M & M

Mills & McKinney
Hearing Practice

Auditory training exercises

All work should be done in the listeners first, or most fluent, language.

1. Present single words in the quiet, facing the listener, allowing them to lip-read (get them to repeat as many as they hear)

2. Present single words in low level background noise, facing the listener, allowing them to lip read (get them to repeat as many as they hear)

3. Present single words in higher levels of background noise, facing the listener, allowing them to lip read (get them to repeat as many as they hear)

4. If the listener gets at least 70% in these conditions, then do exactly the same but with the speaker's mouth covered - i.e. no lip reading allowed.

5. If the listener gets at least 70% in this condition, then do exactly the same but with the person speaking from his right (aided) side, no lip reading allowed.

6. Once conditions 1 - 5 are established as being fairly easy, repeat the process but with short sentences that the listener has to repeat.

7. If these are fairly easy, then move on to presenting a short paragraph read from a magazine / newspaper, and ask the listener question. They may find this difficult for a number of reasons, so the complexity of the paragraph and questions will need to be adapted to the listener's needs.

8. The listener should always be working around the 70% level - if they do better than this, then the task needs to be made more difficult with more background noise, or more complex speech to listen to.

9. They should try to do this at least once a day for about 10 minutes - you can leave out the really easy tasks and just concentrate on the more difficult tasks aiming to either do more of them, or make them more complex.

Some of these tasks should be integrated into normal day to day interactions if possible.

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