

Cochlear Family

Keeping you supported, connected, inspired

October 2022

Have you tried these mobile apps to boost your listening skills?

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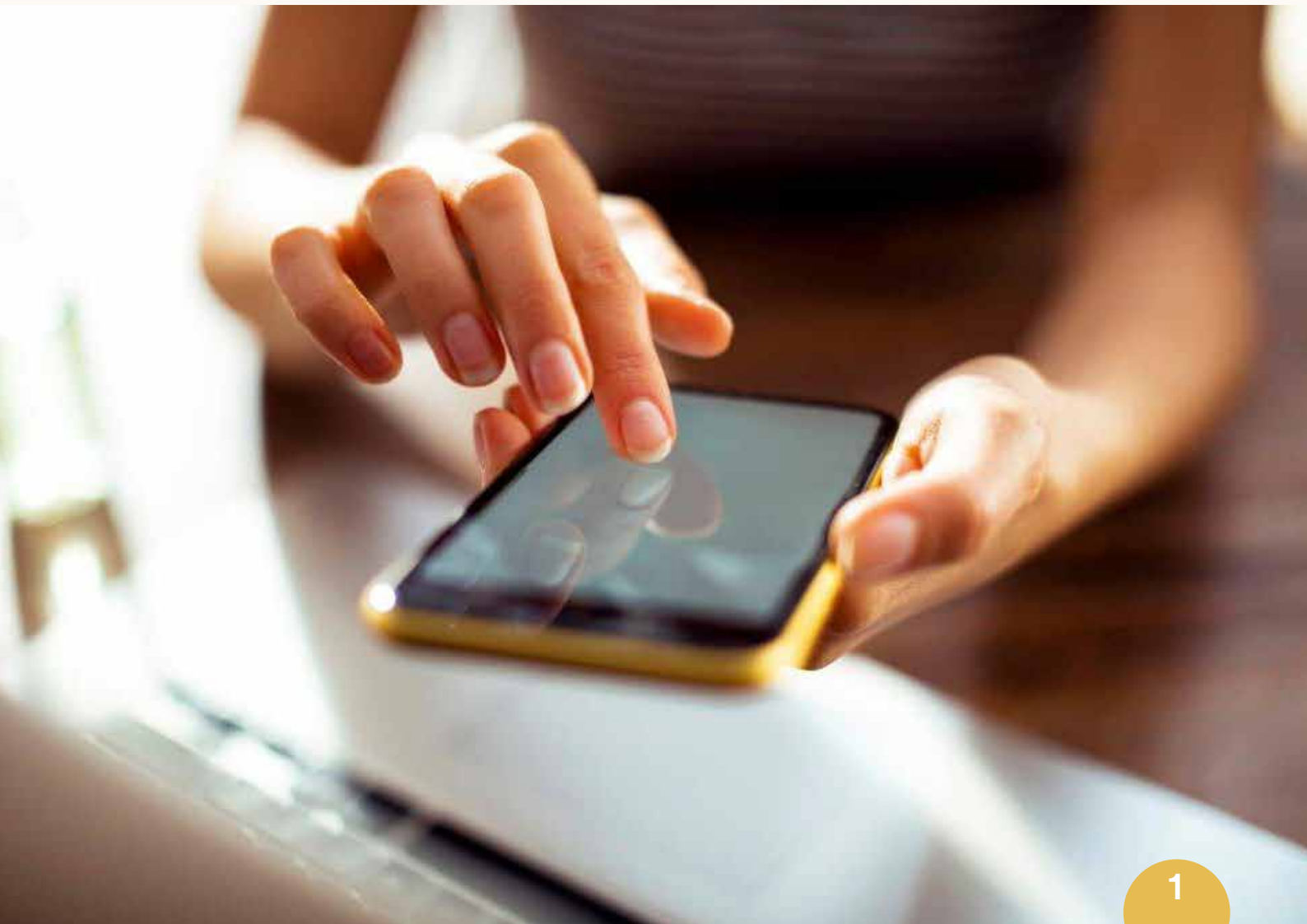
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4 ways mobile apps can boost your listening skills

Whether you want to practise your listening skills, reconnect with music or hear better in noisy environments, there's an app to help you. Our hearing therapy team has put this list of apps together to get started. ▶





- ◀ What's your favourite app? Do you like playing games, watching a favourite TV show or scrolling through your social media feed?

You might be surprised to find some of your favourite apps can also help you improve your listening hearing skills.

There are also many mobile apps designed specifically to help you live more confidently with hearing loss.

Self-managing your hearing loss is a key component of successful hearing therapy.¹ This is especially important as you don't have access to hearing health experts 24/7, and hence need the right tools to make self-care possible.

And by having apps on your smartphone, you can use them whenever you have some down time – whether you're relaxing at home with a cup of coffee or you're waiting to collect your child from sports practice.

To help you navigate the many apps available, our hearing therapy team has put together this list to help you get started.

1 Practise listening

There are a number of easily downloadable audio book apps to help you practise listening skills. Try **Audible** (a subscription service) to download and listen to stories. **BorrowBox** and **Overdrive** are apps that let you borrow books online from your local library.



TED Talks are useful because of the huge variety of topics, voices and accents. All talks have optional captioning which you can follow to support your listening.

i-AngelSounds is an auditory training app allowing you to identify environmental sounds, the names of common foods and familiar animals, and monosyllabic words. ▶

2 Cope better with noisy environments and social distancing

Apps that translate speech into text in real-time on your smart phone can be useful. The accuracy may not always be perfect, but these apps can be helpful to improve communication where social distancing, facemasks and noise make it difficult.

Try these:

- **Google's Live Transcribe** is an Android™ app that provides free, real-time, speech-to-text transcriptions to help with everyday conversations. The app can also recognise non-speech sounds and is voice-activated. Live Transcribe shows speech and sounds as text on your smart phone screen.
- **Notes for iOS.** Use Notes on your iPhone to capture a quick conversation. Open Notes. Tap  to start your new note. Then  tap to start voice-to-text transcription.
- **Otter.ai** is available for both Android and iPhone. It is a subscription-based app, but free plans are available.

3 Manage your listening environment

Sometimes background noise can be overwhelming and spoil a social event like dinner out with friends or family.

Apps and online reviews can help you discover venues suitable for people with hearing loss. Try these:

- Find customer reviews on noise levels (as well as the food) when choosing a restaurant using **TripAdvisor** and **Zagat**.
- **SoundPrint** is a mobile app that takes a decibel reading and averages a location's readings so you can view noise levels when choosing a venue.

4 Safety and sound awareness

- **iPhone Sound Recognition Alerts** allow your iPhone and iPad to alert you to sounds, such as running water, appliances and doorbells. It can also identify shouting voices or a baby crying, and can distinguish between alarms for fires, smoke and sirens.
- **Android Sound Notifications** allows your Android phone to alert you to sounds via a push notification, a flash from your camera light, or by making your phone vibrate. Google says Sound Notifications can identify 10 sounds – from sirens and a dog barking to smoke alarms and water running, among others.

Check in with your hearing health professional to find out what digital tools are available that you can use to practise at home. And ask them about their favourite apps as well.

To find out more about resources to help to improve your listening skills, visit [cochlear.com](https://www.cochlear.com)

A mother's experience: Building your child's resilience

A few years ago, Ana Regina Alonso from Panama came home from school and told her mother she needed to prepare a presentation about her cochlear implants.

When Ana's mother asked why, her answer was: "I don't have to; I want to. I asked the teacher to let me explain to the whole group about my hearing loss, so I don't have to explain to everyone one by one. "To me, that shows a lot of her strength and resilience," said her mother, Ana Laura.

Ana Regina received her cochlear implants two days after her second birthday, on International Cochlear Implant Day. Now aged 11, Ana Regina, who has bilateral cochlear implants, is a confident, and popular student at her bilingual school.

But even for confident children, Ana Laura says it's still important to take steps to build resilience – and that takes work, including building listening and language skills. In this Q&A, Ana Laura shares what worked for their family: ▶



Q: Why is it important to keep working on self-confidence?

I think building self-esteem is a path rather than an end. My daughter is strong with a lot of self-confidence and has been since she was born. But sometimes, like everyone, she has doubts and doesn't like being deaf and being different.

Q: What has been your message to Ana Regina?

We have always told Ana that we are all different and with different capacities. Some of us need glasses, others have diabetes, others cannot walk, but we can all thrive and exploit our abilities. We have also educated our children with discipline, and helping them demonstrate that they can do things and that I should not do for them what they can do for themselves.

Q: How did you build her listening and language skills?

We did at home what we learned in therapy, every day at the same time. It was all through play. We were always carrying colouring pencils, her notebook, and flash cards. As there were not many resources, we made our own teaching materials, such as drawings depicting certain vocabulary, prints, and puppets. My husband and I believed that there should be discipline and consistency in moments of daily 'stimulation'.

Constant talking also helped. Her older brother, Luis Gilberto, is very talkative and always encouraged her. Even now he still does it, correcting her and helping her with her mistakes.

Singing was also an excellent learning strategy. Whenever we were in the car or walking or in the supermarket – any time was good to sing and stimulate her language. Ana Regina sang a lot and her paternal grandmother, Yeya, has sung a lot with her.

I firmly believe that helped.

Q: What challenges have you faced?

As parents, it's definitely not easy to accept that we have a child with hearing loss. We have to be gentle with ourselves, live our grief and accept it. If we need help, we look for it and trust that if that child came to our family, it is because our family has what that baby needs to be well.

Q: Did you take any specific steps as a parent?

I was totally ignorant about hearing loss, but I tried to read and understand it in order to help her. I approached deaf children's associations, searched the internet for organizations, books, and studied – always with the aim of helping her out.

Q: What message would you give other parents?

We should never think they can't do something, because they CAN. Let's tell them they can and help them to do it.

“I don't have to; I want to. I asked the teacher to let me explain to the whole group about my hearing loss, so I don't have to explain to everyone one by one.”

Ana Regina, Cochlear™ Nucleus® System recipient.

Mahrukh achieves her dream of becoming a doctor

Imagine deciding to tackle studies in medicine – and in a foreign language.

When 24-year-old Mahrukh was young she wanted to become a doctor, but felt it wasn't possible because of her hearing loss. After all, she'd never encountered a doctor with hearing loss. Without role models, she didn't know it was an achievable goal. ▶



Mahrukh, Cochlear™ Nucleus® System recipient.

- It was through the encouragement of her family and teachers that she realised she could study medicine.

“I felt like I could finally be the change I wished to see in the world and leave a legacy of kindness behind — especially kindness towards the people who society most often overlooks,” said Mahrukh.

After receiving her cochlear implants at age 7 and 10 and growing up in Dubai, Mahrukh completed her undergraduate studies in Dubai to a high academic standard.

She decided to study medicine in India, which gave her another hurdle to overcome: She didn’t speak Hindi.

“I only spoke English after the doctor told my parents to bring me up on one language because two or more would interfere with my development,” she explained.

“Subsequent research has proven this to be a myth and many young cochlear implantees have been multilingual since childhood — but I was not taught to speak my mother tongue, Hindi.”

Mahrukh shared her story as part of the Cochlear Foundation and Malala Fund **Achieve anything**. Through the program, children and young people with hearing loss can highlight their experiences and the importance of early access to hearing healthcare and support. ▶



Mahrukh, Cochlear™ Nucleus® System recipient.

“I felt like I could finally be the change I wished to see in the world and leave a legacy of kindness behind — especially kindness towards the people who society most often overlooks.”

Mahrukh, Cochlear™ Nucleus® System recipient.

Through this important program, Mahrukh wants to inspire others to pursue a career in medicine – or anything else they want, without seeing their hearing loss as a barrier. Here she shares her story:

Q: When did you realise you could study to be a doctor?

“The first time I realised that I could become a doctor occurred when my mother returned from a parent-teacher meeting with my science teacher. She shared that my science teacher had suggested I consider a career in the field as my critical thinking skills combined well with my sensitive personality. ‘Do you want to become a doctor?’ she asked me. It was then that medicine started to seem like a conceivable career path to someone with hearing loss like me.”

Q: You decided to study medicine in India, but you didn't speak Hindi?

“I decided to travel back to my motherland to study medicine. Despite the detachment I experienced from not speaking Hindi, I strongly believe that everyone has a duty to serve their country.”

“However, it was a culture shock moving to India and learning to speak the language while balancing a gruelling academic schedule was difficult. Listening fatigue left me extremely exhausted at the end of the day, having spent the entire time trying to decode conversations.”

Q: How did you cope with the extra challenges of communicating through masks while studying and learning Hindi during the pandemic?

“When the pandemic hit and masking became commonplace, it felt like I had to contend with yet another obstacle on my path to becoming a doctor.”

“For someone like me who has relied on facial cues and lip reading — especially while learning Hindi — communication during the COVID-19 crisis was a challenge.”

Q: What strategies helped you through the pandemic?

“When the frustration grew unbearable, I used poetry to cope with the emotions boiling inside of me. I shared my poems on social media to raise awareness about the issues that deaf and hard-of-hearing individuals experience.”

“At this point in time, I came across **HearBuds**, a group of fellow cochlear implantees and hearing aid users who wear their hearing loss identity proudly like a badge of honour.”

“Their social media page is filled with relatable videos and posts that depicted our struggles and frustrations due to the general lack of understanding of disability. Instead of helping me conform, they encouraged me to remain unique and advocate for myself and others.”

“When the pandemic hit and masking became commonplace, it felt like I had to contend with yet another obstacle on my path to becoming a doctor.”

Mahrukh, Cochlear™ Nucleus® System recipient.

Q: What have you got planned next and how has your hearing loss influenced these plans?

“This year I will begin my Doctor of Medicine and Master of Science (MD/MS) in Obstetrics and Gynaecology at Lady Hardinge Medical College, one of the top medical colleges in India.”

“I also plan to set up a community to support doctors in India with disabilities and advocate for our rights. Doctors with disabilities bring a unique understanding of and perspective on their patients’ needs and priorities.”

“By demanding access and accommodation in medical colleges, we not only represent ourselves and our hearing loss identity, but we can also encourage patients to advocate for themselves.”

Q: What advice do you have for women and girls?

“So many children believe that there are barriers to what they can do because of their hearing loss, I want to tell you all the children out there that your hearing loss cannot stop you from doing anything you want to do.”

Q: What do you hope to achieve through your work?

“In future, I aim to cause a paradigm shift and how deaf and hard of hearing individuals are perceived to be limited and their capabilities by the academic world, particularly the medical world in India.”

“Be creative and do not restrict your imagination. Hopefully, some children who want to be physicians can look at me and see that there’s someone just like them, who has also achieved their dream. Hopefully, I can pave the way for more children to pursue careers in medicine.”

Mahrukh, Cochlear™ Nucleus® System recipient.

Helping children achieve anything

Stories like Mahrukh’s have the power to change the world. Malala Fund and Cochlear Foundation are inviting children and young people with hearing loss to share their stories of personal achievement as part of the Achieve anything program

The program highlights real world experiences of children and young people with hearing loss demonstrate the importance of early access to hearing healthcare and support. [Learn more and share your story.](#)





“My view is to get out there and live life to the full”

Margaret, bilateral Cochlear™ Nucleus® System recipient.

How to live an active lifestyle with your hearing device

Hearing loss doesn't hold 79-year-old Margaret back. When this grandmother isn't joining her friends at an aqua fit class, yoga or Pilates, she might be lawn bowling, sailing or competing in a fun run with her daughter. ▶

◀ “My view is to get out there and live life to the full,” said Margaret.

Being active and enjoying the outdoors is an essential part of healthy living for many people – whether it’s walking, running, swimming, playing a team sport or being in the wilderness.

If you were active before you received your cochlear implant, there’s no reason why you shouldn’t be active now.

“I have always loved exercise classes, doing all sorts of things over the years,” said Margaret.

Part of living an active lifestyle is knowing how to get the most out of your technology by understanding all the features of your device and the accessories that make living an active lifestyle possible.

When tech becomes a game changer

Understanding how to use her technology has been a game changer for Margaret. When she plays lawn bowls, she uses her Cochlear™ Nucleus Smart App* to adjust the volume on her sound processor so she can hear her partner during game play.

“I change the volume to enable me to hear my partner at the other end of the green. As a team we need to be able to hear suggestions or instructions from each other.”

Using the Nucleus Smart App, Margaret can control the connectivity between the iPhone and her sound processor: “It makes my bowling experience much more relaxed and enjoyable.”

For Carly, an active 26-year old from the US who loves the mountains, knowing how to stream music and use her accessories make a huge difference.

“I live a very active lifestyle out in Colorado; I try to run every day, I practise yoga every day. I feel like having the Kanso and having the Cochlear accessories such as the Phone Clip has enhanced my running because I always have surround sound while I run,” said Carly. “I can listen to music and stream it very easily from my phone.”

For Jack, connecting with the outdoors is more about experiencing nature and fishing, which has become a way of life and has helped to forge family memories.

“I have been fishing almost my entire life. It’s the one thing that I enjoy more than anything. When you’re fishing, you don’t think about all those other things that are happening in the world,” says Jack, now in his 70s.

Jack said the Aqua+ is a great accessory to enjoy the outdoors – not just water sports.

“When you’re out in the wilderness, in case it starts to rain, you can protect your processor from getting wet, so you’ll be able to stay out in the wilderness and not have to worry about it – and not have to take it off and not be able to hear anything.” ▶

“I change the volume to enable me to hear my partner at the other end of the green. As a team we need to be able to hear suggestions or instructions from each other.”

Margaret, bilateral Cochlear™ Nucleus® System recipient.

“It’s amazing how many different sounds there are – the birds, the hawks and all the other things that are in the woods. The wind through the leaves is amazing. Some of the sounds that I recognise I had not heard in so many years.”

Jack, bilateral Cochlear™ Nucleus® System recipient.

Guide to Staying Active

Tips to keep your sound processor safe, so you can play like a champion.

With a Cochlear™ Sound Processor

Waterproof your sound processor with an Aqua+

- We recommend using an Aqua+ if you plan on visiting the beach, lake or pool. With the Aqua+ your processor can be worn underwater to a depth of three metres for up to two hours.

Keep your processor in place

- Explore retention options. They can offer you peace of mind during exercise/activities by keeping your sound processor in place. Options for the Nucleus 7 Sound Processor include earhooks, Hugfit and Snugfits. Options for the Nucleus Kanso Sound Processor include the Short Safety Line, Short Safety Line Hair Clips, and the Cochlear™ Headband.

With a Baha® Sound Processor

Protect your Baha device from water

- Remember to take your sound processor off when you are showering and when you go swimming. We also recommend that you use an umbrella in rainy conditions. Your Baha device is not waterproof.

Keep your processor in place

- Use the Baha safety line when taking part in activities where you risk losing your sound processor, simply insert the line into the attachment point and fasten it to your clothing.



Cochlear[®]
Hear now. And always



Shruti Cochlear™ Nucleus® System recipient.

Water protection for your favourite activities

**Dive into life.
Fun in and around
water is yours to
enjoy with Aqua+ and
your Nucleus® sound
processor.**

Whether you're swimming in the ocean, splashing in the pool or soaking in the bath, you want your sound processor to be safe.

Our latest cochlear implant sound processors are splash-proof, dust-proof and water resistant.#

And with Aqua+, your sound processor becomes waterproof and swimmable# as well.

[Learn more](#)

Guide to staying connected

Communicating at dinner, parties or events



Be mindful of where you sit at dinner parties

- Arrive early and scope out the seating arrangements, then pick a spot where your best hearing side is facing the majority of the other guests.
- Meeting new people at noisy parties or restaurants can be a challenge, particularly when you are trying to hear their first name during introductions. If possible, you may find it helpful to ask for a seating plan or attendee list prior to the event.
- Reduce interfering noise by sitting with your back towards the noise source. This will help ensure that important sound (like speech) is in front of you and easier to recognise.
- Dim lighting makes reading lips and expressions more difficult, so avoid candle-lit spaces and look for rooms with windows or strong overhead lighting.



Look for quieter environments to have one-on-one conversations

- Take note of areas with less environmental noise and move the conversation to one of those spots if you're having trouble understanding the person you're speaking with.
- Rooms with lots of windows or hard surfaces can cause reverberation and distort sound. Where possible, try to have conversations in areas that have window coverings or soft furnishings that may help to absorb sounds.



Use wireless accessories to stream sound directly to your processor

- Cochlear's True Wireless™ Mini Microphone 2+** can help you hear in difficult situations. For group conversations, place the microphone in the centre of the table to get a clearer, more direct stream of sound. For individual conversations, the other person can clip it on to their shirt and their voice will be picked up and streamed directly to your processor.





Share your story with Cochlear Family

Cochlear Family wants to hear from you. Share your story, tips, tricks, advice, ideas and any questions you might have.

Get in touch >

Hear now. And always

As the global leader in implantable hearing solutions, Cochlear is dedicated to helping people with moderate to profound hearing loss experience a life full of hearing. We have provided more than 700,000 implantable devices, helping people of all ages to hear and connect with life's opportunities.

We aim to give people the best lifelong hearing experience and access to innovative future technologies. We have the industry's best clinical, research and support networks.

That's why more people choose Cochlear than any other hearing implant company.

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www.cochlear.com

References

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Please seek advice from your health professional about treatments for hearing loss. Outcomes may vary, and your health professional will advise you about the factors which could affect your outcome. Always follow the directions for use. Not all products are available in all countries. Please contact your local Cochlear representative for product information.

Views expressed are those of the individual. Consult your health professional to determine if you are a candidate for Cochlear technology.

*Cochlear's range of Smart Apps and support apps are available on App Store and/or Google Play. For information regarding the sound processors, operating systems and devices that are compatible with the Smart Apps and support apps, visit www.cochlear.com/compatibility

+ Direct streaming available only with the Nucleus 7 Sound Processor from a compatible Apple® or Android™ device. For compatibility information, visit www.cochlear.com/compatibility

! Compared to previous generation Nucleus 7 and Nucleus 6 Sound Processors

The Aqua Accessory and the Aqua+ sleeve are dust and water resistant to level IP68 of the International Standard IEC60529 and can be continuously submerged under water to a depth of up to 3 metres for up to 2 hours. Refer to the relevant User Guide for more information.

ACE, Advance Off-Stylet, AOS, Ardium, AutoNRT, Autosensitivity, Baha, Baha SoftWear, BCDrive, Beam, Bring Back the Beat, Button, Carina, Cochlear, 科利耳, コクレア, 코클리어, CochlearSoftWear, Contour, コントウア, Contour Advance, Custom Sound, DermaLock, Freedom, Hear now. And always, Hugfit, Human Design, Hybrid, Invisible Hearing, Kanso, LowPro, MET, MP3000, myCochlear, mySmartSound, NRT, Nucleus, Osia, Outcome Focused Fitting, Off-Stylet, Piezo Power, Profile, Slimline, SmartSound, Softip, SoundArc, True Wireless, the elliptical logo, Vistafix, Whisper, WindShield and Xidium are either trademarks or registered trademarks of the Cochlear group of companies.

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