

AAC CHEAT SHEET

SIMPLE WAYS TO BE A GREAT COMMUNICATION PARTNER

Supporting someone who uses AAC? You don't need to be an AAC expert. The most important thing is to **give them time, notice how they communicate** and make their AAC part of **everyday life**.



WATCH

Communication isn't only words.

Look for:

- AAC selections
- gestures and pointing
- facial expressions
- body language
- sounds and vocalisations
- eye gaze



Respond to all communication — not just what happens on the device.



MODEL

Use their AAC while you talk.

If you're making lunch, you might say "want more?" and select WANT + MORE on the device.



You don't need to model every word.

Show them how AAC can be used without expecting them to copy you.



WAIT

AAC takes time.

Say something, make a comment or ask a question — then wait.

Give the person time to think, find the words they want and respond. Try not to jump in and answer for them.



Wait is powerful.



CREATE OPPORTUNITIES

AAC isn't just for answering questions.

Use everyday moments to communicate about things that actually matter:

- ♥ Choose
- ♥ Comment
- ♥ Ask
- ♥ Joke
- ♥ Protest
- ♥ Tell
- ♥ Request
- ♥ Share



Instead of always asking "What do you want?", try commenting:
"That was funny!"
"I don't like that."
"Let's go!"



ACCEPT THEIR MESSAGE

You don't need to correct every AAC selection.

If you understand what the person is trying to tell you, respond to the message first.



Communication is about being understood — not getting every word perfect.



AVOID

- ✗ Saying "Use your device."
- ✗ Asking question after question
- ✗ Making them repeat themselves unnecessarily
- ✗ Taking their AAC away because it's inconvenient
- ✗ Speaking for them when they can communicate themselves
- ✗ Treating AAC like a test
- ✗ Assuming they have nothing to say because they aren't speaking

REMEMBER



AAC should always be available.



Model more. Test less.



Give time.



Follow their interests.



Respond to every form of communication.

The goal isn't to make someone use AAC.

The goal is to make communication easier.

