

# The **SOUNDSRITE Program**



## **Auditory Checklists**

## **MILD - MODERATE AUDITORY DIFFERENCES**

These auditory differences are indicated by the following symptoms which are particularly noticeable in the young or when they first begin to occur.

*If many of these points apply to you or your child then you could benefit from the Soundsrite Program.*

**Please check as many as apply to your situation.**

- ◇ A history of hearing loss and ear infections.
- ◇ Difficulty following conversation and verbal directions.
- ◇ The tendency to mishear letters and words, misunderstanding what has been said.
- ◇ To rely on lip-reading, gestures, context or guessing to understand what is being said.
- ◇ The need to frequently ask other people to repeat what they have said.
- ◇ Speech and language problems.
- ◇ Dyslexia.
- ◇ Learning difficulties like Attention Deficit Hyperactivity Disorder (ADHD).
- ◇ Auditory Processing Disorder or difficulty understanding words spoken in a noisy environment.
- ◇ Hyperacusis, a hypersensitivity that makes specific sounds such as those made by vacuum cleaners and even other people eating, painful to listen to.

**MILD - MODERATE AUDITORY DIFFERENCES** continued:

- ◇ Episodes in which they lose their temper, often for no apparent reason.
- ◇ Trouble sleeping and be awakened easily.
- ◇ Difficulty taking notes in school and in lecture halls.
- ◇ An inability to sing in tune with others, often lagging behind everyone else.
- ◇ The ability to notice sounds before others do.

**Some may dislike or avoid:**

- ◇ Social situations.
- ◇ Concerts.
- ◇ Crowded restaurants, playgrounds, social halls and other noisy places.
- ◇ Being startled by sudden sounds or movements.

**Some may enjoy:**

- ◇ Quiet spaces.
- ◇ Constant activity.

## SEVERE AUDITORY DIFFERENCES

Severe auditory differences are indicated by the following symptoms which are particularly noticeable in the young or when they first begin to occur.

*If many of these points apply to you or your child then you could benefit from the Soundsrite Program.*

### **Please check as many as apply to your situation.**

- ◇ Be initially considered deaf.
- ◇ Seem to ignore sounds and speech while recognizing the rustle of candy wrappers, etc.
- ◇ Experience slow speech development or little speech development.
- ◇ Suddenly or gradually have their speech deteriorate or even disappear.
- ◇ Speak clearly but infrequently or mispronounce words.
- ◇ Talk loudly and incessantly.
- ◇ Have echolalia, a condition in which they repeat noises and phrases they hear.
- ◇ Speak in a monotone, too loudly or too softly.
- ◇ Be capable of only carrying out a single task or none when given two instructions at the same time.
- ◇ Demonstrate their dislike of specific noises by putting their hands over their ears, moving away, showing visible distress or retreating to a world of their own.
- ◇ Wake easily and be light sleepers.

## **SEVERE AUDITORY DIFFERENCES** continued:

- ◇ Be frightened of dogs, cats and other animals.
- ◇ Notice noises other people don't perceive such as the hum of fluorescent lights and breathing sounds.
- ◇ Can often identify distant noises (before others hear them) or can overhear distant conversations such as both sides of a telephone conversation not on speakerphone.

### **Some may dislike or avoid:**

- ◇ Bathing, haircuts, shaving and teeth cleaning because of the noises that the water, scissors and razors make.
- ◇ The sound of a toilet flushing.
- ◇ Sounds associated with people eating, making mealtimes difficult.
- ◇ Shopping, crowded situations, rainstorms, wind and the sea-side.

### **Some may seek out or enjoy:**

- ◇ Quiet surroundings in which they can concentrate and learn more easily.
- ◇ Loud, rhythmic noises produced by washing machines and vacuum cleaners.
- ◇ Playing with running water, flushing the toilet and being in control of noisy objects.
- ◇ Handling objects that make a noise such as squeaking toys, tearing paper and banging doors. Because they are in control the noise becomes predictable and helps them block out more unpredictable noises.

## **CAUTION**

**Please consult a doctor before using this course if:**

- Your hyperacusis is due to an accident
- You have epilepsy that is induced by sound or noise