

Supporting Your Communication Journey

My Communication Journey

Name: _____

Date: _____

What Is Important To Me?

Check all that apply.

I want better communication for:

Talking with family

Talking with friends

Phone calls

Medical appointments

Ordering food

Community activities

Support groups

Sharing my thoughts and ideas

Something else:

Supporting Your Communication Journey

What Is Important To Me?

I use these ways to communicate now:

Speaking

Gestures

Writing

Drawing

Pictures

A communication device

A communication board

Texting

Other: _____

Tools I Learned About Today

As you watch the webinar, place a checkmark next to tools you want to learn more about.

Communication boards

Picture supports

Writing tools

Communication devices

Communication apps

Communication coaching

Support groups

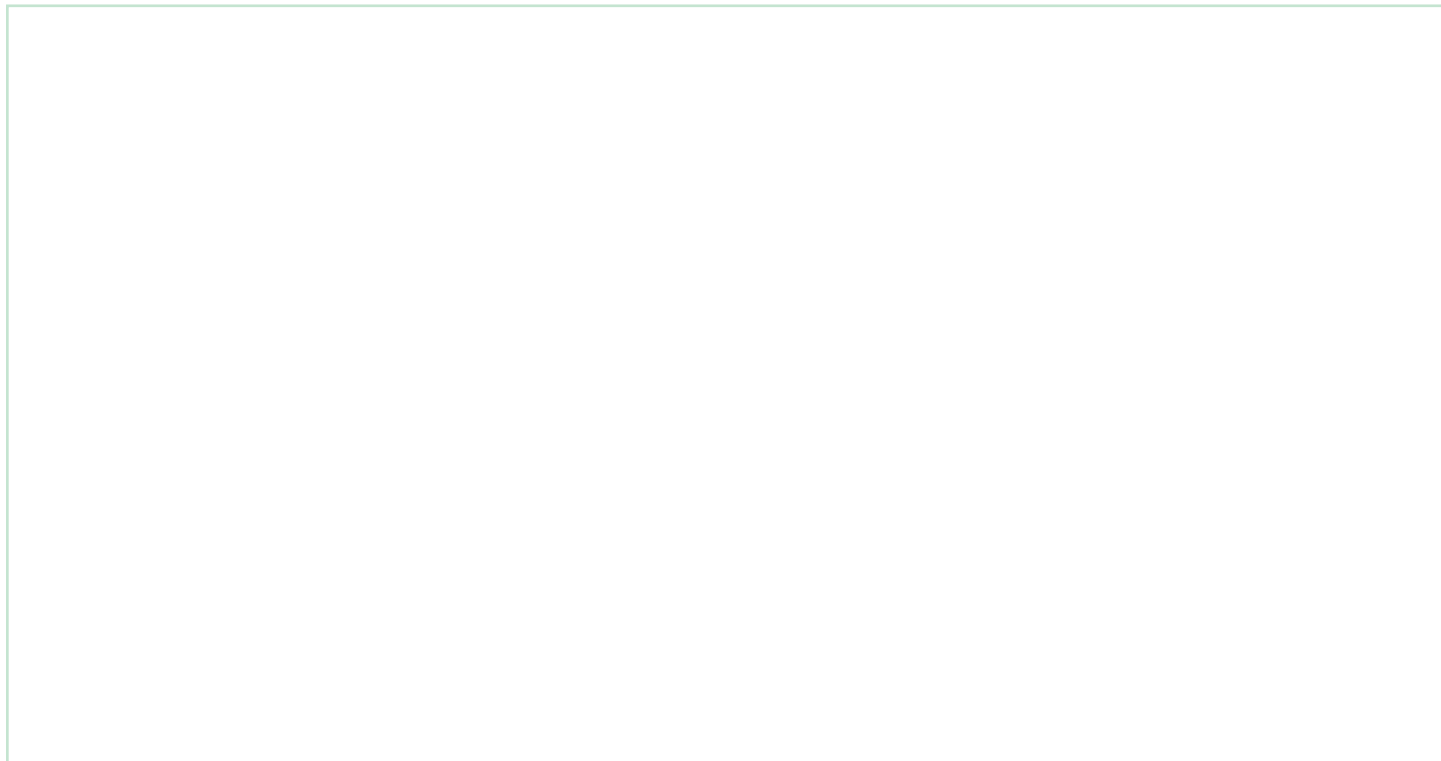
Educational webinars

Other: _____

Supporting Your Communication Journey

My Biggest Takeaway So Far

Draw or write one idea you want to remember.



Building My Communication Support Plan

Success Stories That Connected With Me

Write the name of a person or story that stood out.

What did I learn from their experience?

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Support Can Help Me

Check any support you might be interested in exploring.

Communication tools

Communication coaching

Technology support meeting

Educational resources

Peer support groups

Learning from others with similar experiences

Caregiver support

One Goal For Communication

Complete the sentence:

I would like to...

Join more conversations

Share my needs

Feel more confident

Connect with family and friends

Participate in activities

Go to speech therapy

Use communication tools more often

Other: _____

Supporting Your Communication Journey

My Next Step

Choose ONE action after today's webinar.

Learn more about communication tools

Talk with a speech-language pathologist

Explore communication coaching

Join a support group

Download communication resources

Share what I learned with someone else

Other: _____

Key Message

Communication looks different for everyone.

There are many tools and supports available.

Small steps can make a big difference.