

M & M

Mills & McKinney
Hearing Practice



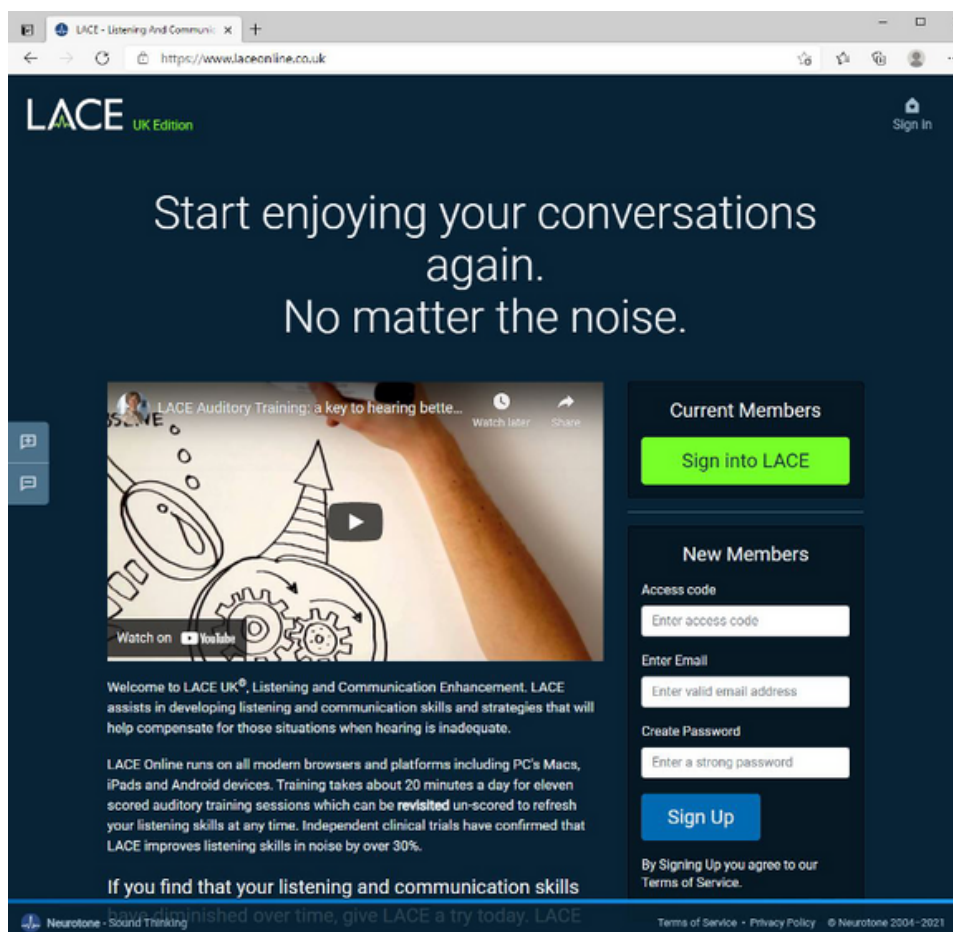
How to use your Listening and Communication Enhancement (LACE) Programme

Once you have purchased your registration code from Mills & McKinney Practice you are ready to go.

Where do I register my LACE code?

Click here: www.laceonline.co.uk

Enter your Access code, email, and create a password. Then press Sign up. You can then complete your first session.



The screenshot shows the LACE UK Edition website. The header includes the LACE logo and a 'Sign In' button. The main heading reads 'Start enjoying your conversations again. No matter the noise.' Below this is a video player showing a hand drawing a diagram of a brain with gears and an arrow. To the right of the video is a 'Current Members' section with a green 'Sign into LACE' button. Below that is a 'New Members' section with input fields for 'Access code', 'Enter access code', 'Enter Email', 'Enter valid email address', 'Create Password', and 'Enter a strong password', followed by a blue 'Sign Up' button. At the bottom, there is a 'Terms of Service' and 'Privacy Policy' link, and a copyright notice for Neurotone 2004-2021.

How do I complete further sessions?

When you log on to www.laceonline.co.uk next time the "Sign In" button at the upper right corner of the screen will be green. Press this or the green "sign into LACE" button to log in, and your next session will load automatically.

Which devices support LACE?

LACE online supports Windows, OSX, iOS, and Android devices. So you can use it on your PC, MAC, Tablet or smart phone.

LACE is a web application and requires no download, just a modern web browser and internet access. You need to enable auto-play and cookies.

For best results good quality speakers are required. I suggest that you use the same device each time, so that there is consistently good sound quality throughout your 11 sessions.

How many sessions are there?

There are eleven scored sessions, and unlimited un-scored practice after these eleven sessions are completed.

How long does it take to complete each session?

On average it takes 20 minutes to complete each session, however this timing can vary depending on the user.

How often should I do the LACE sessions?

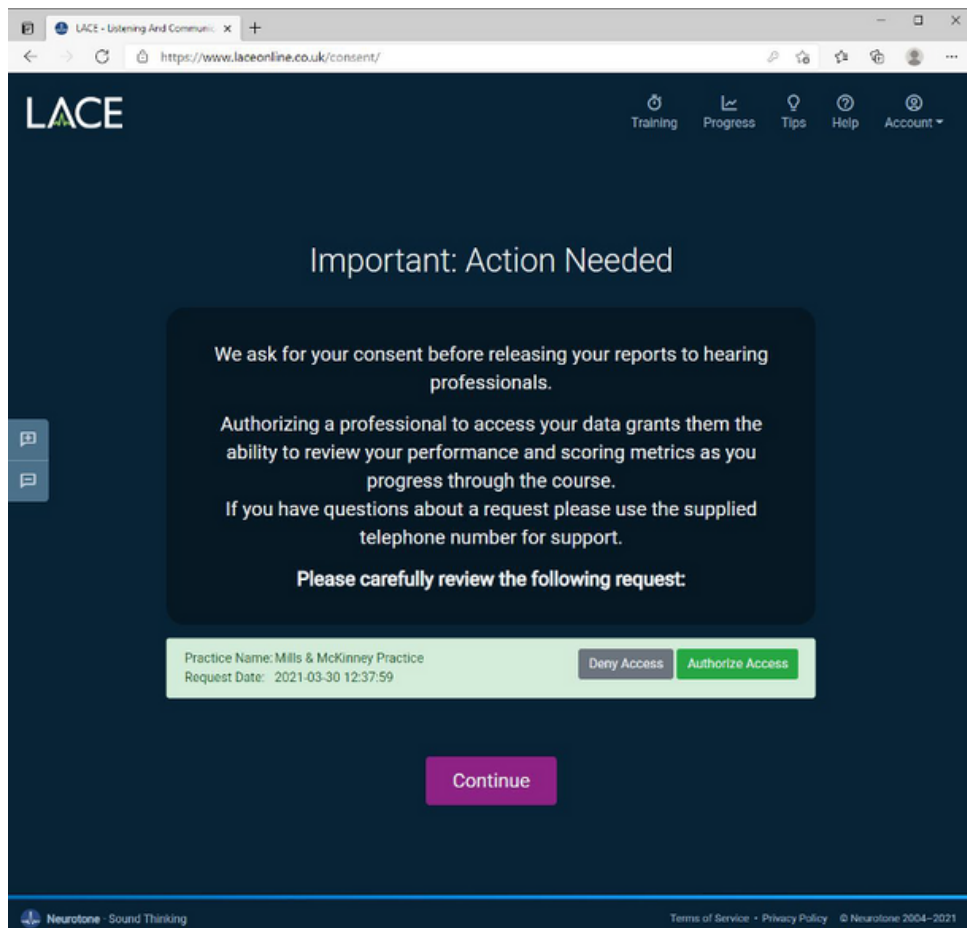
For most people one session a day, three to five days per week achieves maximum benefit. Try to avoid long gaps between training sessions. Preferably no more than 1-2 days.

How is LACE scored?

Every time you complete a session the data is scored automatically.

What happens to these scores?

Please let Mills & McKinney know when you have started LACE, and we will send you a request to access your scores so that we can track your progress and let you know how you are getting on. Once we have sent the request, the next time you log on to LACE a data release screen will come up. It will look like this:



Please select "Authorise Access"

We can then analyse your scores for you, and provide a summary of them, together with what they mean and how you can improve further in your daily listening environments.

What feedback will I get from LACE?

LACE will automatically show you a yellow training progress bar at the top of the page. It will also display a cumulative average score during your training and at the end of each day. LACE records your performance on the QuickSIN test on days 1, 6 and 11. QuickSIN is a standardised speech-in-noise test that quickly and easily measures your ability to hear in noise.

What happens when I finish the 11 sessions?

You have completed LACE – congratulations. You can either stop there, or you can complete further sessions if you wish. These are not scored but do give you valuable practice. To repeat training sessions, click "Review Progress" and then "Back to Training". At that point you'll have the option to click "Repeat Training" which will restart the course at day 2 with different content.

Note that scoring is only activated for the initial 11-session period, and that there are no time limits, so you may repeat the training as often as you like.

What is LACE training me to do?

LACE trains you to hear better in noisy environments, to hear rapid speech more easily and improves your auditory memory. The following areas are assessed:

- Speech in Noise
- Rapid Speech
- Competing Speaker
- Word Memory

How do I access the LACE demo version?

Click here: www.laceonline.co.uk/demo

What do LACE scores mean?

Quick SIN Test - Trend for improvement: DOWN

The QuickSIN is an objective test of comprehension of speech in noisy environments. This is a well accepted test in the field of audiology.

The QuickSIN scores are a bit counterintuitive - the lower the number, the better your ability to understand speech in noise.

Notes

The QuickSIN score is a ratio of the volume of the spoken sentence that you are trying to understand compared to the volume of the background noise. The general rule is that each dB of improvement (lower score) is equal to 10% improvement in ability to understand speech in noisy environments such as restaurants, parties, church events, family celebrations, etc.

Speech in noise - Trend for improvement: DOWN

A decrease in score indicates an improvement. The average patient has about a 2.5 point decrease in score during training.

Notes

A normal hearing listener will have a score of about 2 dB SNR or less, with good speakers. High scores may indicate the need for directional microphones or assistive technologies.

Other Considerations

Reflects the ability to follow speech in a noisy background. It can be affected by hearing loss and the ability to block out background noises (this ability decreases in normal healthy aging).

Rapid Speech - Trend for improvement: UP

An increase in score indicates an improvement. The average patient has about a 0.2 increase in score during training.

Notes

A score of 1.0x means the patient can only follow speech at slow conversational speeds. A score of 2.0x means that the patient can follow speech at 2 times the rate of slow conversational speeds.

Other Considerations

Reflects the ability to follow fast speech with some of the speech information removed. It can be affected by hearing loss and by the effects of normal aging (slower processing speed).

Competing Speaker - Trend for improvement: DOWN

A decrease in score indicates an improvement. The average patient has about a 3 point decrease in score during training.

Notes

A normal hearing listener will have a score of about 1 dB SNR or less, with good speakers. High scores may indicate the need for directional microphones or assistive technologies.

Other Considerations

Reflects the ability to block out a single speaker and focus on another. It can be affected by hearing loss and by the ability to block out unwanted signals.

Word Memory - Trend for improvement: UP

An increase in score indicates an improvement. The lowest score possible is a 1.0 and the highest score possible is a 6.0

Notes

A low score (lower than 3) indicates either significant difficulty remembering spoken information or difficulty understanding speech in a quiet background.

Other Considerations

Reflects the ability to understand and remember specific speech information (auditory memory). It can be affected by normal aging (working memory skills) and by hearing loss.

Further Information

[You may also find our other Resources helpful.](#)

Our [Hearing aids service page](#) also has some useful advice.

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