

# Treatment for Central Auditory Processing Disorder (Child)



Central auditory processing disorder (CAPD) is a problem with listening. It may be from a problem with the way the brain processes sound (auditory) information. It causes a child to have trouble hearing and understanding speech and sounds.

## Types of treatment

There is no one best treatment for CAPD. Your child's healthcare team will work together to make a treatment plan for your child's needs. It is important to include your child's teachers on the team so treatment strategies can also be effectively carried out in the classroom. Treatment may include:

- Using auditory skills training
- Using electronic assistive listening systems (hearing aids, including implantable aids)
- Helping teachers with ways to deliver information
- Improving classroom acoustics
- Improving thinking (cognitive) skills to help children compensate. These might be language, problem-solving, attention, and memory skills.
- Teaching children active listening methods
- Addressing causes of the disorder, such as lead exposure or ear infection
- Treating related conditions, such as learning disabilities

Your child may benefit from one-on-one sessions with an audiologist or speech-language pathologist. Group therapy may work as well. Treatment needs can vary from child to child.

Some children with CAPD grow out of the condition. Other children may still have some problems into adulthood, but most children can get better with therapy.

## Living with CAPD

Take a hands-on approach to your child's treatment. Help them practice the methods learned in therapy. Have realistic expectations but give your child a chance to practice the new skills.

You may also need to make sure your child gets all the services they need. Work closely with your child's teachers. Make sure they understand how to set your child up for success.

Get the help of several healthcare and education professionals. CAPD is a complex problem. It often needs attention from different angles.

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