

Online Listening

This pack has been produced to support you as you learn to listen with your new cochlear implant. These online resources are part of the listening rehabilitation programme you have agreed with your speech and language therapist.

- If you have a smart phone, laptop or tablet there are a lot of listening activities to access.
- We have put together some ideas for you to try at home.

How this helps with active listening

- These activities will help you to find ways to listen when you are alone.
- Online listening can give you different things to try and different voices to listen to.
- You can make online listening as challenging as you want (depending on your listening level).
- It is good to have a mix of different listening activities through your day and having some online targets will help you structure your listening plan.

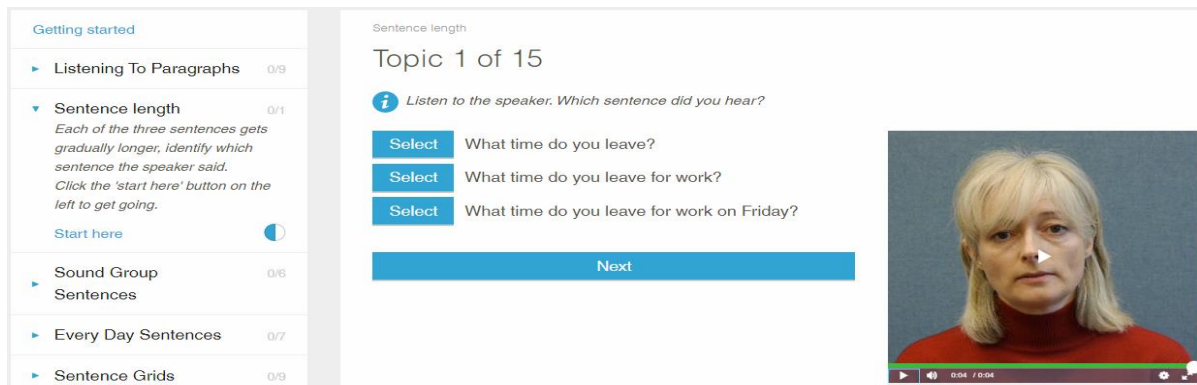
But I'm not very confident on the internet or with my phone!

No problem! Recruit your friends, parents, children and grandchildren if you need to. We'll help you too if you are finding it difficult to get started.

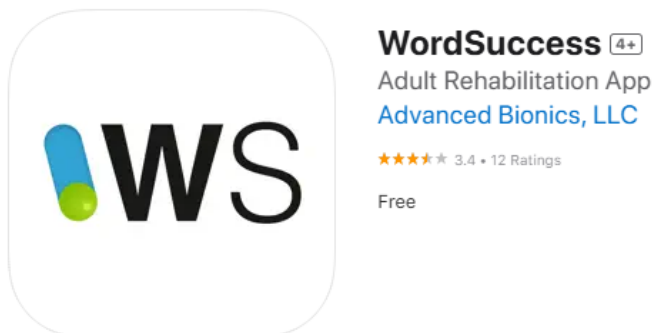
Listening Apps and Websites

HearingSuccess

- These are listening exercises for adults made by Advanced Bionics. You will need to register and make a log in to use the exercises but it is worth it. You can access their internet site at <https://www.hearingsuccess.com>
- The SoundSuccess online program has a range of speech exercises and you can work at your level and move on to challenging exercises when you are ready.
- The exercises are given by different speakers and you can listen and lip read or turn off the video so you are just using your listening to work out the answers.



- Word Success is a free app for practicing listening to word differences in quiet and in noise
- You can do the exercises by yourself or with a listening partner



MED-EL Resources

- Try the downloadable Adult Rehabilitation Kits made by MED-EL.
<https://www.medel.com/en-gb/support/rehabilitation/rehabilitation-downloads>
- These are designed to be completed with a family member or friend.
- The kits have clear instructions and different levels of challenge to match your listening skills.

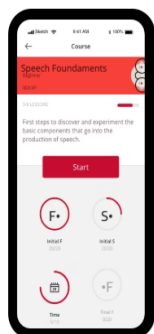


ARK 09, World 4 - Tourist Destinations - English (CE)

The Adult Rehabilitation Kits (ARKs) are free, downloadable, entertaining, and simple to use rehabilitation activities that provide recipients with listening practice. For professionals, they are an easy to prepare resource.

Download

- MED-EL also offer the ReDi app. This has a variety of listening activities focusing on background sounds and speech.



ReDi

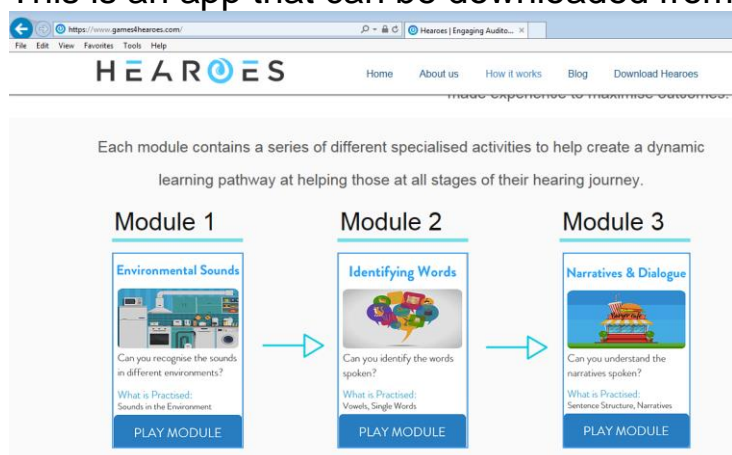
The exercises in this app will help you practice your auditory and speech skills independently. With several difficulty levels and immediate feedback, you can progress at your own pace.



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Hearoes (<https://www.games4hearoes.com/>)

- This is an app that can be downloaded from Google Play or Apple



Other ways to listen to speech

- Try listening to some speech radio programmes. Expect this to be hard; you might only pick out some words or phrases at first.
- Try listening to radio through websites or apps. BBC Sounds is a good example. You'll be able to stop, start or rewind the programme.

More from Radio 4

◀ Previous | Next ▶



Why do we laugh?

We may not all find the same things funny but...



10 Places You Didn't Know Were C...

King Arthur is linked to several real life locati...



Why do we love dogs?

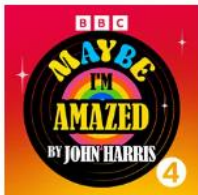
Dogs evolved from wolves but why did they c...



Why do we have grandmothers?

Ella Al-Shamahi finds out why a grandmother...

Highlights



Maybe I'm Amazed by John Harris

Episode One

14 mins

More episodes ▶▶▶



Call Jonathan Pie

Series 2

1. An Abusive Auntie

28 mins

More episodes ▶▶▶



You're Dead to Me

Aristotle: Ancient
Greece's greatest
philosopher?

55 mins

More episodes ▶▶▶



The History Podcast

Invisible Hands

1. The Chicken Farmer

29 mins

More episodes ▶▶▶



What's Up Docs?

How important is
willpower?

28 mins

More episodes ▶▶▶



The Jura Affair by William Boyd

1: The Book on the
Train

14 mins

More episodes ▶▶▶

Try Audiobooks

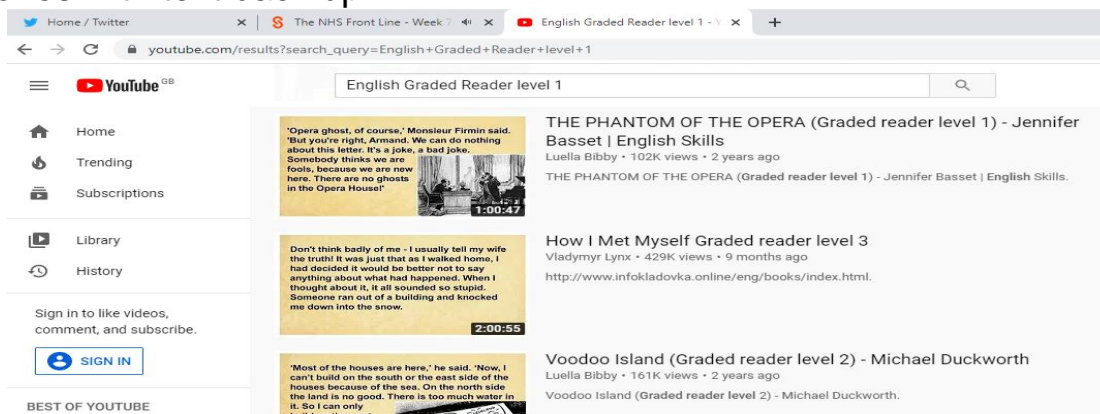
Audiobooks are a very popular and useful way to practice listening to speech.

- If you belong to your library check to see if they are using a service like BorrowBox (or RB Digital) which will have a selection of audiobooks for loan.
- There are other popular audiobook providers like Audible which are worth looking at and which have a wider selection (but aren't free).
- When you are starting with audiobooks make sure you have a copy of the actual book as well. Audiobooks are challenging and you might need the written form to back you up if you struggle at first.



Try YouTube

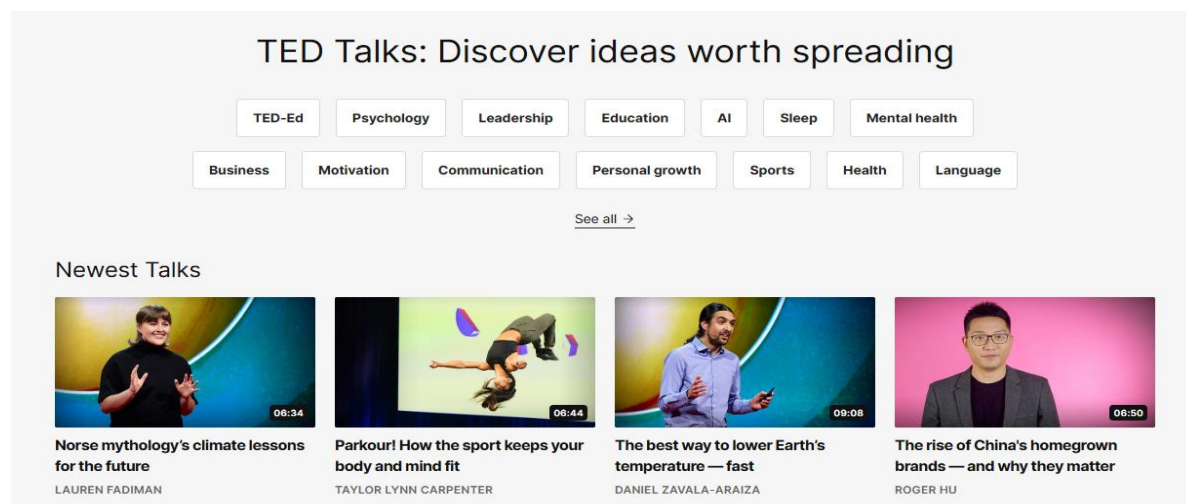
- YouTube is worth investigating. It has vast amount of useful listening material.
- Find videos where people are reading familiar poems or stories or books.
- Try a resource like English Graded Reader (below) where you can listen to stories with text back up.



- ‘English Graded Reader’ is a resource for people learning English as an additional language so the speech is clear and not too fast.

Try a Ted Talk

- TED is a non-profit organisation that offers presentations on a wide range of topics. <https://www.ted.com/talks>
- There are large number of videos by different presenters.
- There is a transcript of each video to help you follow the speech



Try Resources for People Learning English

- Another resource like English Graded Reader is available from The British Council who have on line activities to help people learn English.
- Try the listening comprehension passages.
- There are different speakers to listen to.
- There is a transcript to turn on and off as needed.
- You'll hear different voices and accents and there is sometimes underlying background noise.
- This listening is quite challenging!

<https://learnenglish.britishcouncil.org/skills/listening/>

Listening - Pre-intermediate A2 | x +

← → ↺ learnenglish.britishcouncil.org/skills/listening/pre-intermediate-a2

LearnEnglish | ≡ 🔍

Choose a listening lesson




A morning briefing

Listen to a morning briefing to practise and improve your listening skills.

See more >

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An invitation to a party

Listen to some phone messages with directions to practise and improve your listening skills.

See more >

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Changing a meeting time

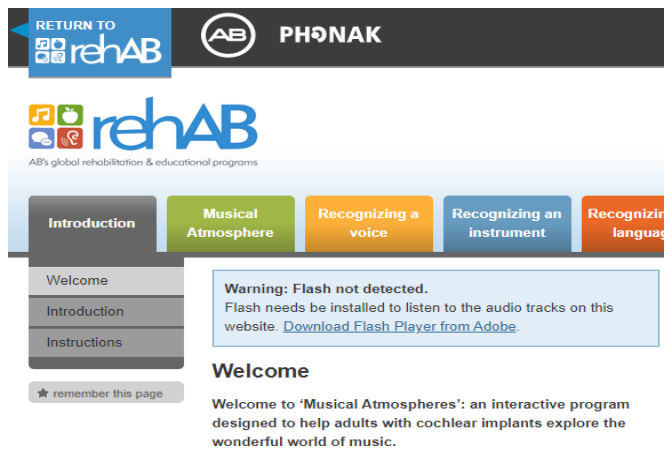
Listen to two colleagues arranging a meeting to practise and improve your listening skills.

Music Practice

- Getting used to music through a cochlear implant isn't easy and doesn't work for everyone. Putting in some intensive practice can really pay off if this is an area you want to work on.
- Some online practice can be an important part of your music practice schedule.

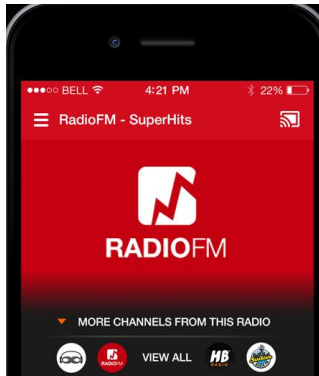
Advanced Bionic's Musical Atmospheres

- This is a popular programme which looks at different aspects of music appreciation a structured way working at different levels of difficulty. You can access their internet site at <https://www.hearingsuccess.com>



Other Ways to Listen to Music

- With music it helps to know what you are listening to as quickly as possible.
- Music sounds very different at first and you might not recognise anything you hear.



- If you put on a song you know well your brain will be actively reaching for the information it has stored about that song to help you try to make sense of how you are hearing it with your cochlear implant.
- Using radio apps or websites is useful because you can usually see the name of the song being played.
- YouTube also works well for music.
- You will be able to find any song you want to try.
- You can watch videos and performances and find the lyrics to the song which are all visual clues that will help you put the whole song together eventually.

**We hope these ideas are useful.
Let us know if you find any listening activities that
you want to share with other CI users!**

Accessible Information

If you need this information in another format or language, please ask a member of staff.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

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