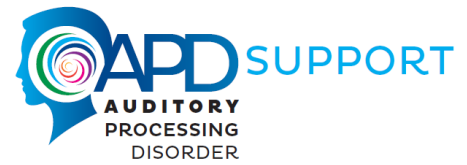


## 10 Things to Remember When You Love Someone with APD:



1. Please do not tease them when they mishear you. People who struggle with processing have often been teased by their peers and sometimes even their family; be a “safe space” for them to be themselves.
2. Please allow them to ask you for repetition without fear of judgment.
3. They may feel tired from trying so hard to listen at work at the end of the day. Talk with them about the best way they would like to unwind- would they want to go for a walk, sit and listen to music without talking, or even zone out and watch TV?
4. If there something important for you that seems to be missed, see if both of you would want to have it written down?
5. Synchronize your calendars! Help them remember special happenings by coordinating online schedules and creating reminders.
6. Be aware of noise. If they are struggling at a social occasion, offer to go for a short walk outside to relax for a moment.
7. If your loved one is struggling to understand the tv or movie you are watching, offer to put on subtitles. While they may be distracting, at first, you may not even notice them after a while.
8. Please give them the benefit of the doubt. Your loved one is not trying to make you frustrated when they are struggling to understand you or have forgotten what you have said.
9. Auditory processing difficulties are unrelated to intelligence. Highly intelligent people can have APD. Often people who mishear what is said are treated like they lack intellect, lack attention, or are rude. Try to see past this to see your loved one’s true potential.
10. The most significant factor in success for a person with auditory processing disorder is the attitude and understanding of the people around them.

No two people with APD face the same struggles in the same way; however, some general ideas on how to make the person who is first in your life feel supported can go a long way. If your loved one chooses to go ahead with therapy, please be patient and kind to them as they start this journey.

To find therapy providers in your area, see this map: [www.apdsupport.com/apdmap](http://www.apdsupport.com/apdmap).

Thanks for taking the time to read this list.

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