

# Management of Auditory Processing Disorder (APD)

## Environmental strategies to enable clear sound hearing

Environmental strategies focus on a clear speech sound reaching the ears. Strategies that can be used to achieve this include:

1. Clear speech strategy
  - Encourage lip reading- make sure you are facing the child when talking to them
  - Give information in small chunks and use simple vocabulary
  - Give a maximum of two instructions at a time
  - Allow time to process the information
  - Speak clearly at a normal pace
  - Ensure you have the child's attention
  - Check the child has understood what is being said and repeat or rephrase if necessary
2. Improving the acoustic environment
  - Ensure preferential seating in the classroom
  - Classroom acoustics should meet national standards
  - Background noise should be kept to a minimum
3. Assistive Listening Devices – the teacher can wear a remote microphone to give clear sounds either through:
  - A personal listening device worn by the child
  - Sound field system in the classroom-this will benefit all the children in the classroom



Not all the management approaches mentioned above are applicable for every child. Please note that the options will depend on circumstances, symptoms, the school child attends and possible input and advice from specialist sensory teachers.

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## Cognitive strategies to enable improved listening

Cognitive strategies focus on improving the cognitive abilities of the brain to improve listening. This can be achieved by:

1. Improving attention
  - Get attention before speaking
2. Improving memory
  - Reduce load on memory system with simple instructions and repeat if necessary
  - Memory aids such as note pads and a recorder
  - Memory training such as memory enhancing games
3. Improving auditory closure skills
  - Build vocabulary by exposure to new words including cross word puzzles and word games
4. Auditory training and sound therapy
  - Listening and Communication Enhancement (LACE)
5. Sensory-motor integration and multisensory processing training
  - Learning a musical instrument has been found to be effective in APD in some randomised studies. It may be beneficial in improving coordination between the two sides of the brain
  - Dancing can improve auditory processing
  - Learning to Juggle can improve certain cognitive abilities



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