

Listening Settings and Modifications

Waves

For listeners using Waves, volume settings in the AC and BC menu on the amplifier will need to be adjusted specific to that listener. Both AC and BC settings come pre-set at 5, on a scale from 0-10. Younger and more sensory-sensitive listeners and some listeners that went through headphone training prior to listening will need these volumes adjusted down.

Volume Check

Listener or parent report on volume comfort is assessed through observation and listener report. Parents of younger listeners and/or non-verbal listeners are encouraged to do a volume check first before presenting the music to their listener and making volume adjustments according to their response to the current volume setting. Younger listeners and sound and/or sensory sensitive listeners typically need volume settings lowered.

iPod Systems

It is recommended that the iPod systems have the volume level at maximum to reach the Waves amplifier and volume settings are adjusted on the Waves amplifier unit as appropriate to the listener. If a listener or parent reports discomfort with listening volumes that are already set very low on the amplifier, then the volume on the iPod should be adjusted at this time.

Headphone Training

Young listeners, sensory sensitive listeners and/or listeners with a history of limited music exposure and/or headphone use may need headphone training prior to beginning a core program. Reference [The Listening Program Headphones Guide](#) provided by ABT, to help with this process.

Listeners requiring headphone training respond well to an Extended listening schedule when beginning a core program.

Extended Listening Schedule

Some other special populations of listeners may benefit from beginning with an Extended listening schedule; these can include, but are not limited to, the following:

- Young listeners
- Sensory sensitive and/or listeners on the autism spectrum
- Listeners with limited music exposure
- Listeners with a diagnosed seizure disorder(s) and/or other complicated medical histories
- Listeners with specific mental health concerns and/or diagnoses
- Elderly listeners
- Listeners in an acute stage of healing from accident, illness, injury
- Listeners with limited time in the day to listen

Program Modifications

At times during a listening protocol, listening modifications may occur if a listener's ability to adjust and regulate to the program is too disruptive to complete daily activities. Here are some possible program modifications for these instances:

- Rule out other [External Stressors](#) (diet, sleep, activity, behavior, health, etc.) that could be affecting adjustment symptoms.
- Check and adjust volume settings. Make sure the music is not too loud or too quiet for the listener.
- Consider use of Waves, if not already being used.
- Adjust the schedule by minimizing the number of modules presented in a day. For example, move from a Condensed schedule to Base.
- Move listening earlier in the day or to a time of day where the listener is most alert and able to engage in the listening process.
- Consider staying in a frequency zone for an extended period of time before transitioning to the next zone to help with ease of transition.
- Consider returning to a previous frequency training zone that the listener was able to adapt to and slowly work towards the next frequency training zone.
- Utilize programs that offer cross training, such as the Spectrum or Achieve program. Cross training can also be applied in other TLP programs with the knowledge, support and a carefully outlined schedule provided by the distance coach/provider.