

Advanced AAC User Challenge

In response to the modeling challenge issued by Dana Nieder from the Uncommon Sense Blog, some adult Augmentative and Alternative Communication (AAC) users have expressed an interest in a 21 day challenge geared towards adult/teen users to increase fluency and use.

Of course this challenge is completely optional. If any of the activities make you uncomfortably anxious, modify them for your needs.

This challenge incorporates increasing vocabulary (semantics), socialization (pragmatics), expanding use of verb tenses (syntax), increasing device fluency and context and operational skills (programming and backing up vocabulary)! Have fun!

✓	AAC Challenge of the Day	Notes
	Use your device in a place you've never used it before.	
	Turn on music and use your device to say the first 5 words you hear.	
	Use your AAC system to say something to a communication partner that has never seen you use your device.	
	Tell someone in your life something they don't know about you using your AAC device.	
	Open a book and randomly point to a sentence. See if you can say that sentence on your AAC system. (Add words that are not programmed, if it's vocabulary you want to have).	
	Watch a movie and summarize it using your AAC device.	
	Is there someone who you'd like to use your AAC to talk to more? (You probably want to ask if they'll spend a little time helping you practice first;) Ask him/her to tell you something about his/her day and then teach him/her how to say it on your device.	
	When you're in the community, take pictures of 3 signs that have sentences or instructions. When you're home, say each one on your device.	
	Think of something you wish communication partners would do that would make it easier for you to use your AAC system. Say it using your AAC system and post a picture of it on the Speak for Yourself Facebook wall (even if you're not using Speak for Yourself).	
	Watch a TV/YouTube show of your choice for 30 minutes, listening for new vocabulary. Open or add 3 new words to your AAC system.	
	Use your AAC system to order at a restaurant or coffee shop.	
	Use your AAC device to confidently (use "I will" to start the sentence) express a goal that you have for your future. Share it with someone supportive (if you want:)	

	<p>Ask someone close to you a question about their life that you have never asked before and don't already know using your AAC system. (I.e. "When you were a child, what did you want to be when you grew up?" "When you have free time to do whatever you want, what do you choose to do?")</p>	
	<p>If you have data tracking on your AAC device (if you don't have or use data tracking, think about words you use most often), choose 3 words you use most often and find synonyms for them. Learn the location of (or add) the synonyms in your AAC system. Use those synonyms 3 times throughout the day.</p>	
	<p>Use your AAC system to talk about a childhood memory. Share it with someone (if you want:).</p>	
	<p>Think of 3 of the most beautiful things you've ever seen, heard or felt. Use your AAC system to say a sentence describing each of them. Did you end up with something that sounds like a poem?</p>	
	<p>Tell someone your plans for today using your AAC system.</p>	
	<p>Read an article about an unfamiliar topic and use your AAC device to tell something you learned from the article. (Share it with someone, if you want).</p>	
	<p>Think of a situation where you had "communication remorse" (you didn't know what to say in the moment, but thought of things you wish you would have said later). Use your AAC device to say what you wish you would have said. If you think it would be useful to have quick access to it in the future, program it onto a button in your system for fast access in a stressful situation.</p>	
	<p>Tell someone you care about 3 things that you like about them using your AAC system. In other words, give them 3 compliments (and find/add the word "compliment" is in your AAC system).</p>	
	<p>Back up your AAC system so you don't lose any of the new vocabulary you've added (you can do this multiple times throughout the 21 days, if you want).</p>	