

Guide to adult rehab at home

Hearing therapy you can do at home to help improve listening.

Practical advice for hearing therapy at home

Hearing rehabilitation is an important part of the hearing journey that can help you get the most out of your implant. It can help reintroduce sounds that you may have forgotten about or build hearing and listening confidence and skills.

Cochlear Family have put together some rehab tips that you can start doing at home to help develop and improve your hearing skills.

- 1** The first step is to get comfortable with wearing your sound processor for as much of the day as possible, even if you are home by yourself. Sustained and prolonged use is important to getting the most out of rehab.
- 2** Be kind to yourself. Hearing rehab can take time and patience to see improvements. So, start slow and focus on listening with the sound processor alone.
- 3** Practice in a quiet room and check that you are using the sound processor program and settings you hear best with before starting.
- 4** Listen to a person or a recording at a conversational level volume*. If you are doing rehab with a family member, ask them to face you during the session and choose a well-lit room.
- 5** Practice regularly, at least 10-15 minutes a day, five days a week. The more time you devote to rehab, the better!
- 6** Practice at the same time every day, preferably when you are feeling fresh and relaxed.

* Use a sound level meter app to establish conversational volume. A good guide is to take the reading from a distance of 1 m from the sound source and measure a volume of 55-65 dB SPL.

Practical rehab exercises you can do at home



Exercises: Level I

- Wear your sound processor. This is the first step to gaining and regaining hearing capabilities.
- Watch TV or online media with the captions on and listen to the words as you read them.
- Read newspaper or other print aloud and pay close attention to what you are reading. If there is someone helping you with rehab, try turning this into a tracking exercise - they read and stop at random points, then you point out where they stopped reading.
- Listen to an audiobook while following along with the book and focus on the words you are hearing.

Continue these exercises for 3-4 weeks or until ease of listening moves from maximum difficulty to moderate or minimal difficulty. If you are not sure about how you are progressing and what might be achievable for you, reach out to your clinician about making sure you have realistic goals and expectations for your situation.



Exercises: Level II

- Watch TV with captions off and close your eyes occasionally to practice listening without visual information to help. Remember this is a listening exercise, and it will take more focus and effort. So, take breaks if you are feeling tired.
- Watch TED Talks on your computer, tablet or mobile device with captions active.
- Listen to a talk show on the radio or to a podcast.

Continue these exercises for 3-4 weeks or until ease of listening moves from maximum difficulty to moderate or minimal difficulty. If you are not sure about how you are progressing and what might be achievable for you, reach out to your clinician about making sure you have realistic goals and expectations for your situation.



Exercises: Level III

- Explore making video calls using Skype or FaceTime so you get visual cues and can see people's faces. Start with making with video calls to familiar conversational partners to build your confidence in this area. Once you get more confident, arrange to have video calls with less familiar conversational partners.
- Once you are feeling more comfortable with listening over video call, try moving onto standard phone calls. Start by making these calls in a quiet room and then increase difficulty by introducing some background noise into the space. You can use a radio or turn on the television. Practice speaking with familiar conversational partners when you first introduce background noise. Then move onto less familiar conversational partners.
- Listen to an audiobook without the book to follow. To make this task harder, practice listening to a narrator with an accent.
- Listen to a TED Talk without captions.
- Watch YouTube or other online videos of your favourite musicians, turn on closed captioning and follow along with the song lyrics. Start with songs you are familiar with. To increase the difficulty, listen without captions or try listening to a cover version of the same song. Also, try listening to new genres of music so you can familiarise yourself with different tones, instruments and beats.

Cochlear rehab resources

Whilst the exercises above are a great place to start, we encourage you to access other adult rehabilitation resources developed by Cochlear. Click on the links below to download additional rehabilitation guides you can follow at home:



Cochlear Implant Home-Based Auditory Training: Postlingual Hearing Loss

- Hands-on training materials geared towards adult Cochlear implant recipients where deafness occurred after spoken language was developed.

LINK: <https://www.cochlear.com/shared-library/downloads/global-downloads/support/rehabilitation-resources-home-based-auditory-training-manual-postlingual-hearing-loss>



Cochlear Implant Home-Based Auditory Training: Prelingual Hearing Loss

- Hands-on training materials geared towards adult Cochlear implant recipients where deafness occurred before spoken language was developed.

LINK: <https://www.cochlear.com/shared-library/downloads/global-downloads/support/rehabilitation-resources-home-based-auditory-training-manual-prelingual-hearing-loss>



Music and Implants: Piecing the Puzzle Together

- Discover tips on how to help make music more accessible and your musical experience more enjoyable.

LINK: <https://www.cochlear.com/shared-library/downloads/global-downloads/support/rehabilitation-resources-teens-and-adults-music-and-implants-piecing-the-puzzle-together>



Adult Communication Strategies Guide

- Designed to help you improve across three key areas of communication to create better understanding. Please note, activities shared in this guide require you to have a communication partner.

LINK: <https://www.cochlear.com/shared-library/downloads/global-downloads/support/rehabilitation-resources-teens-and-adults-adult-communication-strategies>

Other rehab resources



Helpful apps you can download



Nature Sound: App for listening to nature sounds



Breathe: App for focused attention and listening to environmental sound.



Coffitivity: App that simulates background noise like being in a restaurant etc.



TOEIC: App for learning English as a second language¹.



Hear Coach: App for word recognition



Mondly: App for different languages.



Helpful websites you can visit

- **ANGEL SOUND™:** An interactive auditory training and hearing program. You gain practice in discriminating and identifying sounds and speech components through a series of self-paced modules. The level of difficulty is automatically adjusted to match your developing listening skills.
- **ESL LAB:** A series of short audio stories on a wide variety of topics. Your comprehension will be tested via a series of questions and told where you answered correctly and incorrectly. Includes listening exercises and vocabulary activities. This site is divided into 'easy' 'medium' and 'difficult' content.

For more information contact your local customer service team.

Hear now. And always



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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 600,000 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.

¹ While these are designed for people who are learning to listen to the English Language, they can often be helpful materials to help individuals with hearing loss

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 read the instructions for use and refer to the relevant user guide for more information. Not all products are available in all countries. Please contact your local Cochlear representative for product information. Consult your health professional to determine if you are a candidate for Cochlear technology.

Cochlear™ Nucleus® implant systems are intended for the treatment of moderately severe to profound hearing loss. Baha implant systems are intended for the treatment of moderate to profound hearing loss.

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