

AAC Video Modeling Resource

Video modeling is a clear and straightforward teaching tool that shows how to perform skills or behaviors using video demonstrations, much like a visual “how-to” guide.

This is helpful for people who use AAC because they can see exactly how to use their communication tools. The repeated viewing option allows for practice until these new skills are mastered.

Video modeling is versatile, allowing customization for individual needs and a range of applications—from smoothing out transitions to enhancing social interactions and language use.

To use video modeling, select a behavior or skill to focus on, then create and use a video that showcases the behavior successfully. It’s a dynamic way to support learning, providing a visual supplement to traditional teaching methods.

Video Modeling Do’s and Don’ts

Do’s

- ✓ **Personalize:** Tailor videos to the AAC user’s interests and needs.
- ✓ **Involve:** Include AAC users in making and choosing content for videos.
- ✓ **Empower:** Use videos to enhance communication autonomy and self-advocacy.
- ✓ **Adapt:** Update and change videos as the user’s skills and preferences evolve.
Celebrate: Focus on successes and positive reinforcement.

Don’ts

- ✓ **Avoid Conformity:** Avoid pushing AAC users to mimic typical communication.
- ✓ **Respect Autonomy:** Ensure participation is always voluntary.
- ✓ **Avoid Generalizing:** Don’t use a one-size-fits-all approach; keep it individualized.
- ✓ **Consider Sensory Needs:** Be sensitive to the AAC user’s sensory preferences.

Encourage Community: Don’t isolate users; involve their support network in learning.

Identify the target behavior

Record a video demonstrating the target skill

Use video as a teaching tool

Allow the user to watch and practice

Example of an AAC Activity Using Video Modeling

Helping Hand Request Strategy

Objective: Teach AAC users how to effectively communicate their needs using their AAC device, such as requesting help or a break.

Setup: Record a video modeling the use of specific phrases or symbols on the AAC device to request assistance or a break. Highlight different scenarios in which requesting help or a break might be necessary.

Activity:

- ✓ Watch the video with the AAC user, pausing to note important steps or phrases.
- ✓ Role-play various scenarios where the AAC user might need to request assistance or a break, allowing them to use their device to communicate their needs.
- ✓ Provide positive feedback to reinforce their efforts and adjustments as needed.

✦ Where Can Video Modeling Be Beneficial ✦

Social Skills

Initiating conversations
Maintaining conversations
Understanding and using non-verbal cues
Making eye contact
Sharing and taking turns
Understanding personal space

Emotional Regulation and Understanding

Identifying and expressing emotions
Coping strategies for frustration or anxiety
Calming techniques (deep breathing, counting)
Recognizing and responding to others' emotions

Communication Skills

Requesting help or attention
Saying 'please' and 'thank you.'
Expressing needs and wants
Commenting on objects or events

Safety Skills

Crossing the street safely
Understanding 'stranger danger'
Following safety signs and symbols
Using emergency contacts

Vocational Skills

Completing job-related tasks
Interacting with coworkers
Following a work schedule
Handling job interview

Self-Advocacy Skills

Asking for accommodations
Expressing disagreement or refusal
Navigating social services and supports