

## Auditory Training Resources for Cochlear Implant Recipients Ear & Hearing | Center for Neurosciences

### *Why should I do auditory training?*

Studies have shown that auditory training results in improvements in speech understanding with your cochlear implant (CI). After activation of your cochlear implant, your brain has to re-learn how to hear and interpret sounds, and auditory training is a way for you to intentionally foster growth. You wouldn't expect to be able to run a marathon without proper training, and you shouldn't expect optimal hearing from your cochlear implant without the proper training either!

### *How do I complete auditory training?*

Essentially, the goal is for you to practice hearing AND seeing words at the same time so your brain can learn to integrate speech sounds through the CI. Below is a list of options for auditory training. Set aside 30-60 minutes a day to complete auditory training. Always remove your hearing aid and only use the cochlear implant when completing auditory training AND don't forget to leave your hearing aid out entirely for the first month after activation of your cochlear implant

### Computer based training

**Advanced Bionics –rehAB portal: Listening room and Sound Success–auditory training exercises and practice**

<http://absoundsuccess.com>

<https://thelisteningroom.com>

<https://advancedbionics.com/sg/en/home/support/rehab.html> - App also available

**Angelsound Software – free download to computer– auditory training exercises and practice**

<http://angelsound.tigerspeech.com/> - App also available

**Cochlear – Communication Corner –auditory training exercises and practice**

<http://www.cochlear.com/wps/wcm/connect/us/communication-corner>

**Med-El – Soundscape –auditory training exercises and practice**

<http://www.medel.com/us/rehabilitation/>

### Books

#### **Audio Books & Reading Aloud**

You can check out audiobooks from the public library or use the app “Audible” to download audio books – reading the book (visual) while listening is extremely beneficial – Listening/reading to children's books is a good start because the language is simple and contains recognizable rhythms and patterns.

### Local Support Groups

**Adult Loss of Hearing Association (ALOHA) support groups, informational sessions and CI manufacturer meetings**

<http://www.alohaaz.org>

Thank you for choosing Ear and Hearing | Center for Neurosciences.