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
Only put in contact information you WANT people to know

My phone # is (215) 663-6561

My email is antonucs@einstein.edu

My ER contact is ___________________
My Family

My husband

Maggie

Hulk
My work

MossRehab Aphasia Center

Elkins Park, PA 19027
https://mrri.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

Earl Grey tea
with milk, of course

Prosecco

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
ABCDEFGHIJKLMNOPQRSTUVWXYZ
JKLMNOPQRSTUVWXYZ!

1234567890
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Possible additions related to aphasia
I had a stroke.

I have aphasia
  • Speaking can be hard
  • I understand you

Keep all on 1 page OR separate into 2 pages
Include what is most helpful to YOU.
Keep all on 1 page OR separate into 2 pages.
Tips for making your communication book
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!