

# Making your Communication Book #diy

Sharon M. Antonucci, Ph.D. CCC-SLP  
MossRehab Aphasia Center

## What to include in your book?

- What is important to you
- What would help you in conversation
- Whatever you want
  
- Pictures or photos
- As many (or as few) words as you want
- Have fun gathering and putting together your book about you!

## Pages about *you*...

- But not too personal, or confidential





My name is Sharon M. Antonucci





A spiral-bound notebook with three pages of contact information. The first page features a red rotary phone icon and the text "My phone # is (215) 663-6561". The second page features a blue envelope icon and the text "My email is [antonucs@einstein.edu](mailto:antonucs@einstein.edu)". The third page features a 911 emergency sign icon and the text "My ER contact is \_\_\_\_\_".

My phone # is (215) 663-6561

My email is [antonucs@einstein.edu](mailto:antonucs@einstein.edu)

My ER contact is \_\_\_\_\_

Only put in contact information you WANT people to know

# My Family

My husband

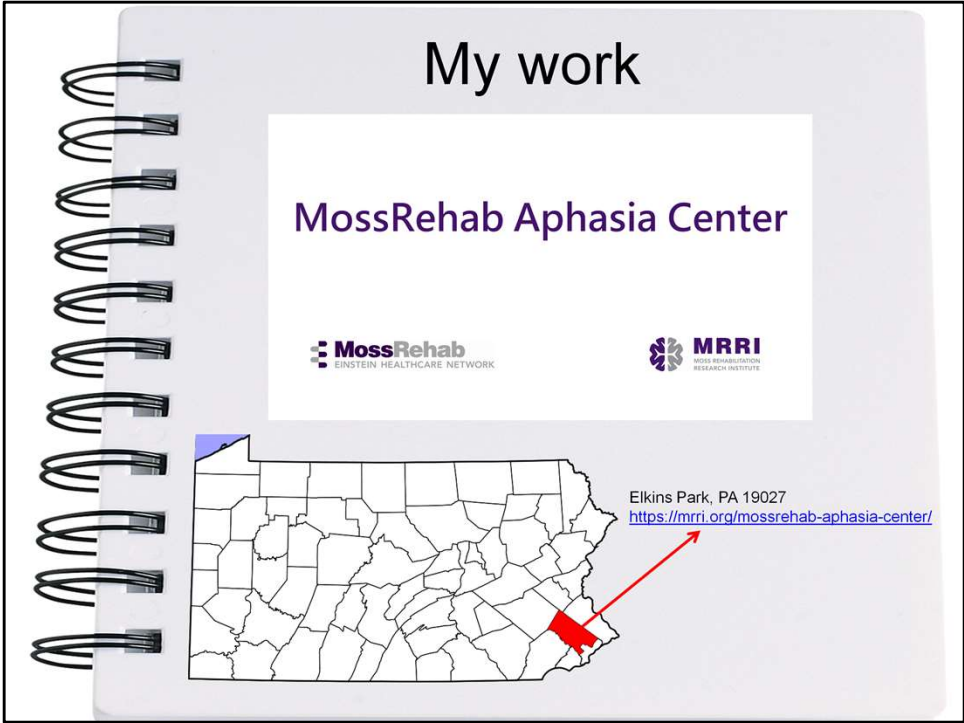


Maggie



Hulk





<https://mrii.org/mossrehab-aphasia-center>

# My Education



B.A.  
*Child Development & Italian*



M.S. (CCC-SLP)  
*Speech-Language Pathology*



Ph.D.  
*Speech and Hearing Sciences*



Proud Jersey girl!



## Other favorite places I've lived



Milan

Manhattan



## Favorite foods



*Pasta*



*Pizza*



*Chocolate*



*Pumpkin anything*

## Favorite beverages



Prosecco

Earl Grey tea  
with milk, of course



Watermelon  
seltzer

# Favorite activities



*Volunteering with dogs*



*Listening to music*



*Singing*



*Reading*



*Watching TV and movies*

# Favorite vacations

Santorini



Colonial  
Williamsburg

Rome



## Other pages might include...

- Organizations you belong to
  - Clubs or groups you belong to (for example, VFW)
  - Your religious or spiritual community (for example, Quaker, Jewish, Muslim, Roman Catholic)
- Other favorites
  - Sports and teams
  - Musicians or types of music
  - Books or genre of books
  - Movies or TV shows
- Whatever else you want people to know
- Whatever else will help you in conversations

## Reference and Resources Pages



# World Map



# U.S. Map





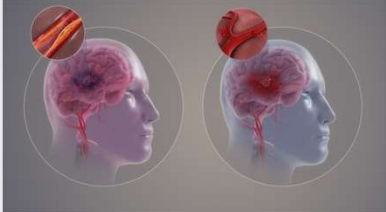
## 2020 Calendar

<p><b>January 2020</b></p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><th>Su</th><th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<p><b>April 2020</b></p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><th>Su</th><th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			<p><b>July 2020</b></p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><th>Su</th><th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<p><b>October 2020</b></p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><th>Su</th><th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																																	
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Possible additions related to aphasia

I had a stroke.



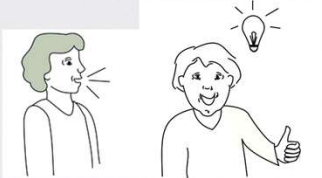
I have aphasia

- Speaking can be hard



<https://www.participics.ca/>



- I understand you




<https://www.participics.ca/>

Keep all on 1 page OR separate into 2 pages

**You can help**


  

Write or draw      Use gestures or point




Be patient

**Please don't**



Finish my sentences for me





Shout!

Include what is most helpful to YOU.  
Keep all on 1 page OR separate into 2 pages.

Tips for making *your*  
communication book



# Materials for your book



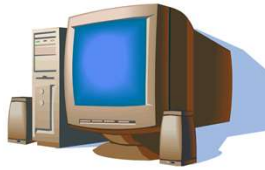
Empty photo album or scrapbook



Empty journal or diary



Binder with blank pages to fill



On your computer,  
then print the pages



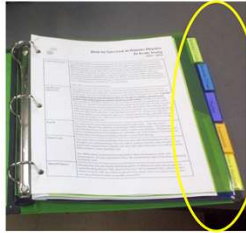
Tablet or smartphone

You want to be able to bring your book when you go out. Do not put in private information.

## Finding pictures

- Make copies (or take photos) of your own family and vacation photos
- Take photos of your favorite things, places...
- Draw your own pics
- Find images you are allowed to use, for example
  - Internet image search for pics in the “Public domain”
  - <https://www.participics.ca/>

## Make it user friendly

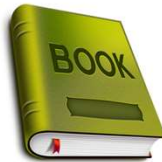


- Add tabs to help you find the section you're looking for

- Practice using it
  - It doesn't help if it's hiding in a drawer



- Make sure it's facing right side up for the person you're showing it to



## Have fun!

- Your communication book does not have to be
  - Perfect
  - A work of art



It just has to make conversation easier  
and more enjoyable!