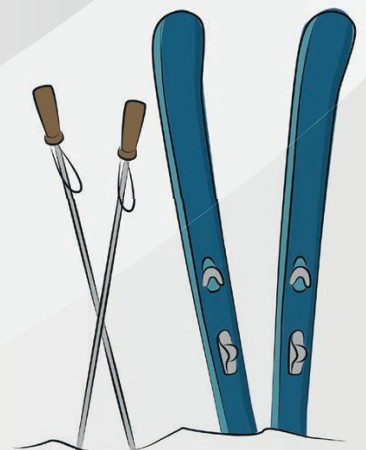
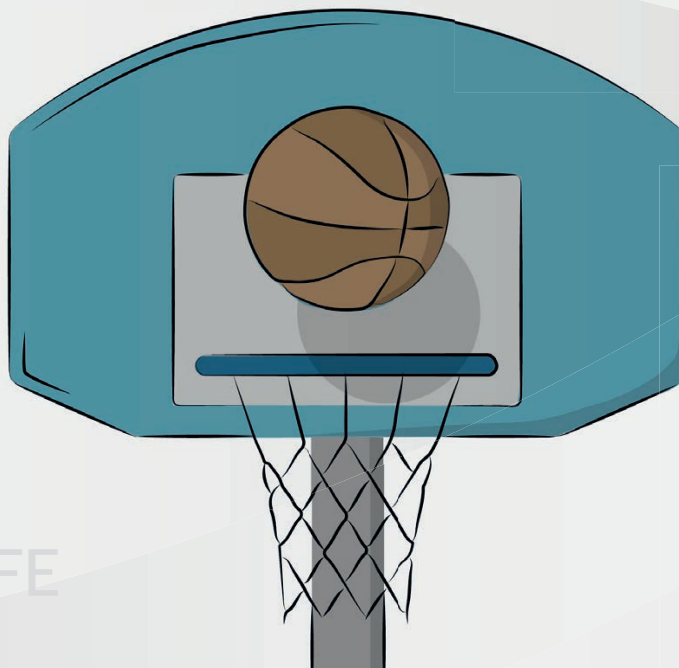


Adult Rehabilitation Kits

SPORTS - WHICH IS WHICH?



hearLIFE

Learn About the Adult Rehabilitation Kits

Session Plan

Includes Level 1 and Level 2

1. Which is Which?

- Crossword
- Listen and Process
- Increase Understanding

We would like these rehabilitation kits to help as many people as possible, so the Adult Rehabilitation Kits may be shared openly for fair usage. However, MED-EL retains full rights to the material, so the content may not be altered, rebranded, or repurposed for commercial use.

Learn About The Session Plans



indicates *auditory training* goals






indicates *auditory and cognitive processing* goals



indicates *integrating hearing into lifestyle* goals

Note: This Adult Rehabilitation Kit is for a new listener or a listener developing confidence with their hearing technology. If you are unsure where to start, simply begin at Level 1. All recipients will benefit from all activities, even if they seem simple at first. This helps build listening endurance and confidence.

How to choose a level

			
Level 1	<p>The recipient is learning to discriminate words of differing syllable number.</p> <p>The recipient is learning to understand words when they are at the end of a sentence and when they have differing acoustic characteristics.</p>	<p>The recipient needs support with activities which involve aspects of auditory and cognitive processing. Auditory memory tasks are challenging.</p>	<p>The recipient is working along their journey to life using a hearing implant and is developing confidence in communicating in their wider world.</p> <p>Support is needed to develop communication strategies.</p>
Level 2	<p>The recipient is learning to discriminate words of the same syllable number with differing acoustic characteristics.</p> <p>The recipient is learning to understand words when they are in multiple places in a sentence and when they have similar acoustic characteristics.</p>	<p>The recipient can complete some activities which involve auditory and cognitive processing.</p>	

Tips

This material is suitable for recipients who have had their hearing device fitted or cochlear implant processor switched on for a period of two weeks or more.

Check the recipient's hearing at the beginning of every rehabilitation session using the Ling Six Sound Test.

- Find a strategy for giving the recipient instructions for each activity. You might need to write the instructions down or you can use the instructions on these pages and point to the words as you read them.
- Ensure that the recipient understands all the information that is provided throughout the session. For example, if you speak to another family member, ensure that the recipient can access what was said. It may be necessary to write it down. It is important for the recipient to be included and valued as a participant in all discussions throughout the session.
- It is often helpful to do a trial of each activity together to ensure the recipient knows what they are required to do. Building confidence in recipients is important. Remember that activities that are easy are still useful to build confidence and increase listening endurance. Do not rush to harder activities.
- When using paper or a hand to limit visual access, be sure a good auditory signal is received. Ensure the sound is not muffled by the screen.
- Remember that the activities can be tiring for the recipient. Ensure there are some breaks between activities when the recipient can relax (e.g., getting a drink of water, stretching) before beginning the next activity.
- For Hearing Lifestyle activities, easy access to information is recommended. This can be achieved by allowing access to lip-reading or by reading the information.

Present activities

1. LISTEN

Auditory alone
(use a screen over the mouth)

2. LISTEN LOOK

Auditory-visual
(allow lip-reading)

3. LISTEN LOOK READ

Auditory-visual + written word
(allow lip-reading and reading the text)

Easier  Harder

CHOICES	
Small number of choices	Large number of choices
Answer alone	Carrier phrase with answer at the end, then in the middle
PRESENTATION	
Auditory-visual (lip-reading, reading the text)	Auditory-alone
Clear speech (slightly slower, well articulated)	Natural speech
Cue <i>ready</i> or <i>listen</i>	No cues
Close	At distance
In quiet	With background noise
CONTENT	
Common vocabulary and ideas	Unfamiliar or advanced vocabulary and ideas
Topic known	Topic unknown
Read through and practise before beginning	No read through or practise
Words with different syllable numbers Words with large sound differences	Words with same syllable number Words with smaller sound differences

Date:

Name: Time Post-Implant:

ACTIVITY	GOALS						
6 sounds:	left	ah	oo	ee	sh	s	m
	right	ah	oo	ee	sh	s	m

**CROSSWORD****Level 1:**

- Identifies sport named from closed-set

RESOURCES

- Speaker Page: 7
- Recipient Page: 8

**LISTEN AND PROCESS****Level 1:**

- Listens to and processes descriptions with easy to understand key words; small set

RESOURCES

- Speaker Page: 11
- Recipient Page: 12

**INCREASE UNDERSTANDING**

- Understands what is needed to play sport as a CI recipient

RESOURCE

- Shared Page: 16

Level 2:

- Identifies sport from closed-set when given sentence description

RESOURCES

- Speaker Page: 9
- Recipient Page: 10

Level 2:

- Listens to and processes descriptions with key words embedded; large set

RESOURCES

- Speaker Pages: 13-14
- Recipient Page: 15

The resources may be used and shared electronically or printed for use.

ACTIVITY

1. Which is Which?

CROSSWORD



EXPECTED OUTCOMES

Level 1:

- Identifies sport named from closed-set

Level 2:

- Identifies sport from closed-set when given sentence description

A traditional crossword format is used.

Level 1:

1. The recipient requests the name of a sport (e.g., "1 Down").
2. Say the sport.
3. The recipient finds the destination from the closed-set list.
4. The crossword is completed.

Level 2:

1. The recipient requests a clue (e.g., "3 Across").
2. Say the clue (e.g., "Played with sticks and a puck.").
3. The recipient finds the sport from the closed-set list.
4. The crossword is completed.

LISTEN AND PROCESS



EXPECTED OUTCOMES

Level 1:

- Listens to and processes descriptions with easy to understand key words; small set

Level 2:

- Listens to and processes descriptions with key words embedded; large set

1. The speaker randomly chooses a description from their page and reads it aloud.
2. The recipient then chooses the correct picture from their page.

INCREASE UNDERSTANDING



EXPECTED OUTCOMES

- Understands what is needed to play sport as a CI recipient

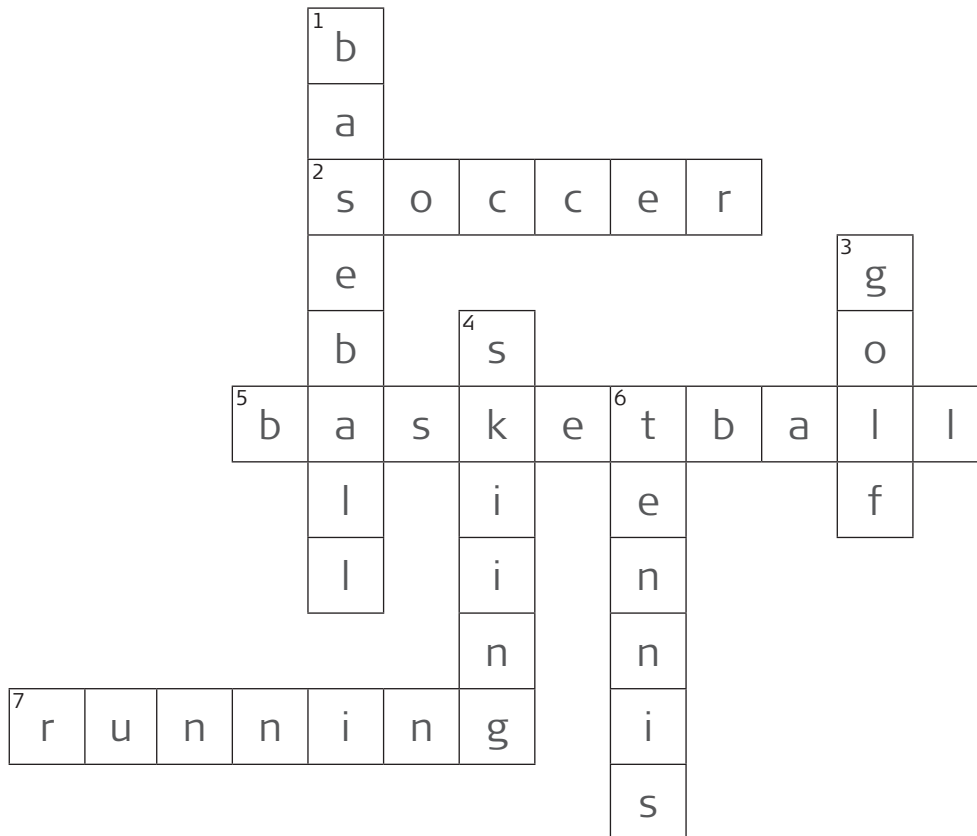
Suggestions for protecting your cochlear implant and audio processor while playing a sport are provided.



CROSSWORD

Speaker Page

Level 1



ACROSS

- 2. soccer
- 5. basketball
- 7. running

DOWN

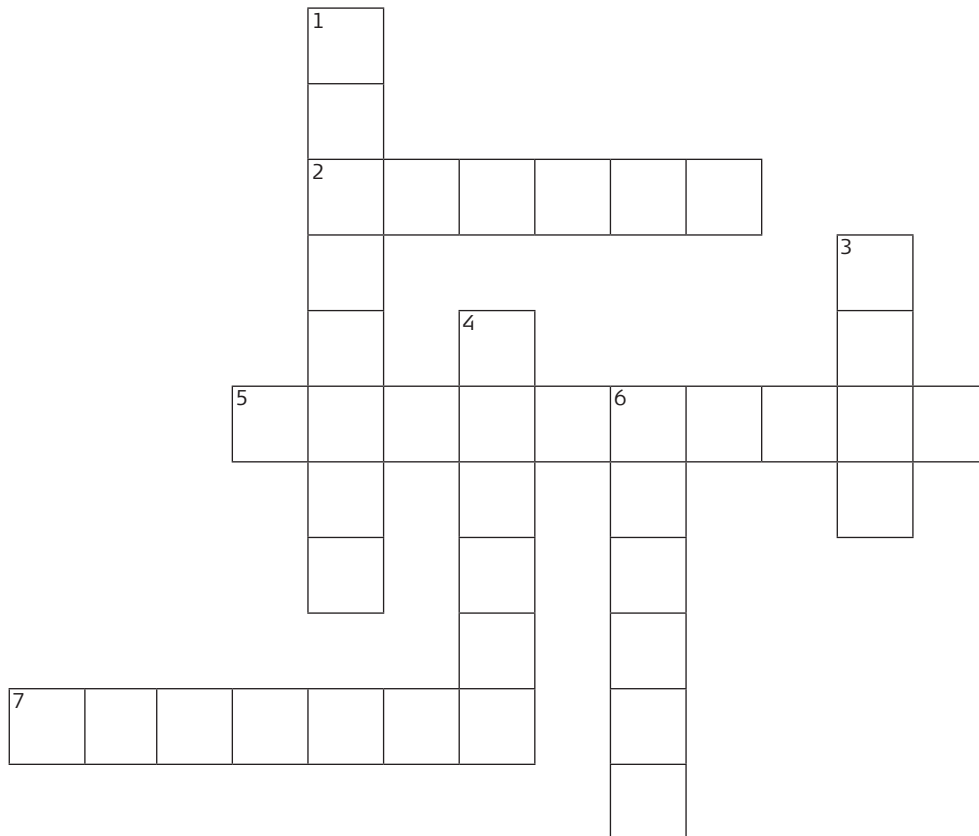
- 1. baseball
- 3. golf
- 4. skiing
- 6. tennis



CROSSWORD

Recipient Page

Level 1



ANSWER LIST:

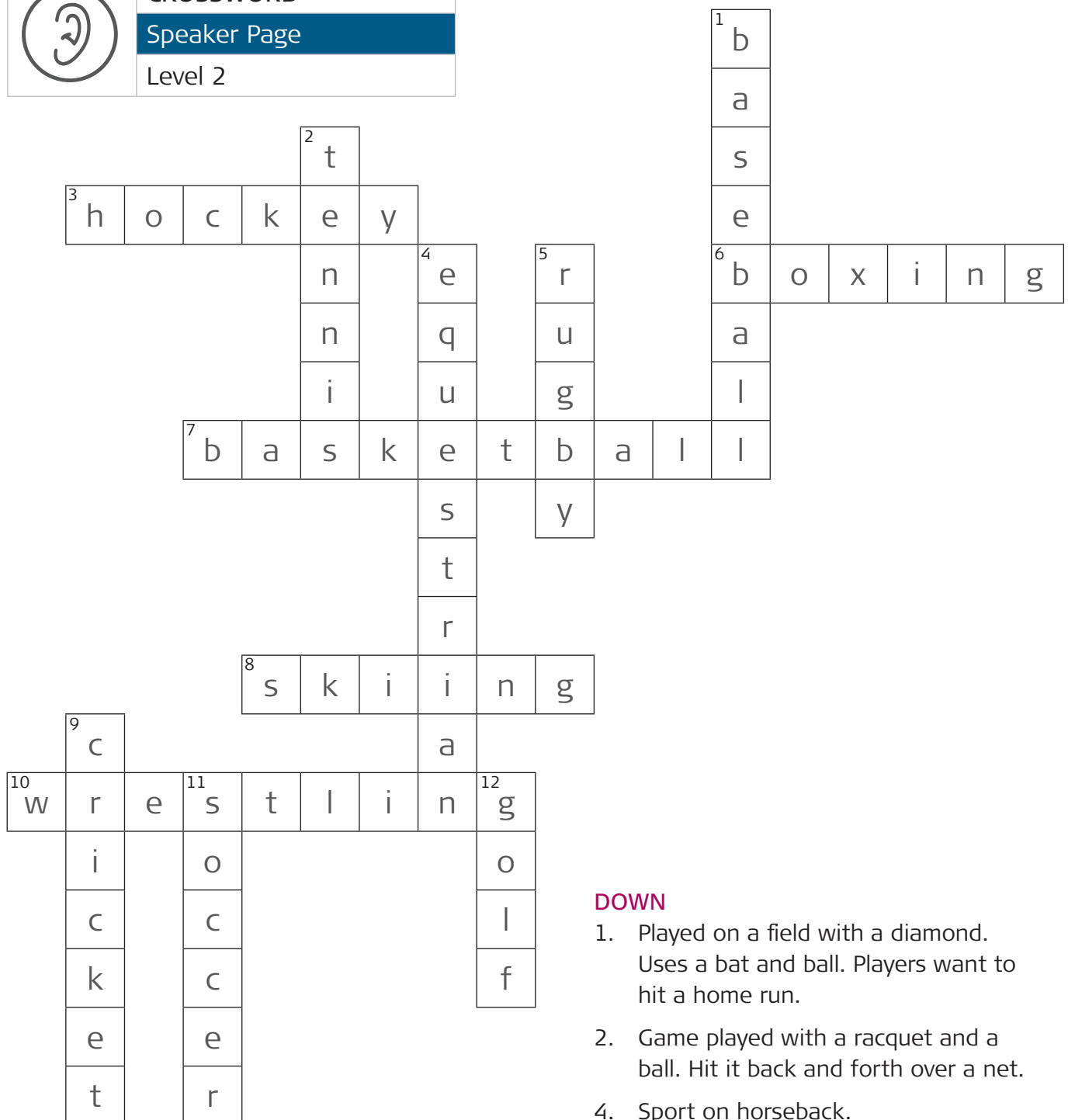
soccer
golf
skiing
basketball
baseball
running
tennis



CROSSWORD

Speaker Page

Level 2



ACROSS

3. Played with sticks and a puck.
6. Two people punching in a ring.
7. Game play indoors where the aim is to score by throwing a ball through a hoop.
8. Going fast downhill on snow.
10. A combat sport with holds and played on a mat.

DOWN

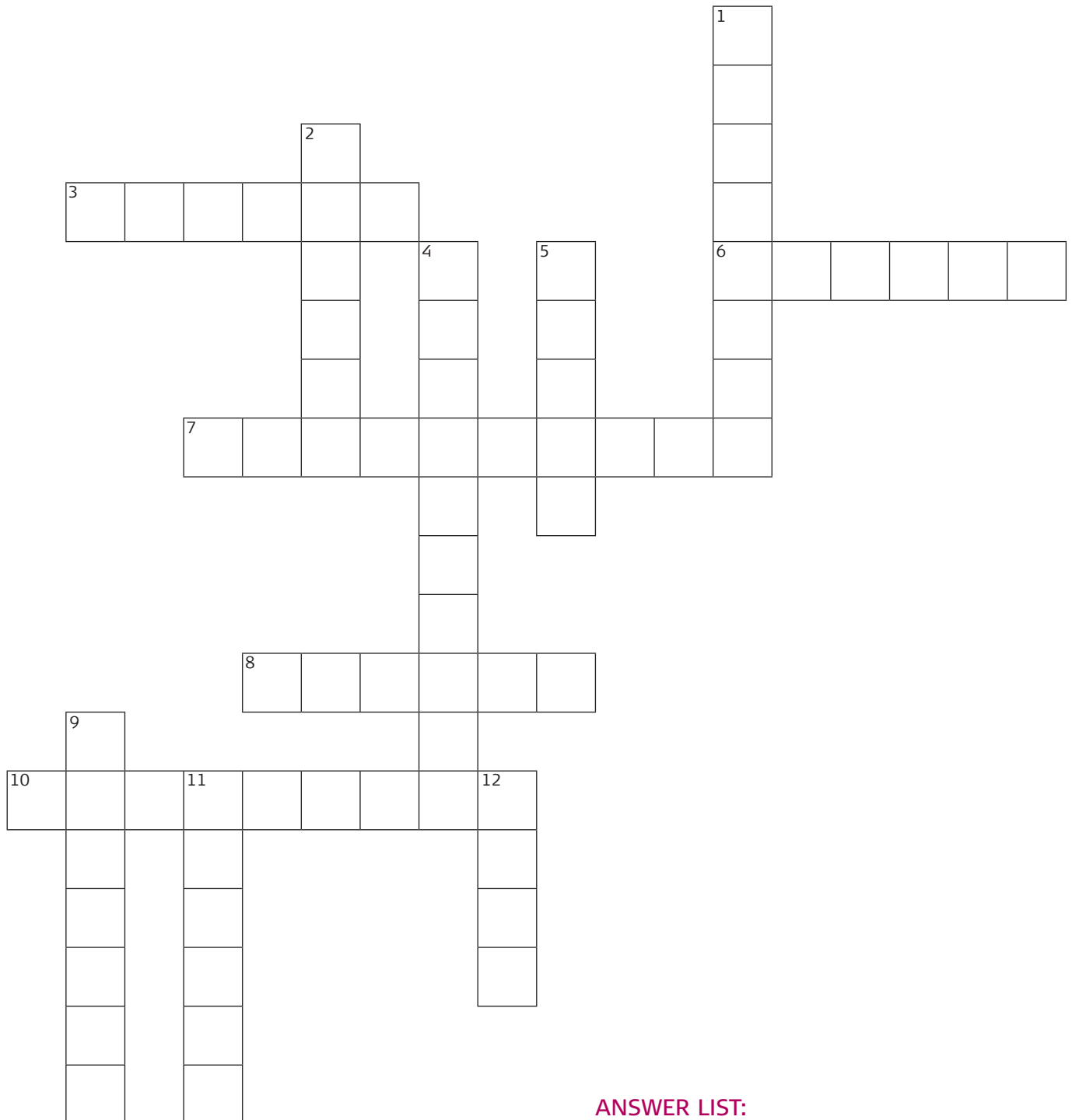
1. Played on a field with a diamond. Uses a bat and ball. Players want to hit a home run.
2. Game played with a racquet and a ball. Hit it back and forth over a net.
4. Sport on horseback.
5. The ball is oval shaped. Players score tries.
9. Popular game in England and India. Played on large grass field with a pitch. Players want to score runs.
11. Popular team sport played with a round ball. This is another name for the game 'football'.
12. Played with clubs and a small white ball. There are 18 holes.



CROSSWORD

Recipient Page

Level 2



ANSWER LIST:

tennis
 boxing
 cricket
 basketball
 skiing
 golf

equestrian
 baseball
 hockey
 soccer
 wrestling
 rugby



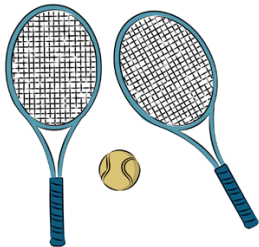
LISTEN AND PROCESS

Speaker Page

Level 1



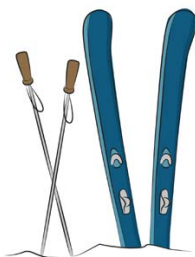
You go for a long walk. You hit the white ball with a club. Maybe you might score a hole in one!



There is a court and a net. There can be two or four players. You use a racquet with strings. The ball is small and yellow.



There are 9 players on each team. Famous teams are the New York Yankees and the Los Angeles Angels. You want to hit a home run.



You do this sport on a mountain. You can go very fast.



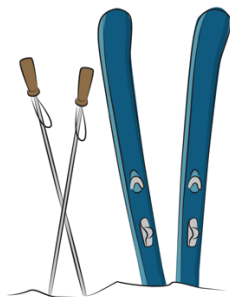
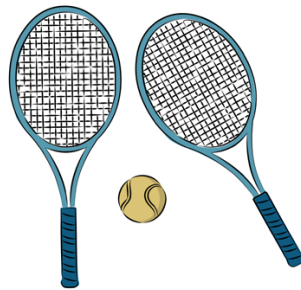
There are two teams. You play on a court indoors. There is a hoop at both ends of the court. You try and shoot the ball through the hoop.



LISTEN AND PROCESS

Recipient Page

Level 1





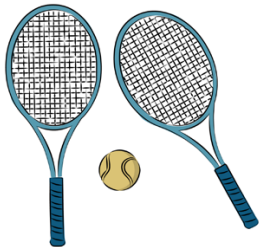
LISTEN AND PROCESS

Speaker Page

Level 2



There can be 9 or 18 holes. Tiger Woods plays this sport.



You use a racquet. Scores include 'love' and 'advantage'.



This game is played on a field with a diamond. Players try to hit the ball and then run around the bases. There is a batter and a pitcher.



In this sport, you glide on the snow. People often visit a resort to participate. You can also do jumping.



This team sport is very popular in the United States. It is played indoors. Players must dribble the ball while walking or running. Michael Jordan was a very famous player.



LISTEN AND PROCESS

Speaker Page

Level 2



This is a team sport with 11 players on each team. The ball is round and is usually black and white. Players are not allowed to touch the ball with their hands.



This sport is played in the water. The ball is round.



This sport is popular in Europe. Riders sometimes compete in a velodrome and sometimes on a road. The most famous race is called the Tour de France.



This sport takes place in the water. Participants wear a mask and a tank to help them breathe.



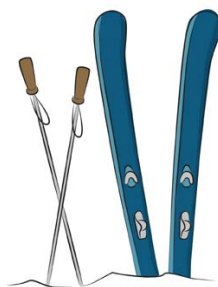
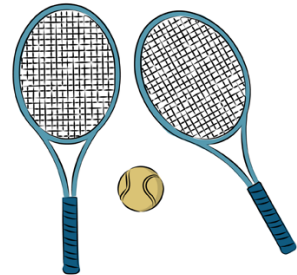
These sports people support a team. They yell, they jump, and they do somersaults. They often support football teams in America.

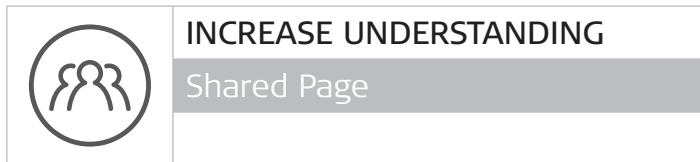


LISTEN AND PROCESS

Recipient Page

Level 2





Cochlear implant recipients can enjoy playing most sports.

Whatever sport you choose to play, you should always remember the following:

- Protect your cochlear implant system from possible impacts
 - Your MED-EL cochlear implant is very robust. However, there is a small risk of damage from an impact.
 - It is not generally recommended that cochlear implant recipients play sports in which head impacts are likely (e.g., martial arts, boxing).
 - Ensure a helmet is worn for sports such as equestrian, cycling, sailing, skiing, etc.
 - Your MED-EL sound processor is also robust. Again, there is risk of damage if it falls off your head and receives an impact.
- Be aware of the level of protection from water which your sound processor provides. Keep to the recommendations.
 - For applicable processors, put into their drying system every night after use.
 - Use additional protection from water when playing water sports.
 - It is not recommended that recipients scuba dive below 20 metres.

Always discuss what is needed for your particular sport with your local cochlear implant clinic or hospital.

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