Rehab For Adults: Auditory Training With Your Cochlear Implant Part 2

1. Listening for Sound
Ling Sounds

The talker will say each of the Ling Sounds one at a time in a random order. The sounds are

mm, as in *m*e	*oo*, as in b*oo*	*ah*, as in c*a*r
ee, as in s*ee*	*sh*, as in wi*sh*	*s*, as in u*s*

The talker must remember to use a normal conversational volume and not to give visual cues when saying the sounds. The listener signals when they have heard each of the sounds and imitates the sound if possible.

You may use the table below to record your response every time you practice. This may be useful information to share with your audiologist/clinical specialist at appointments. It may also serve as motivation of your improvement over time!

Date	Responses (√ = detection of the sound. X = correct imitation of the sound)					
……………………………………	☐ ah	☐ oo	☐ mm	☐ ee	☐ sh	☐ ss
……………………………………	☐ ah	☐ oo	☐ mm	☐ ee	☐ sh	☐ ss
……………………………………	☐ ah	☐ oo	☐ mm	☐ ee	☐ sh	☐ ss
……………………………………	☐ ah	☐ oo	☐ mm	☐ ee	☐ sh	☐ ss
……………………………………	☐ ah	☐ oo	☐ mm	☐ ee	☐ sh	☐ ss
……………………………………	☐ ah	☐ oo	☐ mm	☐ ee	☐ sh	☐ ss
……………………………………	☐ ah	☐ oo	☐ mm	☐ ee	☐ sh	☐ ss
……………………………………	☐ ah	☐ oo	☐ mm	☐ ee	☐ sh	☐ ss
……………………………………	☐ ah	☐ oo	☐ mm	☐ ee	☐ sh	☐ ss
……………………………………	☐ ah	☐ oo	☐ mm	☐ ee	☐ sh	☐ ss

Find out more about the Ling Sounds and watch a video of how to complete the test at blog.medel.com

2.   Listening for Syllables

This activity contrasts short words with long words. We have selected names and common words as examples, but it is more motivating and useful for practice if you use words which are meaningful to you as the listener. Select words to contrast by number of syllables. A 4 syllable word versus 1 syllable word is a large contrast. This will be easier to discriminate between compared to 2 syllable versus 2 syllable words.

Once you have generated your list of words together, show the listener the first pair of words e.g. Mrs. Thompson, mum. Point to each one as you say it and ask the listener to say it after you. This gives the listener useful practice listening to how the word sounds. Then present one of the words again without pointing, and have the listener identify which word it was. Provide immediate feedback so that the listener knows whether her/his answer was correct.

4 syllables versus 1 syllable:	*Mrs. Thompson*	versus	*mum*
3 syllables versus 1 syllable:	*grandmother*	*versus*	*me*
2 syllables versus 1 syllable:	*cowboy*	*versus*	*dog*
2 syllables versus 1 syllable:	*mother*	*versus*	*girl*
3 syllables versus 3 syllable:	*Camilla*	*versus*	*Oliver*
2 syllables versus 2 syllable:	*Andrew*	*versus*	*Ryan*

3.   Listening for Specific Sounds

The following activities target the 'sh' sound. We have selected common words as examples, but you may select other words with the 'sh' sound which are meaningful to you as the listener. Look at the list of words on the following page. The talker says each word one at a time. Point to each word before you say it and encourage the listener to repeat each word also. This gives the listener useful practice listening to how the words sound. Then present one of the words on the list again without pointing, and have the listener identify which word it was. Make sure that you provide immediate feedback so that the receiver knows whether her/his response was correct. If this is difficult, reduce the number of options e.g. show only three words for the receiver to select from, or give a pair of options to choose from; one short word and one long word from the list for greater contrast. Continue through the list of words at random.

This process may be used with the following exercises.

To make listening for specific sounds in word more difficult, generate a sentence for each of your target words e.g."I saw a _shark_.", "I went to the _bookshop_." "Please take the _rubbish_ out." Write these down and ask the listener to identify the sentence you said.

Shark

Bookshop

Rubbish

Shovel

Crushed

Shy

Wishes

Flush

Wash

Shiny

Shopping

Shoe

Shower

Shirt

Shampoo

Shade

Sheep

Shrug

Shin

She

Crash

Demolish

Brush

Fish

Foolish

Eyelash

Polish

Radish

Splash

Mouthwash