

# 10 Things to Know

# Maintaining Good Communication



## 1 **Learn all you can now**

Meet with a communication specialist early. There are things you can do now to be prepared if you need communication support later.



## 6 **Check out the technology**

Try different devices to find a good fit. You may work with speech and occupational therapy to help you select a device that will meet your needs now and in the future.



## 2 **Work with a professional**

Communication specialists are Speech Language Pathologists (SLPs) who have expertise in augmentative and alternative communication (AAC).



## 7 **Use a communication device**

Communication devices can be operated through a touch screen, a switch or button, or eye gaze technology. They vary in size and can be handheld or mounted to a wheelchair.



## 3 **Be patient**

Learning how to communicate in different ways takes practice. Take your time getting used to new techniques to avoid frustration. Caregivers need time to learn, too.



## 8 **Insurance may cover costs**

Most insurance plans will cover one speech generating device every 5 years. Prior approval and an AAC assessment are usually required.



## 4 **Voice preservation can help**

An AAC specialist will explain how to create recordings of your own voice to use with a communication device later.



## 9 **No-tech options are important**

Non-technical communication options are beneficial for quick communication when technology isn't readily available and for people who don't use technology.



## 5 **Speech support is available**

Explore tools that can help when your voice is tired. Voice amplifiers, LCD boards, and pen and paper are some options.



## 10 **There's an app for that**

Text to speech apps on smartphones and tablets are helpful for early speech changes.