

Rehabilitation resources

Make the most of your hearing and help boost your confidence with these practice ideas

Tips to get started

1

Wear your sound processor **full time** to get the most benefit.

2

Learn more about **your hearing** and your Cochlear products and services.

3

Actively practice by **setting aside a little time** to do listening exercises.

4

✎ **Download Cochlear™ CoPilot** to practice and learn with our fun, interactive app!*

Speech

- ✎ **Cochlear CoPilot** has a lot of auditory training exercises.
- Practice at your own pace with the **Hearing rehabilitation manual**, included with your sound processor. ✎ [In English](#) ✎ [In Spanish](#)
- Listen to an audiobook and read along.
 - Find a narrator with a familiar accent.
 - You may be able to slow down the narration speed.
- Use closed captions for TV or YouTube.
 - Watch the news or a TEDTalk—it helps if one person is speaking at a time and they are facing the camera.
- Stream a podcast or radio talk show directly to your sound processor.



Telephone

- Use the exercises in **Telephone with Confidence**. This resource is easy to access and can help implant recipients gain confidence talking on the phone. This tool is available ✎ [on our website](#) in English and Spanish, and in the CoPilot app.
- Practice by chatting with a friend!
 - Choose a topic in advance.
 - If you're struggling, ask them to slow down a little or use different words.
 - Try a video chat so that you can also use lipreading cues.
- Direct streaming with compatible smartphones can help make phone conversations easier. If your phone is not compatible, you may want to try the Cochlear Phone Clip.



Noise

Our latest sound processor technology features SmartSound® IQ—designed to adapt automatically to help you hear more clearly in challenging listening environments.^{1,2†}

- Practice with a friend in a local cafe (or other public place) when it isn't very busy. Sit facing your friend, with your back to the noise. Or ask to sit in a quiet spot.
- Need a little extra support in noise? Try using the Cochlear Mini Mic 2+!
 - ✎ [Pair your Mini Mic 2+](#) for Nucleus® 8 Sound Processor#
 - ✎ [Pair your Mini Mic 2+](#) for Kanso® 2 Sound Processor#



Music

Cochlear recipients are 5 times more satisfied with their ability to listen to and appreciate music than they could with two hearing aids.³ Increase your music enjoyment by dedicating some time to practicing with these ideas!

- Search for playlists made by other recipients for practicing with your implant.
- Follow along with a copy of the lyrics or watch on YouTube with captions.
- Listen to acoustic versions to practice listening to melodies.
- Find tips, tools and resources for listening to music with a hearing device on our ✎ [Bring Back the Beat webpage](#).



More from Cochlear

Cochlear Family Account

Sign up for a ✎ [Cochlear Family Account](#) for access to your warranty and device information, Hear Always and the online store.

Cochlear on YouTube

Explore Cochlear's ✎ [YouTube channel](#) to learn about your new device or hear from other recipients in a variety of excellent short videos.

Hear & Now Blog

✎ [Explore articles](#) for tips and insights from fellow recipients and professionals.

- Mauger SJ, et al. Clinical evaluation of the Nucleus 6 cochlear implant system: performance improvements with SmartSound iQ. International Journal of Audiology. 2014, Aug; 53(8): 564-576. [Sponsored by Cochlear].
- Wolfe J, et al. Benefits of Adaptive Signal Processing in a Commercially Available Cochlear Implant Sound Processor. Otol Neurotol. 2015 Aug;36(7):1181-90.
- Lupo JE, Biever A, Kelsall DC. Comprehensive hearing aid assessment in adults with bilateral severe-profound sensorineural hearing loss who present for Cochlear implant evaluation. Am J Otolaryngol. 2020;41(2):102300. doi:10.1016/j.amjoto.2019.102300

* For compatibility information visit www.cochlear.com/compatibility.

† It is recommended that SNR-NR, WNR, and SCAN be made available to any recipient, ages 6 and older, who is able to 1) complete objective speech perception testing in quiet and noise in order to determine and document performance and 2) report a preference for different program settings.

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