

Incorporating AAC into Daily Routines



Assess and identify the individual's daily activities.

Work with families, classroom staff, and anyone who is with the individual daily to establish and identify routines that may provide opportunities for them to communicate with their device.

Examples of Daily Routines

- Getting dressed
- Eating breakfast/lunch/snack/dinner
- Going to a family member's house
- Going to school



Set the user up for success.

Make a list of words you can target during the routine. Keep this list handy and use the “search” features to find the words on the user's device if you need to.



Find motivating activities!

Assess what the individual enjoys doing most often throughout the day.

Examples of Activities

- Listening to music
- Playing with toys/games
- Going to the playground
- Cooking/making a meal



Make sure to include social interactions.

Find opportunities where the individual can communicate with a peer or adult at least once a day.



Keep AAC available.

The individual won't be able to actively communicate if their device is tucked away or turned off. Make sure the device is accessible during all daily activities to provide increased communication opportunities.

References:

- Akinyele, D. (2023). *Practical Tips and Strategies for Embedding AAC into Daily Routines* (Webinar) <https://www.ablenetinc.com/practical-tips-and-strategies-for-embedding-aacin-to-daily-routines-on-demand-registration/>
- O'Neill, T. (2018). *Perspectives of parents of children with cerebral palsy on the supports, challenges, and realities of integrating AAC into Everyday Life* (dissertation). ProQuest Dissertations & Theses, Ann Arbor.
- Zangari, C. (2019). Encourage Students to Use AAC by Supporting Communication Partners. *The ASHA Leader*, 24(4), 36–37. <https://doi.org/10.1044/leader.scm.24042019.36>