

@NeuroClastic

AUDITORY PROCESSING DISORDER



WORLD AUTISTIC ACCEPTANCE
DAY

Difficulty
hearing in
noisy places

Needs
information to
be repeated

Auditory
processing
disorder

Struggles to
follow spoken
directions

Seems easily
distracted

Facts about Auditory Processing Disorder (APD)

APD is very common in NeuroDivergent people: autistic, ADHD, dyslexic, etc.

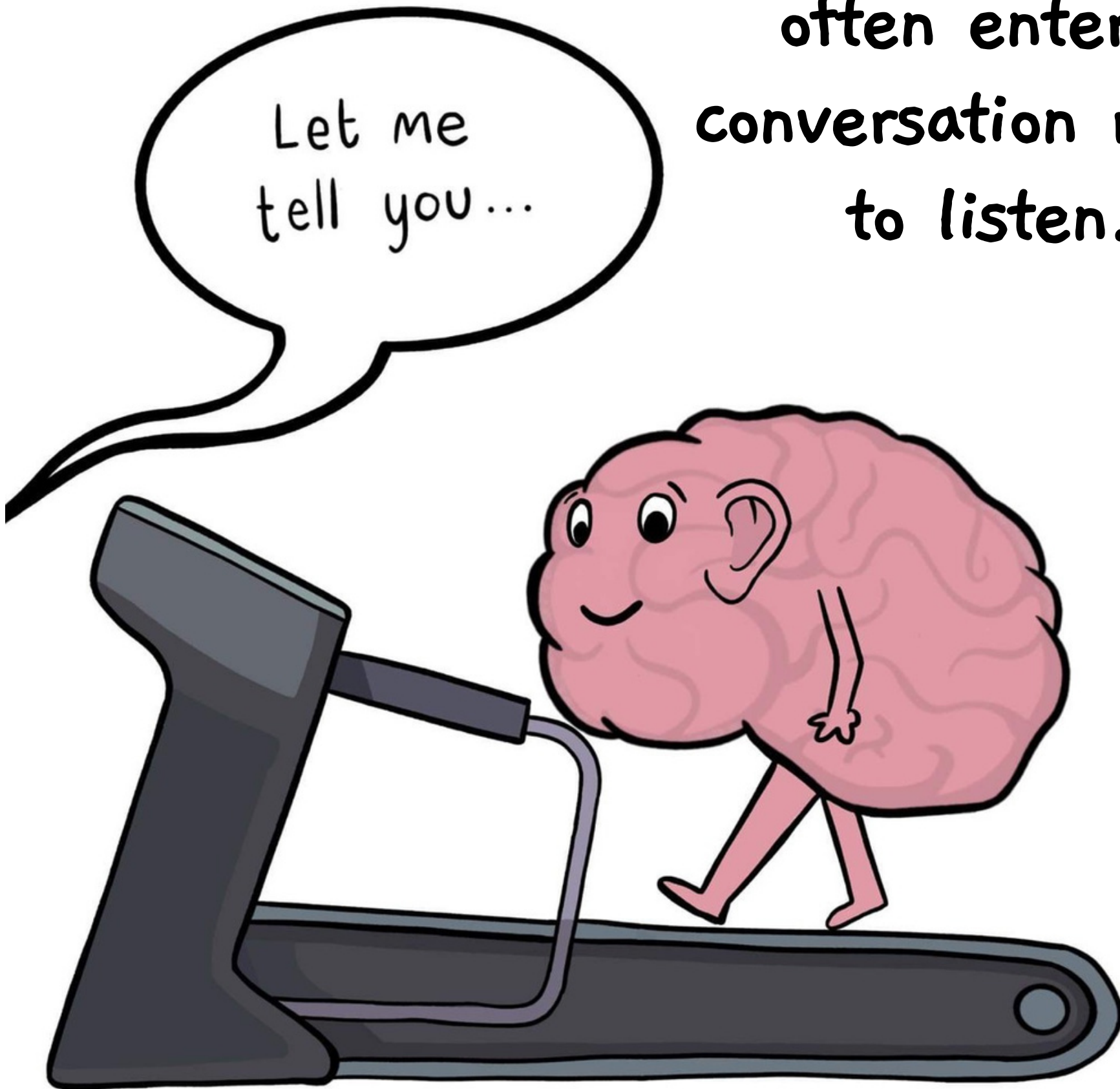
APD is not an issue with the ears or hearing, but how the brain translates sound.

APD symptoms are worse when someone is feeling overwhelmed or tired.

People with APD do not always realize they struggle processing sound.

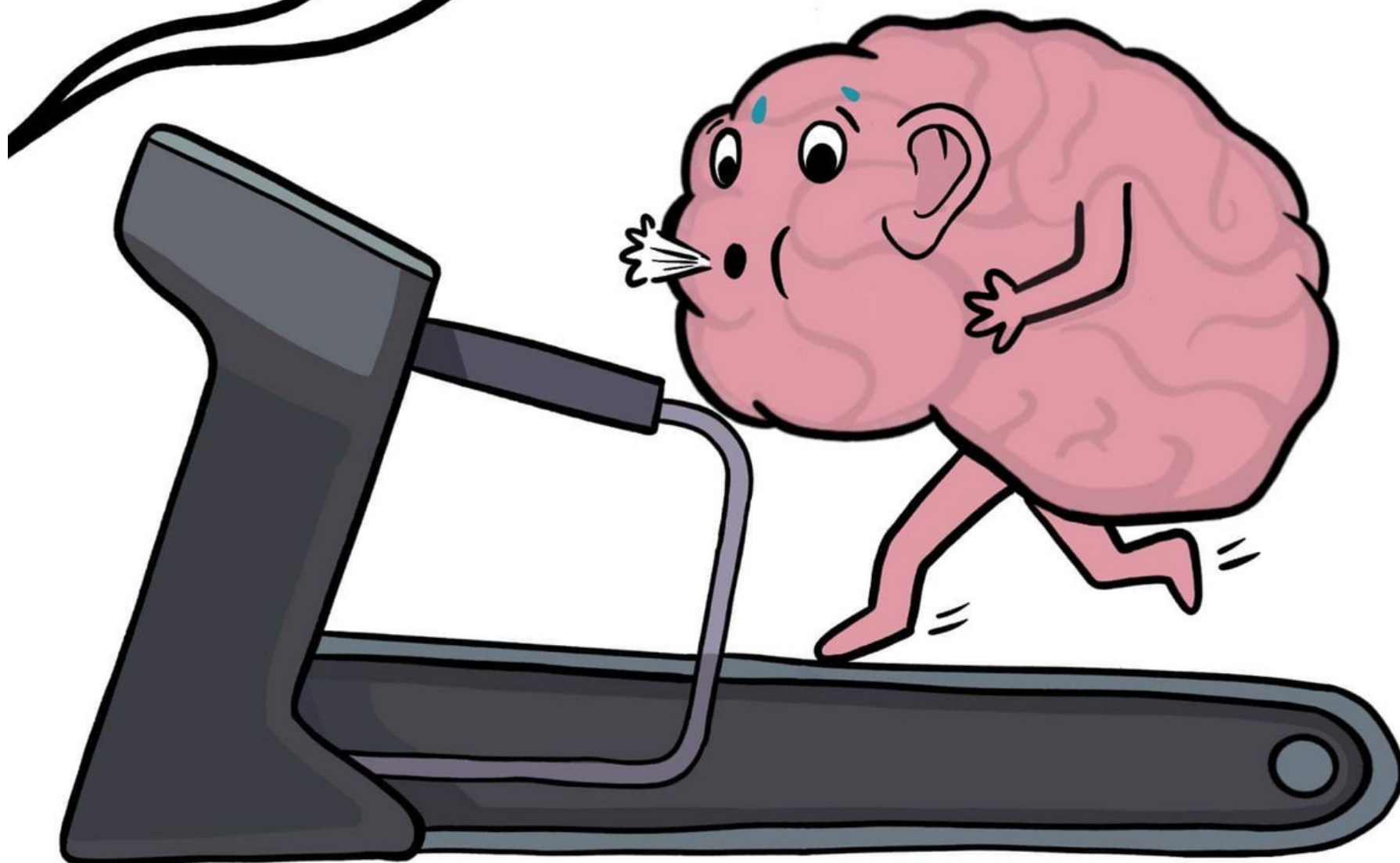
People with APD
often enter a
conversation ready
to listen.

Let me
tell you...

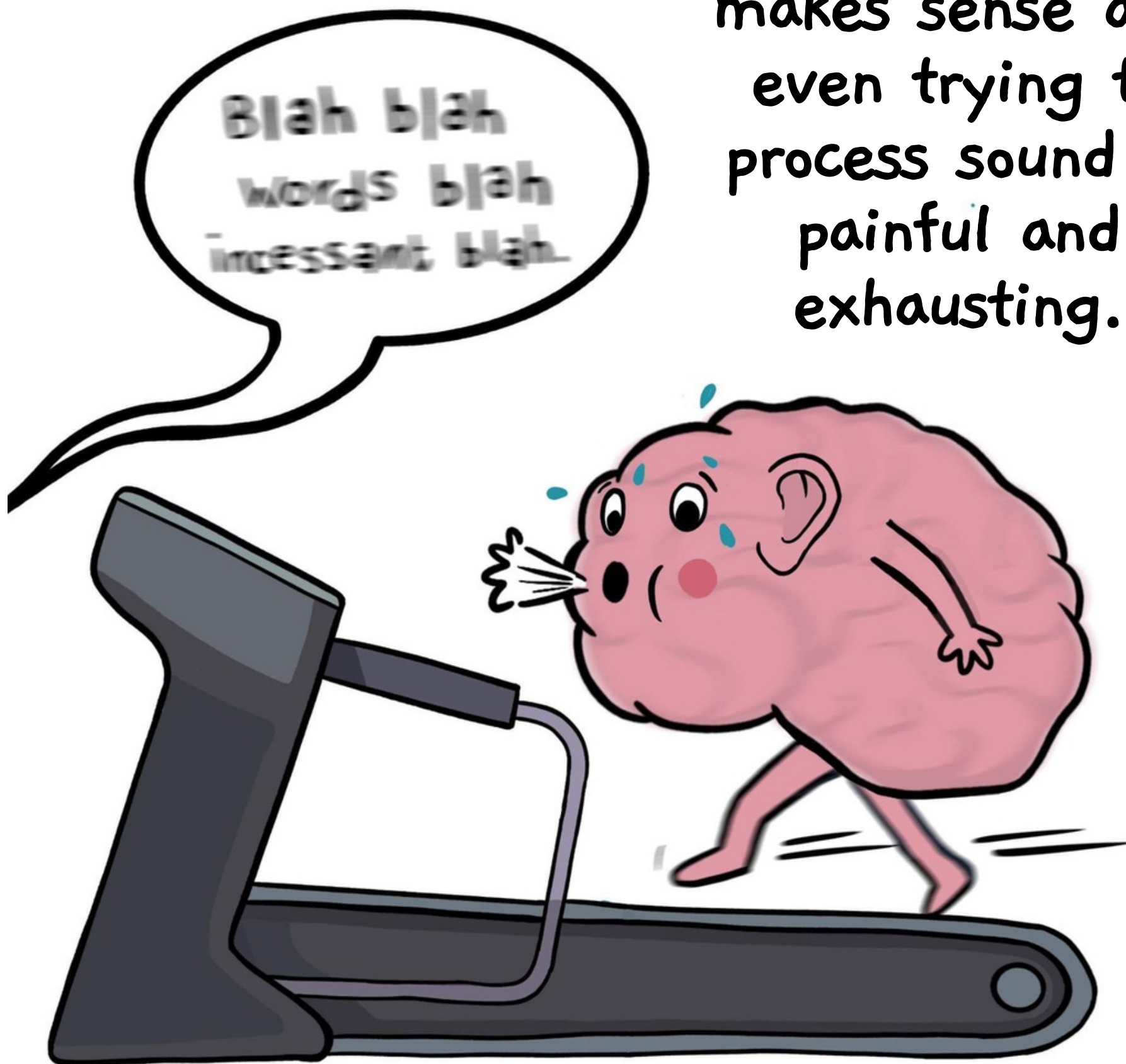


As the conversation continues, keeping up becomes a struggle. People with APD try to make meaning from pulling individual words from what they hear.

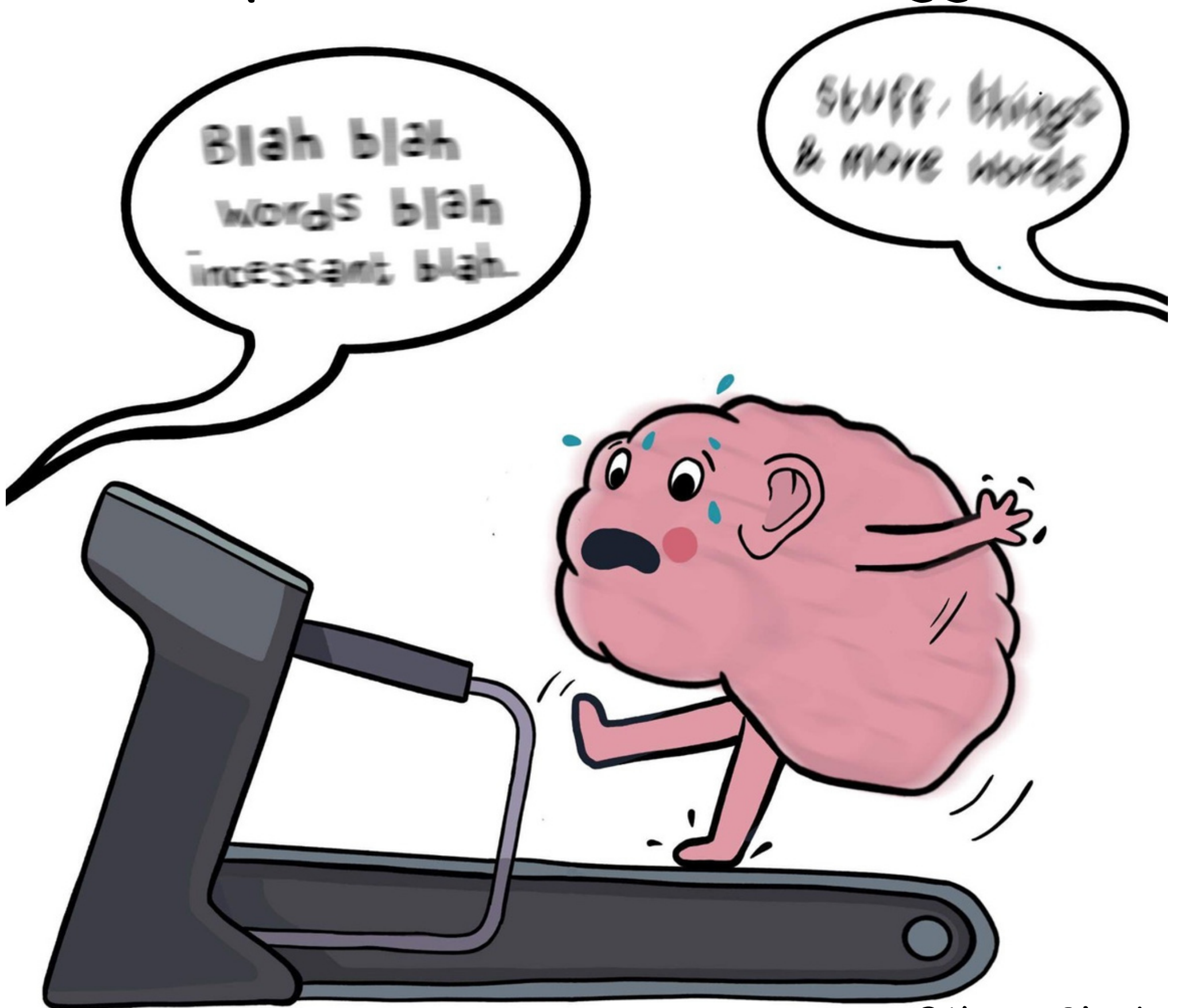
Blah blah
Store blah car
words blah.



Eventually, nothing makes sense and even trying to process sound is painful and exhausting.

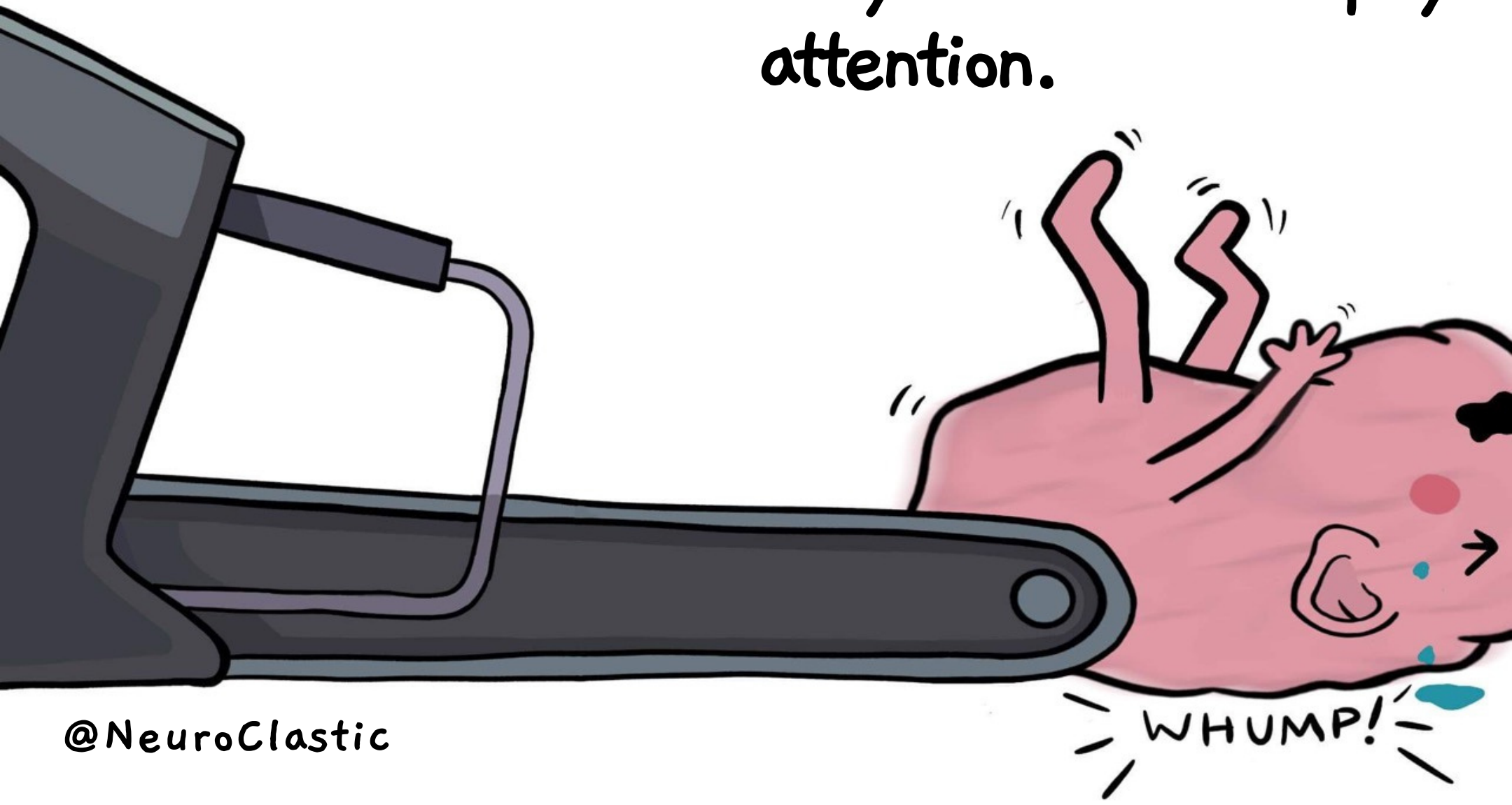


Processing language from more than one person adds to the struggle.



Auditory processing disorder is invisible, and people with APD may not realize how hard they work to process sounds. Others are frustrated as if they chose to not pay attention.

You okay?...



Six ways to accommodate someone with

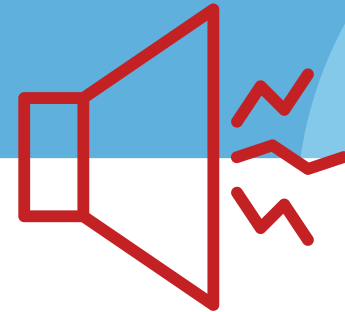
AUDITORY PROCESSING DISORDER



Slow down and pause between sentences.



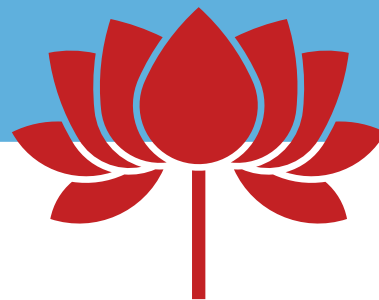
Provide captions, written directions, and summaries



Reduce background noise as much as possible



Don't call without checking in. Ask if they prefer text.



Be patient. Know they are not ignoring you. They are trying hard.



Check in to see if they are in a place to listen to a long story or convo.

Autistic Acceptance

AND AUDITORY PROCESSING

Sometimes people with APD can process sound easier than other times. Believe they are not faking it.

Understand the extreme stress caused by trying to process sound. They may seem grouchy or snappy because they are struggling so hard to keep up.

1

2

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Keep information short and avoid unimportant details. Ask them if they prefer text, even if you're in the same room.

Normalize the use of noise canceling headphones, text communication, sign language, captions, and other supports for APD.

