATION STARTERS FOR ENGLISH STUDENTS

- Audio recordings of various topics that user can listen to as well as and read along with written text
- Vocabulary quizzes and discussion questions provide listener opportunities to check understanding or comprehension of audio recording
- <http://www.dailyesl.com/>

ENGLISH LANGUAGE LISTENING LAB ONLINE

- Listening game activities
- Audio example describes a picture, situation
- Asks listener to choose the correct picture from a selection of pictures based on audio
- www.elllo.org/games/student_games.htm

COMMUNICATION CENTER

- Sponsored by Cochlear Americas
- Provides listening exercises to be completed with a partner
- Telephone line to call (1-800-458-4999) to practice listening with written text provided online
- <http://www.cochlear.com/wps/wcm/connect/us/communication-corner/program-selection/adults.htm>

APPS FOR IPAD, IPHONE, & Android*

I-ANGEL SOUND

- App version of Angel Sound (see above)

HEAR COACH

- Listening games developed by Starkey Hearing Technologies; it features games that challenge both your cognitive and auditory sharpness

AB CLIX

- Practice listening for word differences in both quiet and noise

RESOURCES AT HOME WITHOUT TECHNOLOGY

PARTNER READING

- Start simple. Grab the newspaper, children's book, magazine, & recipe and have a friend, grandchild, spouse read it aloud with face covered. Repeat back what they say.

CARD GAMES/BOARD GAMES

- This helps listening in situations where you are also concentrating on other things. Rummy, Go Fish!, Hangman, Battleship, Simon Says & Clue are all good examples of listening for letters, numbers and suits.

WHICH DOESN'T BELONG

- Requires a partner. Have the speaker cover their mouth or you can close your eyes. In a string of words, identify what doesn't belong:

Example: CAT, DOG, HORSE, PAN, FISH, RAT, FORK, PIG

CALL AUTOMATED WEATHER FORECAST

- Austin- (512) 338-1212
- Weather will play after an advertisement, just stay on the line.

Questions?

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