

10 Ways to Help Yourself Survive a Zoom or Teleconference Meeting if you have Auditory Processing Disorder

1. Have a notebook sitting in front of you. Scribble notes or things you want to remember as you go along.
2. Excellent internet connection is critical. Can you hardwire your computer to an access point as opposed to using WiFi?
3. Exceptional audio quality is essential. Do you have a great set of headphones or speakers? Headphones are fabulous because they bring the signal directly to your ears.
4. Use the chatbox on the right to ask questions or get clarification. (You can send these to the whole group or just an individual member.)
5. Talk with the host ahead of the meeting time to discuss if you are feeling anxious.
6. If you'd rather not be called on to participate in the discussion, explain this to them ahead of time.
7. Ask the host if the meeting will be recorded, and if you could get a copy of the recording afterward.
8. Give the host the form at APDsupport.com that gives hosts suggestions on things they can do to help make the meeting easier for you and others with hearing difficulties.
9. If you feel overwhelmed, take a moment, and leave the room. Get a cup of tea or use the restroom.
10. Ask for meeting plans ahead of time or a synopsis following the meeting, if it is possible.

Be kind to yourself. You're doing the best you can do.

We wish you the best of luck with your online interactions. Now, more than ever, we should be more flexible and understanding of each other's needs and differences.

Please don't hesitate to reach out to us in case you have other ideas of things that might help others.

This list was compiled by Dr. Angela Loucks Alexander, Audiologist, CCC-A, MNZAS of APD Support.