

At-Home Strategies

Kids with APD often have trouble following directions, so these simple suggestions for at-home techniques may help:



- Reduce background noise whenever possible at home and at school.
- Have your child look at you when you're speaking.
- Use simple, expressive sentences.
- Speak at a slightly slower rate and at a mildly increased volume.
- Ask your child to repeat the directions back to you and to keep repeating them aloud (to you or to himself or herself) until the directions are completed.
- For directions that are to be completed later, writing notes, wearing a watch, or maintaining a household routine can help.
- It can be frustrating for kids with APD when they're in a noisy setting and they need to listen. Teach your child to notice noisy environments and move to quieter places when listening is necessary.

Full article can be accessed by visiting:
<http://kidshealth.org/en/parents/central-auditory.html#>

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Harrington
HEALTHCARE SYSTEM

Compassionate Quality Care

CENTRAL AUDITORY PROCESSING

Harrington
HEALTHCARE SYSTEM
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Coping with Central Auditory Processing Disorder



What is Central Auditory Processing Disorder?

Central Auditory Processing Disorder (CAPD) affects how your brain handles what it hears. You are able to hear sound, but may have difficulty comprehending what you heard.

CAPD is a problem that affects about 5 percent of school-aged children. Often children have difficulty hearing slightly different sounds or words because of background noise in school settings, on playgrounds or at sports events.

How We Can Help

We can assist in evaluating any central auditory processing disorder through a series of simple non-invasive tests.

These tests are performed by an audiologist with a Certificate of Clinical Competence in Audiology (CCC-A). This is a certification awarded by the American Speech-Language-Hearing Association (ASHA), which is one of the national organizations for audiologists.

With ASHA certification, our clients and their families have the assurance that we provide the knowledge, skills, and experience to offer high-quality clinical services to evaluate and treat any auditory-related disorder.



Common Signs of Central Auditory Processing Disorder:

- Significant difficulty listening with background noise. Crowded restaurants may be difficult, but even a television may be too distracting.
- Reporting that people talk too fast or say too much at once.
- Having conversations that may not be fluid, and may have frequent pauses or delayed responses.
- Significant difficulty following verbal directions.
- Comprehension difficulties when someone is reading out loud.
- Trouble remembering what was heard.
- Learning better through visual or hands-on methods.
- Trouble understanding different accents or the tones of people's voices.



Testing for CAPD

Testing for CAP occurs twice over two visits. At the first appointment, we perform a comprehensive hearing evaluation to rule out hearing loss as a cause of the listening difficulties.

At a second appointment, we perform the auditory processing evaluation, which includes activities such as listening in background noise, listening with competing talkers, and detecting differences in pitch.

Requirements for Testing:

- The patient must be at least 7 years old and fluent in English.
- If there is known, permanent hearing loss, it may not be greater than a mild degree.
- Two orders from the physician are needed—one for the hearing evaluation and one for the auditory processing evaluation.
- Check your insurance coverage—ask if CPT code 92620 is covered.
- If other testing has been performed, such as psychology/neuropsychology, speech-language pathology, occupational therapy, etc., or if there is an IEP or 504 plan, we ask that you bring a copy of the report(s) to the appointment.