

Home Auditory Rehabilitation Checklist

Daily Practice (15–30 minutes)

- ✓ Practice listening to familiar voices without lip reading.
- ✓ Use audiobooks while following along with the printed text.
- ✓ Listen to environmental sounds (e.g., doorbell, microwave beep) and try to identify them.
- ✓ Watch TV or YouTube with subtitles, then replay without subtitles to test comprehension.
- ✓ Practice repeating words or phrases you hear to reinforce sound recognition.

Weekly Activities

- ✓ Try a phone call or voice message with a familiar person.
- ✓ Participate in a CI support group or online forum.
- ✓ Listen to music or songs and try to follow the lyrics.
- ✓ Practice using rehabilitation apps.
- ✓ Record and review your progress in a diary or journal.

Listening Challenges

- ✓ Practice listening in noisy environments (e.g., kitchen, shopping mall).
- ✓ Identify multiple speakers in a group conversation.
- ✓ Try listening with background music and focus on speech.
- ✓ Use closed-set listening tasks (e.g., choosing from a list of words).

Cognitive & Emotional Support

- ✓ Set weekly goals for listening improvement.
- ✓ Reflect on new sounds you've identified.
- ✓ Celebrate small wins and milestones.

Notes