



## ADULT COCHLEAR IMPLANT EXPECTATIONS

To prospective cochlear implant users:

The purpose of this letter is to give you some degree of appreciation and to prepare you for the initial stages of adjusting to a cochlear implant. If our cochlear implant team has determined you are a candidate for a cochlear implant, this means that with the proper programming, hearing therapy, and time, you should receive more hearing benefit from a cochlear implant than you are currently receiving from a hearing aid. As a group, individuals with a cochlear implant are pleased with the benefit they receive.

Today, many cochlear implant patients are able to understand speech in multiple situations, talk on the phone and some may experience some degree of music appreciation; however, many patients persist in having difficulties understanding conversations in a group or in the presence of background noise. Other patients may be limited to face-to-face conversation and relying on captions when watching TV. Despite good overall success, outcomes with cochlear implants have wide variability that are attributed to many factors, including but not limited to, age at onset/severity/duration of the hearing loss, hearing aid use, age at implantation, residual hearing, cognitive abilities, patient/family personality and motivation, patient/family involvement and commitment to follow-up programming and hearing therapy appointments. Due to these many factors, it is impossible to predict any patient's adjustment to the device, length of time it takes to achieve worthwhile hearing, percentage of hearing improvement, or amount of hearing therapy needed.

Our highest performers took 6-12 weeks to adjust to the cochlear implant and did not need long-term hearing therapy. Other patients needed weekly, long-term hearing therapy. Many patients find the first few weeks or months to be disappointing, discouraging, and sometimes depressing. It is important to anticipate this potentially frustrating adjustment period so that you will continue to work hard with your cochlear implant and persevere with the programming and hearing therapy.

Most patients do not recognize speech from the cochlear implant after it is turned on/activated. Instead, patients report hearing "chirps", "beeps", "slow drawn-out talking", "unrecognizable talking", "high pitch sound", "rushes of air", etc. With consistent use of the cochlear implant, programming, hearing therapy, and daily at-home listening practice, gradual improvement is expected. Progress in speech understanding can be measured with the passing months and even after 1 year of cochlear implant use.

The cochlear implant improves hearing but does not provide normal hearing. Sound quality and speech understanding will improve over time, not immediately. Things may not sound like you remember. Music quality may be poor.

By offering to provide you with a cochlear implant, our team is also committing ourselves to working with you to achieve the best results possible. By signing below, you are committing yourself to the programming, hearing therapy and hard work this will require. Please feel free to discuss your questions or concerns with our cochlear implant team. We are here to help you in any way we can.

Brian Rodgers, MD | B. Robert Peters, MD | Yoav Hahn, MD  
Leslie Lianos, MS | Kristin King, AuD  
Sarah Nuche, PhD | Linda Daniel, MA/MS | Brenda Bliss, MS