

# Telephone Training Tips

## Tips to gaining telephone confidence:

### General Tips:

- **Start easy...**Hearing on the phone is not easy! Give yourself time to adapt to hearing with the implant. Practicing will increase your chances of hearing on the phone and will also allow you to progress faster.
- **Patience and Perseverance are key . . .** Stick with it! It is easy to become frustrated, but if you stick with it improvements will come.
- **Don't compare yourself to others . . .** Everyone's hearing is different. One person may pick up the phone and hear everything while another may have to work much harder to be able to hear anything. Monitor your progress and compare your results over time.
- **Find your optimal listening settings. Be Creative!** Use this program to:
  - test different phone lines . . (ie: cell phone, landline , digital phones)
  - test T-coil settings.
  - test phone accessories like HATIS

### Beginner:

- **Start by only trying to distinguish male/female voices.** The correct voices are listed on the readings that can be downloaded below.
- **Read along while you listen . . .** following along as you listen will help your brain connect the sounds it hears to the words you read.

### Intermediate:

- **Listen to the recording first then go to the website to read** the passage or word list . . . Begin to see how much of the passages you can understand without reading along.

### Advanced:

- **Listen while in background noise then Read . . .** There are usually sounds all around us when we talk on the phone. Once you feel confident in quiet try adding some background noise. This will help you develop your concentration skills to hear what you want to hear and block out what you don't.