



Listening and Communication Training

Getting and using hearing aids is the first step to improving your hearing. We have adjusted your aids for the maximum benefit across multiple listening situations. However, your devices are not special occasion attire! Wearing your aids ALL your waking hours is the second step to better hearing. The third and perhaps most critical factor for success is to practice! As with any new skill practice makes perfect.

Here are some informal exercises to try at home:

1. Try to identify the sounds around you like the rustle of paper, footsteps on the floor, the hum of the refrigerator. At first these may seem annoying but with exposure and practice they will fade into the background of daily sound.
2. Practice speaking aloud in a normal voice to get used to the new sound of your voice. Try reading aloud from a newspaper or book.
3. Try watching TV with the volume reduced to see how much you can get from lipreading also called speech reading because it includes facial expressions.

The following websites and programs are designed to teach you better listening and speech reading skills:

1. Read my Quips: www.sensesynergy.com

Fun videos to develop skill in speech reading and understanding in background noise.

2. LACE (listening and Communication Enhancement) www.neurotone.com

A more formal training program in listening and speech reading. Very challenging and very effective if you have the time to train regularly.

3. Brain training: www.Brainhq.com

Well researched exercises and games focusing on memory, receptive language, and cognitive (thinking) skills. Studies show an increase in auditory processing speed.

4. Brain training: www.lumosity.com

Another online set of games and exercises designed to improve thinking skills and reaction times.