

# Self-Reflection: Modelling AAC

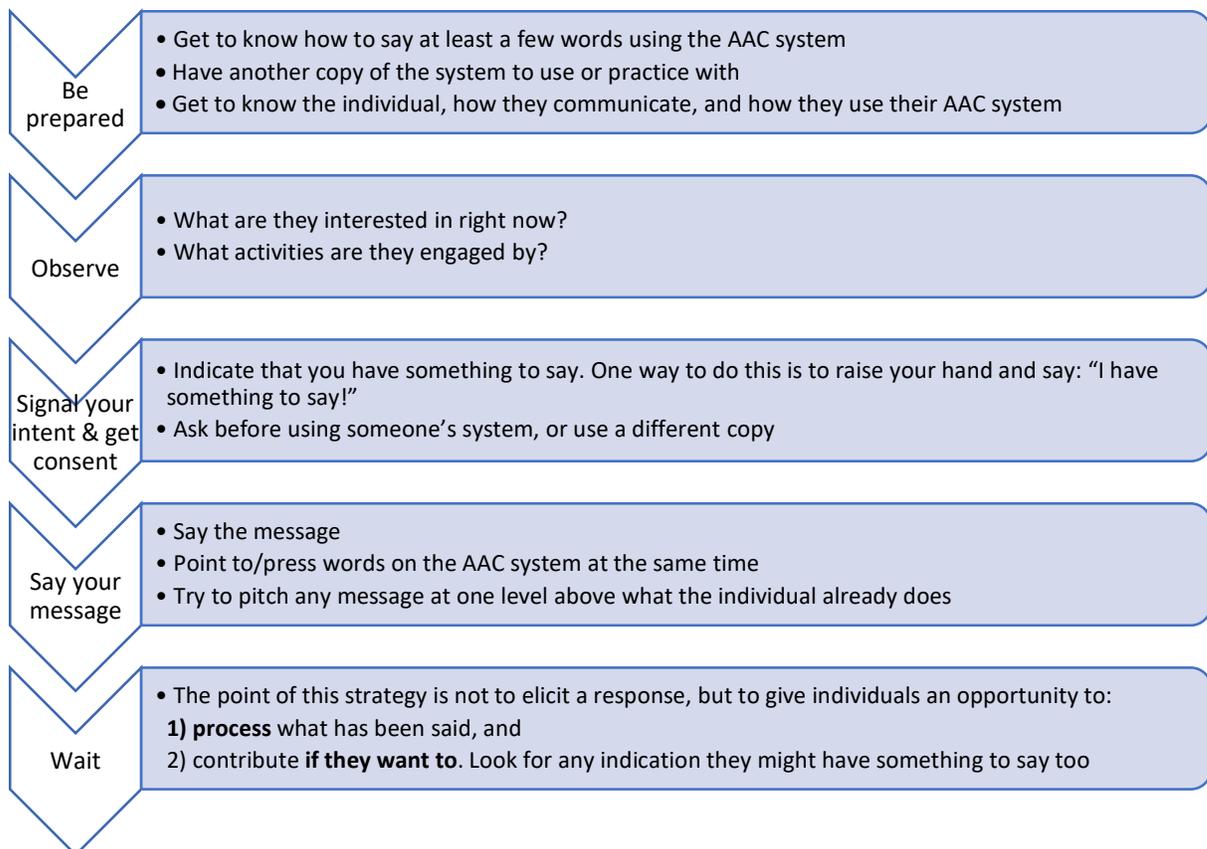
## Purpose:

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:



**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.



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