



LOW-TECH AAC

(AUGMENTATIVE AND ALTERNATIVE COMMUNICATION)



IMAGINE

Do you, or someone you know:

Wish it was easier to get your message across? Want a reliable way to communicate anywhere?

Want support in using a low-tech AAC system more effectively?

Low-tech AAC aids are non-electronic communication systems. These can include communication books, visual schedules, and other symbol or text boards. They can be used with other communication aids, or on their own.

There are many low-tech communication systems that help people communicate more effectively.



SEEK

To find out more, you can...

Phone **LifeTec on 1300 543 383** to discuss your communication options with a health professional.

Schedule an assessment here:

<https://lifetec.org.au/our-services/referrals/>

Use the National Equipment Database at www.ilcaustralia.org.au for more information on communication systems.

Speak to your Speech Pathologist.

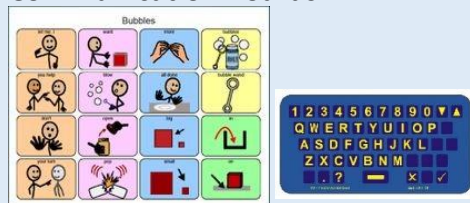


CHOOSE

What can I choose from?

There are lots of choices for low-tech AAC systems, including:

Communication Boards



Communication boards are single pages that contain symbols, photos, words or letters. People can point or select icons to make choices or create longer messages.

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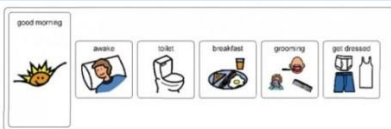
Communication Books



Multiple communication boards can be combined into a single communication book. It can include symbols, photos, word lists, or the alphabet. The book may be organised by topic. People can make selections on one page at a time, or combine messages across pages. They can be personalised for the person.

PODD (Pragmatically Organised Dynamic Display) Books are one example of a low-tech communication book.

Visual Schedule



We all use calendars and diaries to help keep us organised and on track. Visual schedules use images or words to let people know their daily events, and help them move through tasks during the day.

Symbol Key Ring



Symbol keyrings are a small and portable collection of symbols to help people understand and make choices.

These can be useful for quick and simple interactions such as telling someone that it's time to "stop", or offering a choice of "more" or "something different".

'About Me' books



'About Me' books contain information on likes, dislikes, important people in your life, favourite activities, and how you like to communicate. This helps people to get to know you and helps you to develop positive relationships.

Also called 'Communication Passports' or 'Chat Books'.

Alternative Access Options



There are many ways to use low-tech communication aids other than through pointing. These different ways are called alternative access.

Examples include eye movement, having a someone else scan through options by pointing or reading them aloud, or using other movements. An Occupational Therapist can help identify the alternative access options that might be right for you.

**LIVE**

Once you have chosen your low-tech communication system, LifeTec Speech Pathologists can provide you with the right support to achieve maximum success, including:

- Assistance with set up and customization
- Therapy supports to help you use your low-tech AAC system
- Education and training for communication partners

Contact details

- ➔ www.lifetec.org.au
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