



**SCOTTISH
COCHLEAR IMPLANT
PROGRAMME**

Adult switch on Rehabilitation pack

Getting you started



After your switch on

- You will be starting to hear more sounds around you.
- Sounds may sound different to what you remember and you may not be able to follow speech at first. That's ok and completely normal. Learning to listen is a gradual process so please be patient with yourself. Some people may gain benefit straight away, particularly with lip reading, others may require more time and dedicated practice.
- Things will get better, more natural and easier with time.

Things to help in the first week

- Wear your processor all waking hours. Consistent use will assist with adapting as quickly as possible to new sounds and attaching meaning to what it is heard.
- Listen to a wide variety of sounds and speech.
- If possible, involve a communication partner to help with your listening and understanding. Make sure you can see your communication partner's face when speaking, so you have lip patterns to support what you are hearing.



First steps - Listening progress

People often become aware of environmental sounds first. As listening develops, you should become more aware of voices and begin to recognise speech.

You may find it helpful to spend time each day listening out for different environmental sounds around you and trying to identify them. If you hear a sound and don't know what it is, ask your communication partner. Hearing sounds multiple times will help you learn to recognise them on your own. Going on 'listening walks' can be helpful for practice.

The following pages have a list of sounds to get you started. Don't worry if you can't hear them all at first. Tick or date the sounds you hear or write down other sounds.



Kitchen

- o Dishes in the sink
- o Putting cutlery in a drawer.....
- o Fridge humming
- o Food frying
- o Kettle boiling
- o Microwave beep

Bathroom

- o Shower running
- o Tap dripping
- o Toilet flushing

Living Room

- o Television
- o The doorbell
- o Clock ticking
- o Vacuum cleaner
- o A phone ringing
- o Footsteps
- o Jangling keys



Outside sounds

- o Traffic noise
- o A car horn
- o An aeroplane
- o Lawnmower
- o Rain
- o Birds chirping
- o Leaves rustling
- o A dog barking

In the car

- o Door closing
- o Car indicator
- o Windscreen wipers
- o Car engine

Shopping

- o Scanner beeps
- o People talking
- o Shopping trolley
- o Voices over loud speaker
- o Laughter
- o Coughing

How to improve your communication

Combining your developing listening skills with communication strategies will help make the most of your device.

- Position yourself so you can see the speakers face
- Good lighting so it is easier to see visual cues
- When possible, reduce background noise
- If you don't understand, let people know rather than guess
- Ask people to speak in a clear voice and slow their rate of speech
- Knowing the topic or context of the conversation can help you follow the conversation and 'fill in the gaps'

Don't be afraid to tell people what you need to help communication. Some people you meet may not know how to change their communication to make it easier for you to understand

- You can mention your hearing loss (eg. I am deaf. I am hard of hearing.)
- You can explain what this means (eg. I may not hear all of what you say. I find it difficult to follow a conversation in background noise)
- You can share strategies which will help you (eg. I find it easier to follow if I can see your face. Could we move to an area that is quieter?)
- Practice useful phrases with a communication partner
 - Can you say that in a different way?
 - Can you repeat the last word?



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- Use assistive listening devices (eg. mini mic/roger select/audio link) to help in groups or background noise
- When watching the television, use subtitles to assist and if possible position yourself in front of the television rather than the side.

Support

Following your next programming session, you will have a 1 hour rehabilitation appointment. You will be seen by a Specialist Speech and Language Therapist, who will discuss your experiences so far, review resources and provide additional support as required. Write down any queries, concerns or questions you may to discuss at your Rehabilitation appointment.

Troubleshooting

If your device is not working refer to the information sheets provided with your processor kit at switch on.

You can also access device information on the manufactures website

<https://www.cochlear.com/uk/en/home>

<https://www.medel.com/en-gb/about-medel/united-kingdom>

<https://www.advancedbionics.com/gb/en/home>

If you have ongoing problems or further questions you can contact the department

Phone: 01563 827323

Text: 07824598277

Email: cochlear.implant@aaaht.scot.nhs.uk