



**SCOTTISH
COCHLEAR IMPLANT
PROGRAMME**

Music Rehabilitation

Supporting music appreciation



Music Rehabilitation

Music can sound very different with a cochlear implant and getting used to music doesn't work for everyone. Some users find music becomes more enjoyable over time, some may be able to recognise familiar songs and others may not like the way music sounds at all. We cannot predict who will go on to enjoy music however a focus on music practice may help improve music appreciation and perception.

Tips for music

- Start with music you know well or simple songs like nursery rhymes. Your memory of the music will help you recognise the tune
- Focus on music with fewer instruments initially
- Slower music can be easier in the beginning
- Read along with lyrics as you listen to the music
- Practice with a listening partner so they can point to the lyrics if you get lost
- Watch music videos for a visual cue and lyrics to follow
- Listen to male and female singers, you may find one easier to follow than the other
- Listen to your favourite songs over and over! You may find it starts to sound better and easier to follow with time
- Listen to different types of music - rock, ballroom or country can be good options as they have a strong musical beat
- Music sounds better with streaming – streaming directly to your processor rather than through speakers can improve sound quality

Music Practice

Musical Atmospheres

- Developed by Advanced bionics
- Is accessed through <https://hearingsuccess.com> and you will be required to register and make an account
- This is an interactive program which looks at various aspects of music appreciation and five levels of difficulty which you gradually work through

MELUDIA

- Meludia is an online music training program which aims to improve music perception, recognition and discrimination through step-by-step music activities.
- This program can be accessed if you have a **MED-EL** device via your **myMED-EL** account

YouTube

- You can access songs with music videos or just the lyrics which you can listen to numerous times for practice
- Search for songs with few instruments and clear lyrics initially
- Start by listening and reading along with the lyrics and then try turning away to see if you can pick up key lyrics

Apps

- Use Apps like Shazam or Soundhound to identify music you might hear when out and about. You can use the app to identify songs and it can then link to the music, video and lyrics