

# **Auditory Processing Disorder (APD)**

## Information for learners

Did you know:

- APD is where you have difficulty understanding sounds, including spoken words.
- People with APD usually have normal hearing.
- It is possible to have normal hearing but find it challenging to focus, listen and then understand.

# How might APD affect your everyday life?

You may find it harder to understand spoken language when:

- people speak in noisy places
- people speak with strong accents
- people are fast talkers
- words sound similar
- spoken instructions are given

You may also find some of the following challenging:

- listening to music clearly
- understanding grammar and how to use this in speech
- learning and understanding new words
- identifying individual sounds in words

**By developing good coping strategies life with APD can become easier.**

Ask to switch off fans and noisy technology when not in use.

Position yourself closer to the speaker e.g. at the front of class.

Close doors to noisy spaces.

What can you do to make listening easier?

Tell your family, friends, SENCO and teachers what helps you.

Look at the speakers face for visual clue and lip-reading.

In school ask for key words and instructions to be written down – keep a word bank to refer to.

# Where can I find out more information?

It is always good to look at approved medical information for a condition rather than a general Google search. The following websites have current information, along with tips and advice.

The NHS:

<https://www.nhs.uk/conditions/auditory-processing-disorder/>

Great Ormond Street Hospital (GOSH):

<https://www.gosh.nhs.uk/medical-information-0/auditory-processing-disorder/>

National Deaf Children's Society (NDCS):

<https://www.ndcs.org.uk/information-and-support/childhood-deafness/causes-of-deafness/auditory-processing-disorder-apd/>

*Note: Referrals to Audiology for further testing are only accepted when accompanied by a report expressing concern from a speech and language therapist, occupational therapist or an educational psychologist.*