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Updates in Aural Rehabilitation for Veteran CI Recipients

Cyndi Trueheart Au.D. CCC-A

Jessica Preston Au.D. CCC-A

Adam Zhitomi Au.D. CCC-A

Jessica Preston, AuD, CCC-A

Jessica Preston, AuD, CCC-A is a clinical audiologist at the Connecticut Veteran's Administration Healthcare System where she has worked since 2005. She earned her BA from UConn, MS from Southern Connecticut State University, and her Doctor of Audiology degree from the University of Florida. Jessica has dedicated much of her career to cochlear implants and currently serves as the lead cochlear implant audiologist at the Connecticut VA. In this role, she is responsible for coordinating and managing care for Veteran cochlear implant recipients including helping with the development of cochlear implant telehealth services. Jessica is also an adjunct instructor at Sacred Heart University, Fairfield, CT.



Cyndi Trueheart, AuD, CCC-A

Cyndi E. Trueheart, AuD, CCC-A, is a clinical audiologist and Section Chief of the Audiology/Speech Pathology Department at the Connecticut Veteran's Administration Healthcare System. She earned both her Bachelor of Arts degree and her Master of Science degree from Southern Connecticut State University where she is currently an Adjunct Instructor in the Communication Disorders program. She later received her Doctor of Audiology degree from Central Michigan University. Over the past 20 years, she has presented at numerous national and international conferences on the topic of adult aural rehabilitation. Her particular areas of interest include cochlear implants, telemedicine, and rehabilitation of veteran's with dual sensory impairments.



Adam Zhitomi, AuD, CCC-A

Adam Zhitomi, AuD, CCC-A, is a clinical audiologist at the Connecticut Veteran's Administration Healthcare System where he has worked since 2020. He earned his Bachelor of Science in Communication Disorders from Southern Connecticut State University and his Doctor of Audiology degree from the University of Connecticut. Since starting at the VA, he has specialized in working with cochlear implant and bone anchored hearing aid candidates and recipients. He hopes to continue expanding the implantable hearing aid program at the VA, with additional focus on aural rehabilitation and evolving candidacy criteria.



Disclosures

- **Presenter Disclosure:** Financial: Cyndi Truehart is employed by the Connecticut Veteran's Administration Healthcare System. Non-financial: Cyndi Truehart has no relevant non-financial relationships to disclose. Financial: Jessica Preston is employed by the Connecticut Veteran's Administration Healthcare System. Non-financial: Jessica Preston: has no relevant non-financial relationships to disclose. Financial: Adam Zhitomi is employed by the Connecticut Veteran's Administration Healthcare System. Non-financial: Adam Zhitomi has no relevant non-financial relationships to disclose.
- **Content Disclosure:** This learning event focuses on the following specific products or services and will not include info on other products or services: Aural Rehabilitation educational material and tools from all three cochlear implant manufacturers (Cochlear of Americas, Advanced Bionics, and MED-EL).
- **Sponsor Disclosure:** This course is presented by the Association of VA Audiologists (AVAA) in partnership with AudiologyOnline.

Learning Outcomes

After this course, participants will be able to

1. Explain the importance of aural rehabilitation in the Veteran population.
2. Describe the new tools and apps available from all of the CI manufacturers.
3. Discuss how these tools can be customized for each specific patient and incorporated into a cochlear implant program.

Importance of AR

- Despite advances in technology, cochlear implants do not compensate for all the difficulties that accompany hearing loss.
- Boothroyd (2007) defines aural rehabilitation as "the reduction in deficits of function, activity, participation and quality of life through a combination of sensory management, instruction, perceptual training and counseling"
- We have found aural rehabilitation to be an essential component of our holistic approach for Veteran CI recipients.

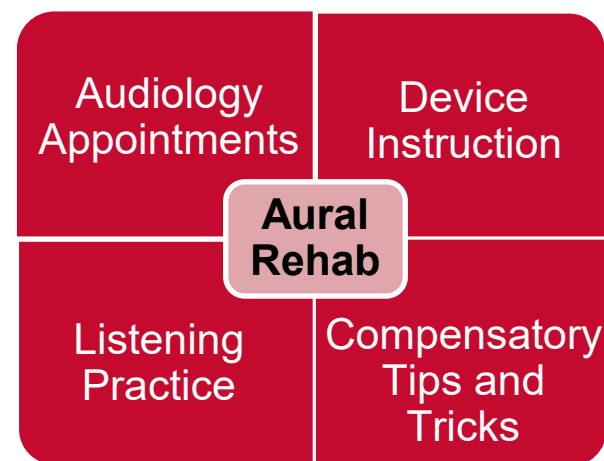
Aural Rehab Delivery for Adult Candidates

- Over the last few months, we have started incorporating the new AR resources we will present from all 3 of the CI manufacturers in our adult AR program at VA CT.
- We have utilized the examples outlined in this presentation via in-person AR sessions in the clinic and via virtual video sessions, depending on the patient needs.

MED-EL Resources



- MED-EL Mondays
- 1:1 Support for Device & Aural Rehabilitation Instruction
- Home-based Aural Rehabilitation Lesson Kits
- Web-based Aural Rehabilitation Resources
- YouTube Series: Rehab at Home for Adults
- Mobile Apps:
 - Amptify
 - iAngel Sounds
 - ReDi



medel mondays

Structured Support for Recipients

- Weekly: After Activation Basics
- 1st Monday: Learn How to Connect- AudioLink
- 2nd Monday: Learn How to Connect- AudioKey
- 3rd Monday: Learn How to Connect- AudioStream
- **4th Monday: Rehabilitation-**

What is it and why do I need it?



www.medelevants.com
(Cochlear Implant User Events)

MED-EL 1:1 Support

1:1 Appointment by Appointment:

- For troubleshooting, connectivity, or rehabilitation support, recipients can scan the QR code (or visit www.medelevents.com) to schedule a 30-minute, one-on-one virtual appointment with our Community Technical Support audiologists.
- Audiology Technical Support **24/7/365**
- For immediate needs call **1-888-633-3524** to reach in-house audiology or email audiology.us@medel.com.



Scan here to schedule
an appointment online
at:
www.medelevents.com

Aural Rehab Lesson Kits

- Lesson Kits available at www.medelbridge.com
- Various lesson kits with targeted situations/themes
- Includes session plans and goals
- Activities with step-by-step instructions
- Printable material to use in clinic or at home
- Specific introductory kit intended to begin in the weeks following activation



MED-EL Blog

blog.medel.com/tips-and-tricks/

Blog

MED⁹EL



GUEST ARTICLES



TECHNOLOGY



TIPS AND TRICKS



SUBSCRIBE

Tips & Tricks

Rehab At Home



28.09.2022

Rehab at Home for Adults:
Understanding Conversations in Social Situations

For Parents



19.10.2022

Music Activities for Children With Hearing Implants: Build a Tambourine

For Adults



27.04.2022

Rehab at Home for Adults: How to Wear Your Audio Processor Every Day



31.08.2022

Rehab at Home for Adults:
Understanding Conversation in Small Groups



14.09.2022

Easy Strategies to Support Speech for School-Aged-Children With Cochlear Implants



12.01.2022

8 Self-Advocacy Tips for Hearing Implant Recipients

YouTube Series: Rehab at Home for Adults



Rehab at Home for Adults | MEDEL

MED-EL

13 videos 1,005 views Last updated on Aug 4, 2022



Play all



Shuffle

1



Rehab at Home for Adults: What Is the Ling Six Sound Test? | MED-EL

MED-EL • 1.1K views • 7 months ago



2

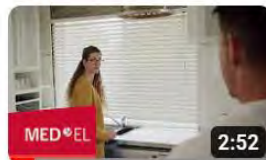


Rehab at Home for Adults: How to Wear Your Audio Processor Every Day | MED-EL

MED-EL • 873 views • 7 months ago



3



Rehab at Home for Adults: Improving Awareness of Environmental Sounds | MED-EL

MED-EL • 832 views • 7 months ago



4



Rehab at Home for Adults: Understanding Conversations in Quiet | MED-EL

MED-EL • 768 views • 7 months ago



5



Rehab at Home for Adults: Overhearing Conversation | MED-EL

MED-EL • 567 views • 7 months ago



Amptify Mobile App

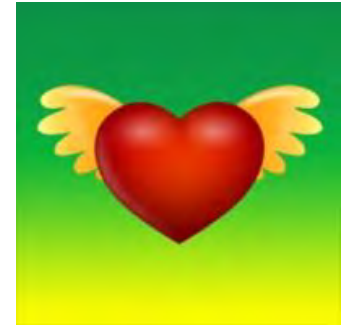
- MED-EL has partnered with Amptify mobile App for online Auditory training
- The program consists of four components:
 - A curriculum of daily Aural Rehab lessons
 - Access to an audiology coach
 - A community page that allows group posting (but is supervised by the coach), and
 - Auditory brain training games
- Available for Apple and Android
- Discount available for MED-EL HearPeers!



www.amptify.com
app.amptify.com

i-Angel Sounds and ReDi Apps

- i-Angel Sounds app
 - Interactive auditory training app
 - Sound and speech discrimination
 - IOS (Apple) only
- ReDi app
 - Customized language coach
 - Med-EL account required
 - Available for IOS and Android



Cochlear America's Resources

- Web based Auditory Training exercises
- Adult Home-Based Hearing Therapy Manual
- CoPilot App
- Telephone with Confidence
- Bring Back the Beat

Web-Based Auditory Training

- Various exercises to try in clinic or have a patient use with family or friends.
 - Breaking it Down (phonemes, frequency changes)
 - Putting it Together (context)
 - Communication Skills

Adult Home-Based Hearing Therapy Manual

- Includes tips for improving success as well as learning outcomes for various sessions.
- Pages to allow for clinician and patient to make notes for each session.
- Sequential modules that provide exercises for the clinician to do with the patient.
- Patients can complete with a communication partner at home, face to face in the clinic, or via telehealth appointment.



Tips for the training partner (speaker)

Below are also a few tips that may be helpful:

- It is a good idea to practice the listening exercises each day at home at the same time, so it is part of your regular routine .
- Initially find a quiet part of the home to do the therapy .
- Hearing therapy is mostly done with hearing alone (without lip reading) . The best way to do the therapy is for you to look down so you can't see the speaker's face . The speaker should avoid covering their mouth as this changes the sound of speech .
- Confirm the parts of the recipient's response that are correct .
- The speaker should give positive feedback . Good alternatives to saying “no, that was wrong” are: “listen again”, “nearly right, listen to the end of the sentence again”, or “it sounds a bit like that word but it's a different word” .
- If the recipient has difficulty with the exercise, the speaker may need to modify it using the tips provided in the manual . For example, the speaker can give a clue word, slow down their rate of speech, emphasize particular words or, if needed, let the recipient see the speaker's face . However, the speaker should always end by saying the word or sentence by hearing alone (without lip reading) .
- Over time, as the recipient's listening skills improve, the speaker can make the exercises more challenging by: increasing the distance between the recipient and the speaker (for example, by sitting across a table) or sitting on the non-implanted side offering less repeats— encourage more guessing gradually increasing the noise in the environment by turning on the radio “off station” with static noise in the background, or to a station with music or talking, increasing the volume of the noise as you progress speaking a little faster .

Essential Tips For Hearing Therapy

Hearing therapy will be the most beneficial if you:

- Concentrate on using listening alone (unless instructed to also use lip reading in the exercise)
- Listen with your cochlear implant alone (if you use a hearing aid in the other ear, turn it off during the training time)
- Practice in a quiet room at first
- Check that you are using the speech processor program and settings you hear best with before you start
- The speaker should use a conversational level voice .
- Practice regularly—about 30 minutes a day for five days each week
- Practice when you are feeling fresh and relaxed

[illegible][illegible]

Exercise

Lower pitched (deeper) sounds

■ fridge humming	■ kettle boiling
■ man's voice	■ air conditioning
■ car engine from inside the car	■ wind
■ fan	■ a zipper

Higher pitched (squeaker) sounds

■ birds	■ child's voice
■ car indicators	■ clothes rubbing together
■ cicadas	■ wire coat hangers on a metal rod
■ tapping on computer keyboard	■ microwave or washing machine beeps
■ frying food	■ light switch
■ rubbing hands together	

Rhythmic sounds

■ phone ringing	■ road crossing beeps
■ footsteps	■ knocking at the door
■ tap dripping	■ clock ticking

Continuous sounds

■ fridge motor	■ vacuum cleaner
■ rain on roof	■ waves at the beach
■ leaves rustling in the trees	■ clothes dryer

Exercise

Very soft sounds

■ own breathing	■ ice cubes melting
■ chopping apples or onions	■ rustling of tissue paper
■ pet drinking from a bowl	■ cat purring
■ the sound released when opening a soda can	■ scissors opening and closing
■ spray from perfume or deodorant container	■ shuffling a pack of cards

Distant sounds

■ traffic in distance	■ waves at the beach
■ neighbor coming and going	■ children at a playground
■ car coming down the road	■ airplane flying overhead

Louder sounds

■ cutlery being placed in drawer	■ running water into the sink
■ toilet flushing	■ own chewing
■ cup on bench	■ motor bike passing by
■ dog barking	■ stirring a cup of liquid with a spoon
■ plastic bags or packaging	■ jangling keys
■ traffic	

List some sounds that you heard in the first week following activation that you may have forgotten about.

Exercise 4

Consonant identification - Level 2'

Consonant identification - Level 3*

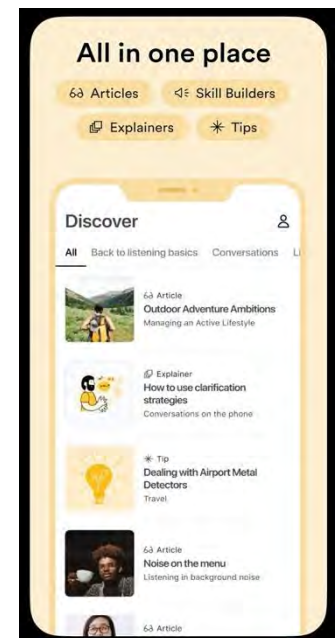
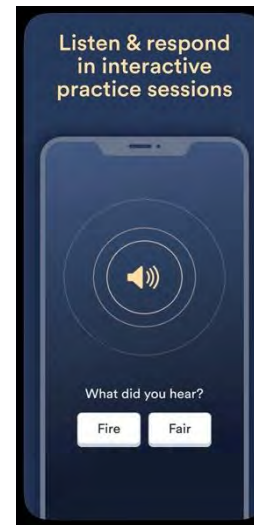
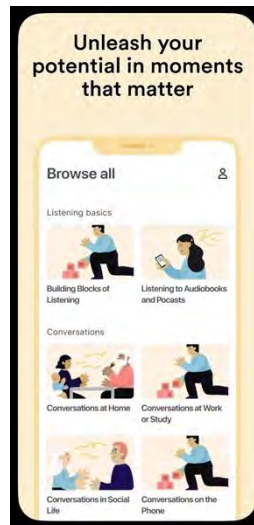
Exercise

Exercise

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CoPilot App

- Interactive app with activities, articles, and tips to maximize performance and build communication skills.
- Only available on IOS.
- Cochlear account required to use app.



Telephone With Confidence

- Call 1-800-458-4999 and follow the prompts to listen to the daily material.
 - Offered in English and Spanish
 - Daily word list, short passage, and long passage
- Cochlear account not needed to use.

Bring Back the Beat

- App to focus attention on music with different activities and levels to progress through.
- Available on Apple and Android.
- Cochlear account required to download.



Advanced Bionics Resources

- **HearingSuccess.com**
 - **SoundSuccess[™]** rehabilitation resource
 - **WordSuccess[™]** adult rehabilitation app
 - **The ListeningRoom[™]** rehabilitation support website



Aural Rehabilitation Treatment

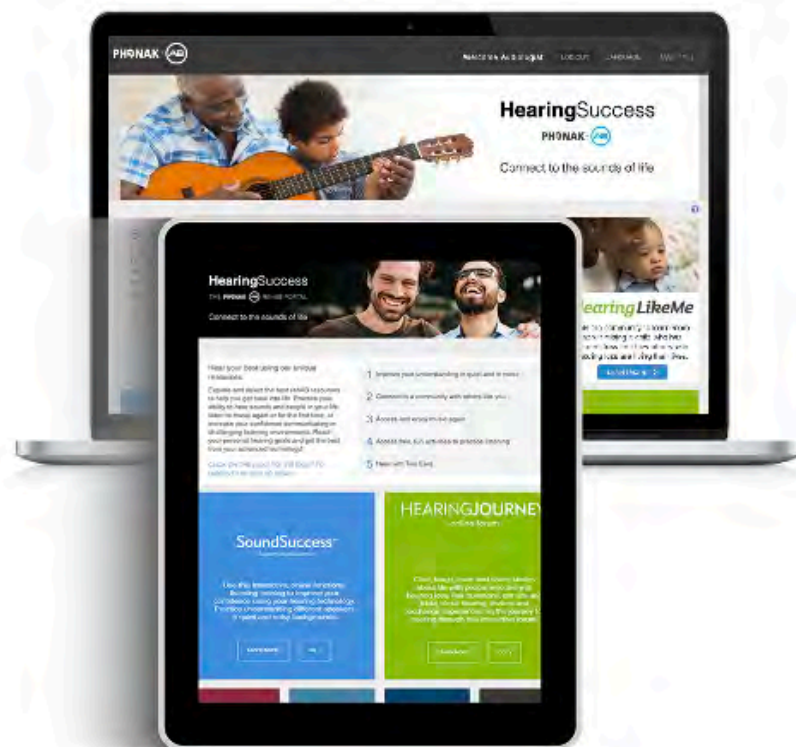
HearingSuccess Portal - Tools you can use!

- [SoundSuccess™ rehabilitation resource:](#)
- Self-paced
- Works on computer, iPad, tablet or phone
- Interactive web-based functional listening program for adult hearing aid or CI wearers
- Provides opportunities to listen to different speakers with increasing levels of complexity
 - Different speakers using lip reading or listening alone
 - Can add noise
- Tracks functional hearing status over time
- Multiple languages including Spanish



Where to get started using the HearingSuccess Portal

- HearingSuccess.com
- Register and Log in
- Choose **SoundSuccess™** Box
- Identify Hearing Goals Worksheet-on right side of page
- Download the printable Progress Tracker



Communication Needs Analysis

- My Hearing Goals-worksheet in **SoundSuccess** program
 - Can be completed separately by both recipient and communication partner. Helps them identify goals they wish to achieve through rehab.

The worksheet is titled "MY HEARING GOALS" and includes a congratulatory message. It is divided into three main sections: "ASK YOURSELF", "THINK IT THROUGH", and "MAKE A PLAN".
ASK YOURSELF section includes prompts for personal interests, things to do, and daily activities, each followed by three numbered lines for responses.
THINK IT THROUGH section provides four bullet points for reflecting on goals: choosing a goal, being specific, taking action, and being realistic. Each point includes a brief explanation and a line for a response.
MAKE A PLAN section prompts the user to review their thoughts and write three specific hearing goals, each followed by a line for a response.
The bottom of the worksheet features the ASHA logo and the text "Advanced Services".

Outcome Measures

- My Hearing Goals worksheet - compare what they identified at the beginning of rehab to how they improved at the end.
- Track Your Progress worksheet in **SoundSuccess**
- Track progress & compare scores in **WordSuccess**
- Progress can be tracked under 'your clients' using The Listening Room



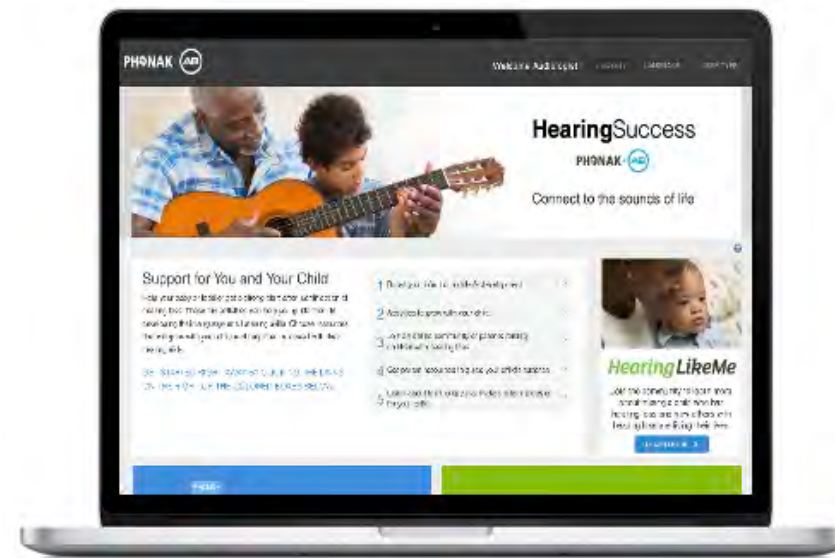
Speechreading in SoundSuccess™

- [HearingSuccess.com](https://hearing-success.com)
- SoundSuccess™
- Choose Getting Started- on left side of page
- Speechreading - Can watch video with different speakers, various topics, in quiet or add noise, closed set or open set.



HearingSuccess Portal

- **HearingSuccess.com**
- Apps-for those that love technology, SSD pts, easy access practice, streaming, and simple platform for those with cognitive issues.
- **WordSuccess™** App for practice anywhere/anytime!



WordSuccess™ App - Tools you can use!

WordSuccess™ adult rehabilitation app:

- Available on IOS and Android.
- Advanced Bionics account required to use.
- Supports hearing aids and cochlear implants
- Practice listening for word differences in both quiet and noise
- Discrimination between vowels and consonants
- Designed for self-study or working with a friend/family member referred to as the “listening coach”
- Has initial placement test that places you in the appropriate level
- 45-level hierarchy
- You can choose to add noise at any time to increase difficulty
- Compare and track scores



The ListeningRoom™

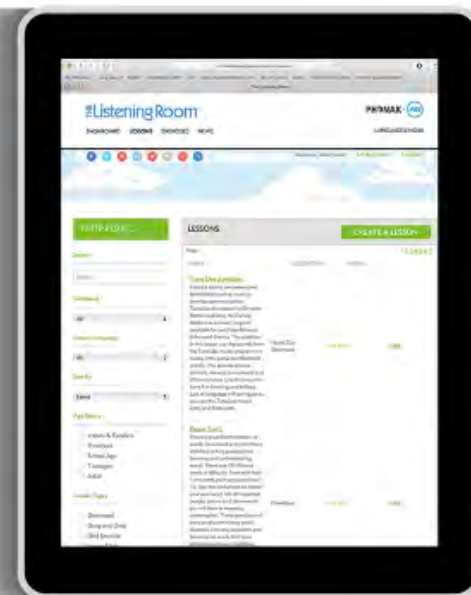
- An interactive website offering activities and resources to foster the development of speech, language, and listening skills.
 - Short online activities for sound discrimination, speech and sentence understanding and phrase recognition.
 - Downloadable lessons
- Sponsored by Phonak and Advanced Bionics.
- Advanced Bionics account required to use.



HearingSuccess portal - Tools you can use!

The ListeningRoom™:

- Training supports cochlear implants, hearing aids, and CROS system
- Supports English and Spanish
- Sort lessons by age (adult), type of lessons, how they were rated by other users
- Beginner, intermediate, advanced levels in lessons
- Many options!



Summary of Apps

WordSuccess™

IOS and Android

I-Angel Sounds

IOS only

ReDi

IOS and Android

Co-Pilot

IOS only

Bring Back the Beat

IOS and Android

Thank you & References

References:

- Boothroyd, A. (2007). Adult aural rehabilitation: What is it and does it work? *Trends in Amplification*, 11(2), 63–71. <https://doi.org/10.1177/1084713807301073>
- All images in this presentation have been shared with permission from Cochlear Americas, Med-el Corporation, and Advanced Bionics.



Questions?

Thank you and please reach out to us!

- Cyndi.Trueheart@va.gov
- Jessica.Preston@va.gov
- Adam.Zhitomi@va.gov