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Self-Reflection: Modelling AAC

Purpose:

This sheet is designed to establish a snapshot of the sub-skills that contribute to the overall skill of modelling with Augmentative and Alternative Communication strategies. 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 modelling:

Be prepared	• Get to know how to say at least a few words using the AAC system • Have another copy of the system to use or practice with • Get to know the individual, how they communicate, and how they use their AAC system
Observe	• What are they interested in right now? • What activities are they engaged by?
Signal your intent & get consent	• Indicate that you have something to say. One way to do this is to raise your hand and say: "I have something to say!" • Ask before using someone's system, or use a different copy
Say your message	• Say the message • Point to/press words on the AAC system at the same time • Try to pitch any message at one level above what the individual already does
Wait	• The point of this strategy is not to elicit a response, but to give individuals an opportunity to: **1) process** what has been said, and 2) contribute **if they want to**. Look for any indication they might have something to say too

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

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Reflection Recording Sheet: Modelling AAC

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
Know how where to find at least a few words	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Have a different copy to model on	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Know how the individual communicates	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Signals intent to communicate	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Gets consent to use someone else's system	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Talks and uses AAC strategy at the same time	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Adds to what the individual can already do. (at least a level above)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
WAIT…quietly	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Ideas on how to improve:

Being prepared	Signal intent	Get consent	Using the AAC system	Wait
☐ Get a paper copy of a system (there are lots of options online) ☐ Does the individual have a communication profile? Could I get help to start one?	☐ Prepare own signal: - "I have something to say" - "I'm asking a question" - …	☐ Was time given to provide consent? ☐ Practice response to a negative with adults in front of the individual so they can see it is ok to say no	☐ Start by modelling a few words until confidence improves ☐ Learn at least a few words a day or week ☐ Using words that are relevant to the individual	☐ Silently count - (or another internal mantra that helps) ☐ Use a personal, physical cue to wait - (clasping hands, take some deep breaths…)

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