

MY COMMUNICATION INFO SHEET

A guide for support workers



This is _____.

Every person communicates differently. This guide shares the things that help you understand, communicate with and support this person well.



HOW I COMMUNICATE

I communicate using:

- | | | |
|--|---|---------------------------------------|
| ☐ Speech | ☐ AAC/device | ☐ Signs |
| ☐ Gesture | ☐ Pointing | ☐ Other: _____ |
| ☐ Eye gaze | ☐ Facial expression | |
| ☐ Body language | ☐ Sounds/vocalisations | |



My YES might look/sound like:



My NO might look/sound like:



When I want MORE:



When I want to STOP or FINISH:



When I need HELP:



When I DON'T UNDERSTAND:



PLEASE NOTICE



You can usually tell I'm enjoying something when:



You can usually tell I'm uncomfortable, worried or overwhelmed when:



I might be trying to tell you:



GIVE ME TIME

When communicating with me, please:

- | | |
|--|--|
| ☐ Wait for me to respond | ☐ Give me extra processing time |
| ☐ Use shorter sentences | ☐ Show me as well as tell me |
| ☐ Give me choices | ☐ Ask one thing at a time |
| ☐ Reduce background noise | ☐ Other: _____ |

A good amount of wait time for me is:



IF I USE AAC

My communication system/device is:

I need it available:

- | |
|--|
| ☐ All the time |
| ☐ During particular activities: _____ |



Things that help me use my AAC:



Please don't:



Remember: My AAC is my voice. Please keep it available and talk directly to me — not only to the person supporting me.



THINGS THAT HELP ME CONNECT



Things I love talking about or doing:



Things that usually get me talking/communicating:



Things I don't enjoy:



Good ways to start a conversation with me:



THE MOST IMPORTANT THINGS TO KNOW ABOUT MY COMMUNICATION

1. _____
2. _____
3. _____



Please remember:

Notice. Wait. Listen. Respond.

Communication may look different for everyone — but every message matters.



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