

Other people should know about:
Non-spoken communication options for autistic youth



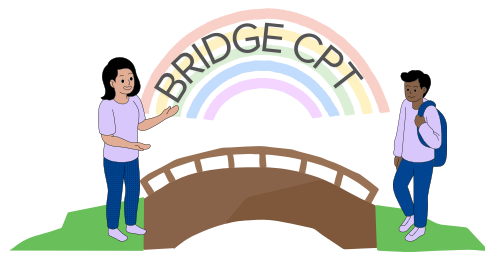
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My name is _____

My pronouns are _____



About this Booklet

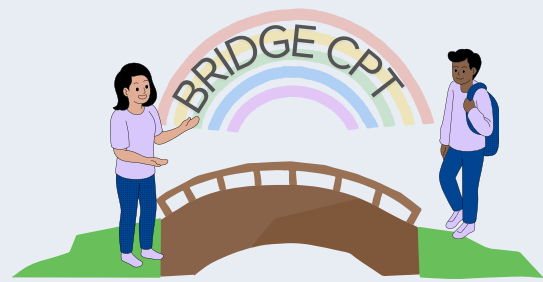
This booklet was co-created by a team of autistic youth, close communication partners, speech language pathologists, and researchers.

There are many ways to communicate besides just speech, called **augmentative and alternative communication (AAC) methods**. Many people benefit from AAC, including people who speak out loud too. People should know:

- It is not always easy or possible for autistic youth like me to access speech
- AAC, like this booklet, can help me communicate how I feel, what I need, and what helps me.
- Please use this booklet with respect and openness to learning what works best for me

This booklet contains many pages about how you feel, what other people can do, images to choose from, and links to more resources. If you get stuck with communication:

1. Try to find another option that may help (typing, pictures, gestures)
2. Ask what support would feel most helpful instead
3. Work together to find an alternative



I feel...

Wherever relevant,

Circle, Check , or Add Your Own

- Happy
- Excited
- Calm
- Overwhelmed
- Angry
- Worried
- Stressed
- Anxious
- Scared / Nervous
- Sad

- Tired
- Lonely
- Disappointed
- Embarrassed
- Hungry
- Sick
- Uncomfortable
- Confused
- Disappointed
- I don't know

Add your own:

Add your own:



I feel this way because...

- Noise
- Change in plans
- Confusion
- Sensory overload
- Something _____ said
 - you
 - someone
 - [name]
- Pain
- Tiredness
- Feeling left out

- Pressure
- School / Work
- I'm too hot / cold
- Work
- Being interrupted
- An argument
- Feeling sick
- A bad memory
- Not being understood
- I don't know

Add your own:

Add your own:



I need...

- A break
- Quiet
- Time alone
- Fresh air
- Comfort/ Reassurance
- To move / A walk
- To be with _____
 - you
 - someone
 - [name]
- No touching
- To stop

- To write it down
- Sleep
- A hug / No hugs
- My comfort item
- A bathroom
- A snack / a drink
- To leave
- Less noise
- Dimmer lights
- Fewer people

- My headphones
- Help
- Clear instructions
- A safe space

Add your own:

Add your own:



How others can help me...

- Speak calmly
- Give me time to respond
- Lower noise
- Dim lights
- Ask one thing at a time
- Check back later
- Help me leave
- Write things down
- Slow down

- Sit with me quietly
- Reassure me
- Ask yes/no questions
- Offer water or a snack
- Stay nearby
- Repeat what you said
- Tell me what is happening
- Give me choices
- I don't know

Add your own:

Add your own:

Things I prefer you avoid

- Rushing me
- Touching me
- Pressuring me to explain right away
- Speaking loudly

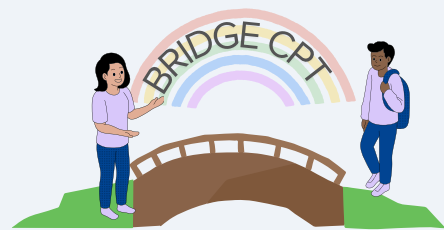
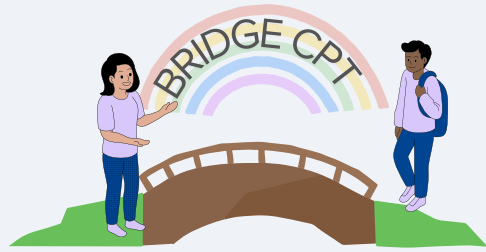


Image Bank

Images can be helpful for some people along with words. If it is useful for you, drag and drop these icons or stickers onto any page of the booklet to support communication.





Some other tools I may use to help me communicate:

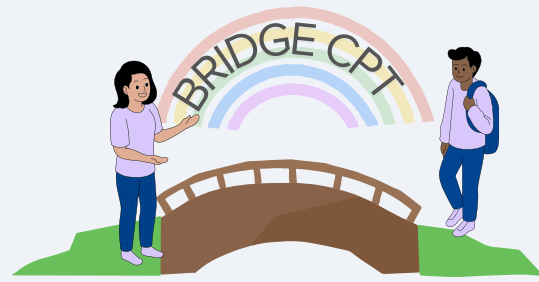
Natural Reader

- **Text-to-speech**
 - Types words and have them read out loud
- **Speech-to-text**
 - Turn spoken words into text

Lingvano - Sign language app

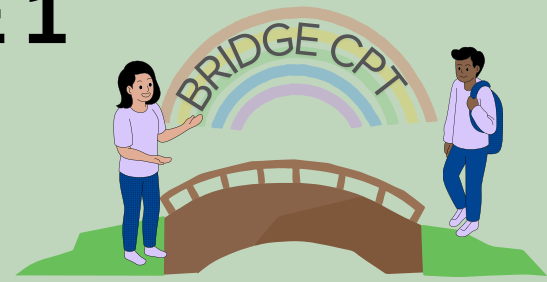
Helps me learn or use signs to communication





Blank Cards

These blank cards can be customized for more specific situations or scenarios. Four examples of how you can customize are included. All parts of these pages, including text boxes and icons, can be edited however you would like!



When I'm at school...

I feel...

- Overwhelmed
- Confused
- Tired
- Left out
- Stressed
- Anxious
- Frustrated
- Embarrassed
- Uncomfortable

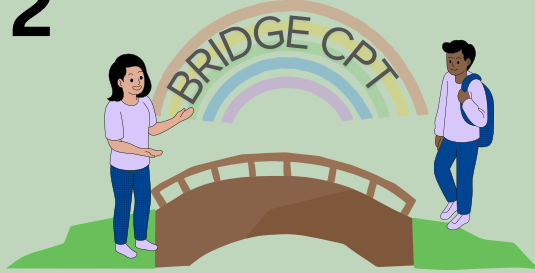
I need help with...

- Participating in discussions
- Working with my group
- Completing my presentation
- Clarifying test questions
- Understanding the instructions
- Taking a break

I need...

- | | |
|---|---|
| <input type="checkbox"/> Use of simple words | <input type="checkbox"/> An extension |
| <input type="checkbox"/> Repeated instructions | <input type="checkbox"/> Help organizing what I need to get done (e.g. making a to-do list) |
| <input type="checkbox"/> Visual instructions | |
| <input type="checkbox"/> A break | <input type="checkbox"/> Help managing my time effectively (e.g. Pomodoro method) |
| <input type="checkbox"/> One step at a time | |
| <input type="checkbox"/> To change environments | <input type="checkbox"/> Feedback on how to improve / do well |
| <input type="checkbox"/> Time to process | |

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When I'm at work...

I feel...

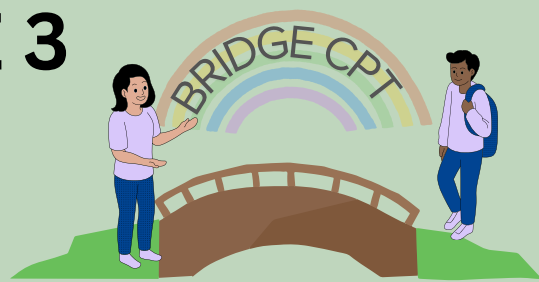
- Overwhelmed
- Confused
- Tired
- Left out
- Stressed
- Anxious
- Frustrated
- Embarrassed
- Uncomfortable

I need help with...

- Understanding the task
- Starting & finishing a task
- Managing stress
- Talking to coworkers
- Sensory overload
- Participating in meetings
- Changes in plans

I need...

- Use of simple words
- Repeated instructions
- Visual instructions
- A break
- One step at a time
- To change environments
- To work alone
- An extension
- You to let me ask questions
- Distractions reduced
- To work with others
- To write my tasks down



We're having a disagreement

It is making me feel...

- Dissapointed
- Angry
- Distracted
- Frustrated
- Weak
- Shaking
- Overwhelmed

I need...

- Space
- To talk about it
- An apology
- To take a walk

We should complete this activity:

What's the problem?

Your side

How you feel

My side

How I feel

What would be a good compromise?



I am hungry

It is making me feel...

- Tired
- Cranky
- Distracted
- Frustrated
- Weak
- Shaking
- Overwhelmed
- _____
- _____

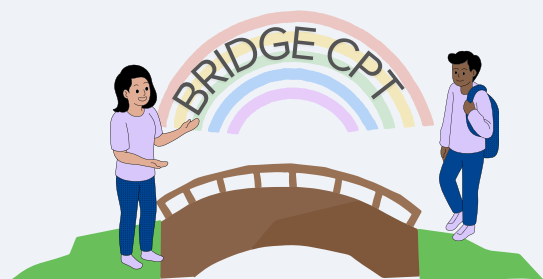
I need...

- Help making food
- Help getting food
- Help choosing what to eat
- A quiet place to eat
- _____
- _____
- _____
- _____

I would like...

- Drinks**
- Water
 - Tea
 - Other: _____

- Food**
- _____
 - _____
 - _____

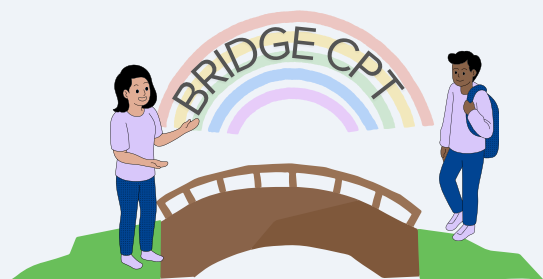


When I'm at _____ ...

I feel...

I need help with...

I need...

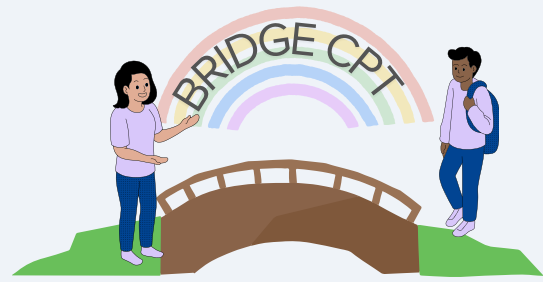


When I'm at _____ ...

I feel...

I need help with...

I need...

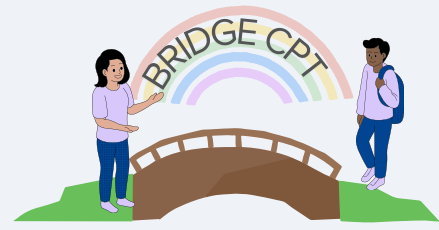


When I'm at _____ ...

I feel...

I need help with...

I need...

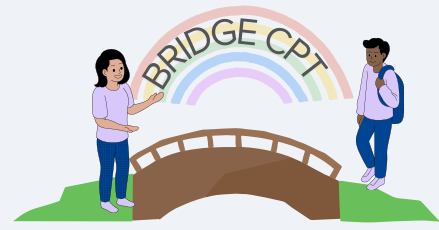


I am _____

It is making me feel...

I need...

I would like...

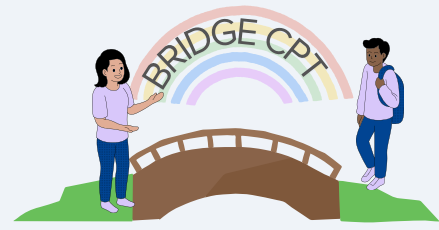


I am _____

It is making me feel...

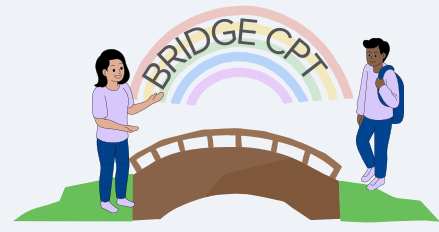
I need...

I would like...



I feel _____

I need...



I feel _____

I need...

