

# Self-Reflection: Verbal Referencing

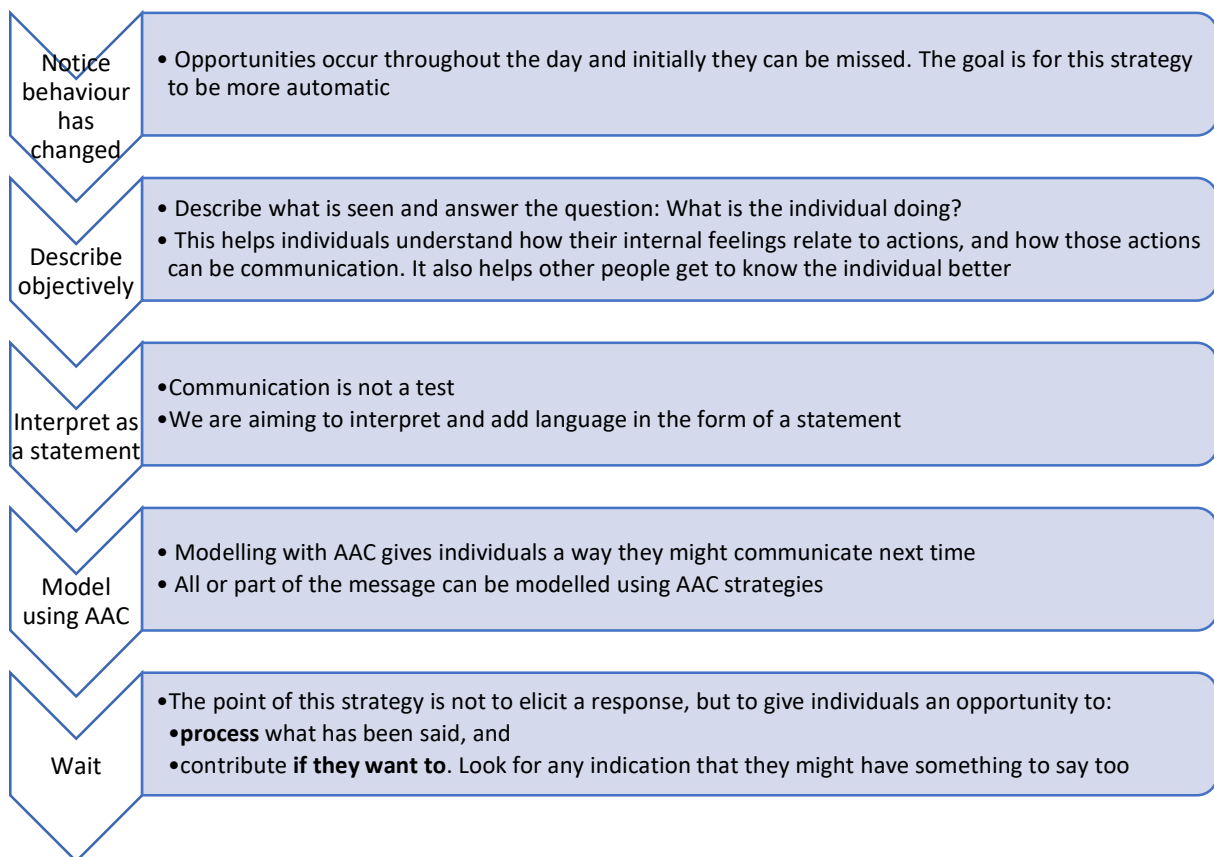
## Purpose:

This sheet is designed to establish a snapshot of the sub-skills that contribute to the overall skill of verbally referencing an individual's behaviour. It can act to guide personal goal setting and development as a communication partner. Place a mark under the number which reflects current performance in each area.

The reflection can be revisited regularly as part of personal or professional development. Some people may demonstrate different areas of strength.

If consent is provided, videos of an interaction with an individual is a good way to evaluate performance with each of the elements.

## Key steps of verbal referencing:



**Get consent** before using an individual's aided communication system.  
**Respect** their right to refuse. **Do not assume** that a yes yesterday is a yes today.



## Reflection Recording Sheet: Verbal Referencing

Person completing reflection \_\_\_\_\_ Role: \_\_\_\_\_  
 Date 1 (x): \_\_\_\_\_ Date 2 (o): \_\_\_\_\_ Date 3 (/): \_\_\_\_\_

Skill	Never		Sometimes		Half the time		Usually		Always	
	1	2	3	4	5	6	7	8	9	10
NOTICE opportunities to reference behaviour										
Describe behaviour OBJECTIVELY										
Interpret in the form of a STATEMENT										
MODEL using an AAC strategy										
WAIT...quietly										

### Ideas on how to improve:

Notice Opportunities	Describe objectively	Interpret as a statement	Model using AAC	Wait
<input type="checkbox"/> Look out for opportunities to reference an individual's behaviour <input type="checkbox"/> Reference more initiation attempts They might: <ul style="list-style-type: none"> <li>- Look towards an object/person/activity</li> <li>- Change body positions</li> <li>- Attempt a sign, sound, word, or use aided communication</li> </ul>	<input type="checkbox"/> Plan and practice ahead of time – especially around activities and behaviours they do regularly <ul style="list-style-type: none"> <li>- E.g., A communication dictionary</li> </ul> <input type="checkbox"/> Ask: <ul style="list-style-type: none"> <li>- Was that a description or assumption?</li> </ul> <input type="checkbox"/> Practice on pets/family	<input type="checkbox"/> Start with statement words like: <ul style="list-style-type: none"> <li>- "I think"</li> <li>- "I wonder"</li> <li>- "Maybe"</li> </ul> <input type="checkbox"/> Ask: <ul style="list-style-type: none"> <li>- Was there any pressure to respond to what was just said?</li> </ul>	<input type="checkbox"/> Learn some key signs to use <input type="checkbox"/> Get another copy of a someone's aided system (or at least part of it) to model on <ul style="list-style-type: none"> <li>- Electronic or non-electronic</li> </ul> <input type="checkbox"/> Start by modelling a few words until confidence improves	<input type="checkbox"/> Silently count <ul style="list-style-type: none"> <li>- (or another internal mantra that helps)</li> </ul> <input type="checkbox"/> Use a personal, physical cue to wait <ul style="list-style-type: none"> <li>- (clasping hands, take some deep breaths...)</li> </ul> <input type="checkbox"/> Use video to help know wait time provided