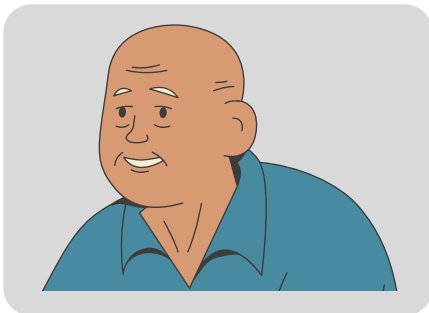


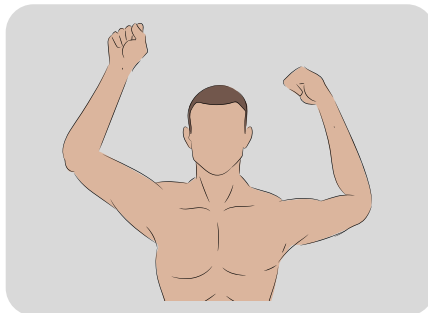
# HDST Information Sheet: Total Communication

## Understanding & Using Total Communication

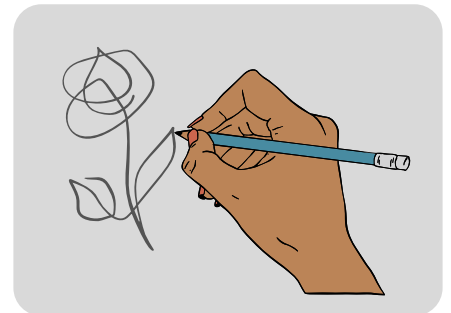
Total communication is about how I can use different systems/modalities (ways) to receive and send messages to other people. Total communication is helpful because sometimes I find it hard to get my message across in one way, and need other ways to make sure my needs and wants are met. My friends, family and carers can help me by making changes to their communication, and/or the environment we are in. I can also learn to new modes of communication for when I don't feel like using my voice.



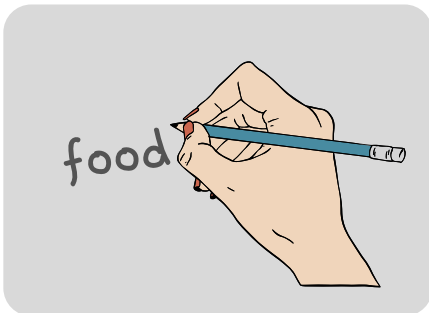
Facial expressions



Gesture & Body Language



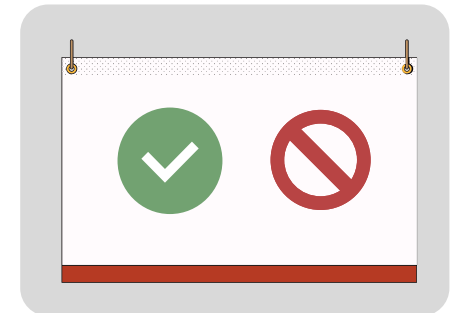
Drawings



Writing



Typing & Texting



Visuals



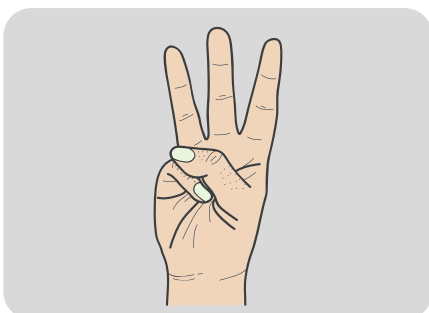
AAC (e.g. LAMP)



Printed words (e.g. flash cards)



Voice (words and sounds)



Signing



Communication book



Touch/Reach