

## **AAC as a Tool for Feelings, Regulation and Problem Solving**

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### **Short Abstract**

Often people who use AAC are only supported to express very basic feelings - happy, sad and maybe angry. How we feel is far more complex. In addition, sometimes these feelings are taught in a way that is ineffective and unhelpful. We need to do more for AAC users!

Why is this so important? We all need to be able to express how we feel. Expressing emotions and having these understood by the people around you, make us feel understood and heard. This increases the opportunities for connections. Additionally, when we can express our feelings, it helps us to start to discover and communicate what we need to feel better. Nonspeaking people need all of these opportunities and experiences.

So what can we do? In this workshop we will dive into new ideas and strategies for supporting emotions, regulation and problem solving for people who are nonspeaking.

We will:

1. Discuss and discover the personalised language AAC users really need to express how they feel.
2. Learn how we can integrate describing and understanding body signals and link to emotions.
3. Consider strategies for supporting emotional regulation and problem solving.

Let's give AAC users a voice for true expression, self advocacy and self regulation!

### **Long Abstract**

This is a 60 minute presentation/workshop as a part of the AssistiveWare stream.