




Cochlear[®]

Hear now. And always



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.

For more information contact your local customer service team or get connected with Cochlear Family to receive updates on device usage.

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



Continues the journey that began in Sound 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.



Breeth:
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.

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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Reference

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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