Auditory Processing Disorder

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Symptoms

- Difficulty understanding speech in noisy environments.
- Mishearing words, even with normal hearing ability.
- Needing instructions repeated or written down.

Age & Gender

- Often identified in childhood, but can persist into adulthood.
- Diagnosed more often in males.
- Females are often missed due to masking.

Misconceptions

- It's not a problem with the ears.
- It's not the same as ADHD, though they often co-occur.
- It's not a sign of low intelligence or inattention.

Diagnosis

- Diagnosed by an audiologist, not a GP.
- Tests measure how the brain processes sound.
- Often identified alongside dyslexia or ADHD.

Support options

- Auditory training exercises to improve processing.
- Environmental changes to reduce background noise.
- Assistive technology such as live captions or remote microphones.

Support

- Face the person when speaking, and speak clearly and slowly.
- Reduce background noise in meetings where possible.
- Provide written follow-ups to verbal instructions.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

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