

# AAC finder checklist - Should I try AAC?

Do you have difficulties communicating? Perhaps you would benefit from AAC. Think about your communication skills and needs and discuss it with your support team.

Communication systems, strategies, and tools that replace or supplement natural speech are known as augmentative and alternative communication (AAC). AAC helps people meet basic needs and participate in the world around them. Early referral and support for AAC ensures the best outcomes. AAC can enhance all the ways you currently communicate. It can help you save your speech for when you need it most. Use this checklist to determine if you would benefit from AAC.

## Current communication skills

### 1. Describe how you currently communicate:

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### 2. How often do you change or limit what you want to say because speaking it is too hard?

Often       Sometimes       Rarely       Never

### 3. How often do people around you understand your communication?

People	Mostly	Sometimes	Rarely	N/A
Intimate partners or close family members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Familiar support staff, caregivers, nursing staff, or disability support staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physicians, therapists, or other professionals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfamiliar new staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friends in a familiar quiet environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friends in a noisy public environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unfamiliar people in a new setting or context	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 4. Describe what strategies you currently use when you are not understood. What do you do? What do you add to get your message across?

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### 5. List the environments where you can currently communicate comfortably, effectively and independently:

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**6. Here is a list of just some reasons we may communicate. Can you communicate these things?**

<b>Reason to communicate</b>	<b>Yes</b>	<b>Sometimes</b>	<b>No</b>
Make a basic choice or request	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Order food in a restaurant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Select the clothes you want to wear	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ask for help or direct how you want to be helped	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reject something you don't want or like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make a comment about something you have seen or heard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
List people you miss and want to visit or hear from	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Express how you are feeling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Describe what is frustrating or irritating you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Describe the nature of a pain you are experiencing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Indicate where you feel pain or discomfort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Request information about your own medical status and health needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ask about people who have passed away or that you knew in the past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Share your plans for the weekend with an acquaintance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Describe a memory or past experience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tell what you think about a movie you watched	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relay advice and concerns to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Greet others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Contact a friend and initiate a conversation or make plans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participate in a conversation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Introduce yourself to a stranger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tell a joke	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Choose between options of where to live or what treatment to pursue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communicate effectively when stressed or anxious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Interact with colleagues or classmates at work, school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participate in group meetings and discussions, at work, school or community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ask a stranger for directions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Review your responses to all of these questions. If you have limited ways you can meet your communication needs across different environments with different people, then you would likely benefit from some form of AAC. Referral to a local support service or Speech Pathologist is indicated.

For more information: [www.assistiveware.com/should-i-try](http://www.assistiveware.com/should-i-try)