

Navigator Guide

Welcome! We are thrilled that you are here and will have the chance to take advantage of this guide to increase your familiarity with the Navigator pages on your DynaVox Compass App, T10 or T15. Our hope is that you will feel supported in beginning to use your device during your daily activities.

We have provided several activities designed to support you in learning about the tools available in your Pageset. You'll learn how to use them alone and in connection with each other. Each activity begins with an exercise to get you familiar with using the new tool. Following that you will practice using it in realistic situations.

Level 1

- In Control: Using the Dashboard
- Quick Communication with Keyboards and Prediction
- Say it Again with Message History
- Communicating Needs and Conversing with QuickPhrases
- Making the Most of your Whiteboard*

** This lesson may not apply to all individuals using the Navigator pageset*

Level 2

- Controlling your Environment with Remotes
- Engage Others with QuickFires
- Telling Stories with Photo Albums
- In Control: Using the Dashboard—More Tools

**This lesson may not apply to all individuals using the Navigator pageset*

Level 3

- Expressing Your Opinion with Rating Scales
- In Control: Using the Dashboard—More Tools

Level 4

- Optimizing Navigator Pageset for Different Situations: Profiles
- In Control: Using the Dashboard—More Tools

Level 5

- Talk about your Favorite Topics (includes how to find vocab and a list of resources)
- Be Specific with Word Lists
- In Control: Using the Dashboard—More Tools

Navigator Guide FAQ's

1. What are System Levels?

System Levels introduce Communication Tools in a systematic way to help you become comfortable with and begin to use them. Everyone starts on Level 1. You may go all the way up to Level 5 or you may stay at any Level from 1 to 4. Where you stop depends on the combination of tools with which you are most comfortable and where you are most successful. The important thing to remember is that you are not required to make it to Level 5. The System Levels are simply a structured way to add Communication Tools to the device.

2. Do I need to master each activity before moving on?

No! Moving on to the next activity is up to you. These activities are a guide to help you become more comfortable communicating with the Navigator page set. It is OK if you want to look ahead to the next set of Communication Tools before you fully master your current set. You may find a tool that makes you even more efficient and successful!

3. How long will it take me to complete one activity?

The time it takes to go through activities to complete a System Level will vary depending on your abilities, comfort level, and how much you want to tackle at once.

4. How do I know when to stop?

Settling in at one System Level is up to you. These questions may help you decide:

- Do I have access to the tools I need to communicate my needs and wants?
- Am I feeling comfortable at the level?
- Am I interested in additional tools?

5. How do I use this guide?

You can download the activities based on the Level you are working on. Each activity starts with a Focusing activity to introduce you to the tool, a Skill Building activity to practice exploring what the tool does, and a Participation activity to use the tool in real life scenarios.

6. Do I do these in therapy or at home?

These activities are written for you to do these at home; however your speech therapist may use them with you in therapy as well.

Remember, you can always move up or down Levels in the system as your needs change. You never have to worry about losing the customization you've done. It will move along with you!

Goal: *Talk About Your Favorite Topics*

Description: Having prestored messages about important topics can allow you to communicate quickly without having to spell out entire messages. This lesson will help you become familiar with what topics are on the device.

Activity 1

Focusing	<p>Go to the Topic Selection page by selecting the modify button in the bottom right hand corner and select the topic or topics that are important to you. You can make topics you expect to use more frequently “favorites” and they will appear will appear in the top row of your Topics page.</p> <p>See Appendix A for a list of topics and sample messages</p>
Skill Building	<p>1. Add Messages:</p> <ul style="list-style-type: none">•The sample messages provided above are already programmed for their respective topics. Look at the sample messages for the topics you have selected.•Think about any other messages you would like and add them to your topic. This is most likely not done in one sitting.•You can always come back and add additional messages. If you are having a hard time thinking of messages, look at our resource list for ideas of additional messages. <p>2. Practice using your messages:</p> <ul style="list-style-type: none">•Now that you have all your messages, go through and press each one to get familiar with what it says and where it is located. Made adjustments to the messages or locations as needed.
Participation	<p>Have your caregiver or therapist role play various situations that would happen in the topic you are working on and practice using your messages. For example, if I have Therapy as a topic I might role play an exchange with my therapist using messages I have programmed.</p>

Data/Notes



Appendix A: Topics and Sample Messages

Bathroom "I need to use the bathroom" "Make sure you...." "It's time for my shower"	Eating "Please give me smaller bites" "I need a straw" "Please wipe my mouth"	Intimacy "I want to be close to you" "Maybe the doctor will have an idea" "Let's schedule a date night"
Body "My... hurts" "There are changes in my" "My hands are really cold" "I'm having trouble breathing"	End of Life Issues and Decisions "I want to review my will" "When breathing gets hard, I don't want....." "Make sure you take care of"	Meals "I'm in the mood for" "This is too hot" "Let's try a new recipe"
Car/van "Gas is so expensive" "You are going too fast" "Can we all fit?"	Entertainment "Let's go see a movie" "What channel is it on?" "Did you get the tickets?" "Play ___ with me."	Medical Procedures/Consent "How long will I need someone to stay with me?" "What are the complications?" "I want to speak with my family about it"
Celebrations "Who is hosting?" "That's my favorite time of year" "What a great party"	Exercise "I'd like to do my exercises now" "You are doing it wrong" "I'm getting tired"	Medication "What are the side effects?" "Put 2 of those in each cup" "I need a refill"
Communicating With Me "Please wait while I type my message" "Let's go to a quiet area" "Watch my mouth" "I will look at you when I am finished with my message" "Ask me yes/no questions"	Faith "I believe" "My faith helps keep my strong" "I want to pray about it"	My DynaVox "This needs to be charged" "Something is wrong" "Let's add some new messages" "Show me how to" "It's getting harder to use my DynaVox"
Computer "I need some help with this" "The internet is not working" "Did you see this post on Facebook?"	Finances "Let's review our finances" "We need to pay...." "How much is in our savings?"	My Family "My spouse's name is" "I have.... children" "My family came from"
Doctors "We need to discuss....." "What are the pros/cons?" "Have you heard of this treatment method?"	Interviewing/managing assistants "Show me your references." "Have you ever worked with someone with ALS before?" "Are you comfortable around....." "Every day, I need you to..." "Do it just the way I tell you."	My House "This needs to be cleaned up" "This is in the wrong place" "The house looks nice"
Dressing "I want to wear my..." "Please put my left leg in first"		

Appendix A: Topics and Sample Messages - Continued

My Info
"Let me tell you a little about myself"
"I like"
"In the old days I"
News
"Did you hear about?"
"What do you think about....?"
"I feel like the news is always bad"
Other's Emotional Welfare
"I'm worried about his....."
"She seems to be really depressed"
"What will happen to....."
Outings
"We need to get out of the house"
"Where is it?"
"Please bring my coat"
Pets
"Where is the"
"Did you feed the"
"He's a good boy"
Phone
"Is there?"
"Ask me yes/no questions"
"I'm using a device to communicate. Please be patient"
Places
"I want to go to"
"Where is it located?"
"It's one of my favorite places to go"
Positioning
"Please move my right arm"
"Put the pillow under"
"Be gentle"

Privacy and Safety
"Please close the door"
"Please keep this between us"
"I don't feel safe because...."
"This ramp is really steep"
Restaurants
"I'm in the mood for"
"I'd like to start with"
"This is excellent"
Schedule
"I have a busy day"
"What's next?"
"What will work for you?"
"How about every Tuesday?"
Shopping
"I need some things at the...."
"I want to shop online"
"Do you have my credit card?"
Sports
"Is there a game on?"
"Let's go watch him play"
"That was a bad call"
Talking to My Spouse
"I love you"
"It makes me mad when...."
"How are you doing?"
Talking to My Kids
"I love you"
"It makes me mad when...."
"How are you doing?"

Therapy
"What are we working on today?"
"I feel like this is helping"
"I need therapy to work on"
Vacation
"We need to get away"
"Make sure you pack my..."
"This was just what we needed"
Weather
"What's it like out there today?"
"Did you hear about the storm?"
"I hope the weather will be good that day"
Wheelchair
"My wheelchair is acting funny"
"Something is stuck"
"It needs to be repaired"
Work
"I need help to"
"Can we discuss work options?"
Yard
"The grass is getting long"
"I'd like to sit outside"
".... yard looks good"

Note: If you have a topic you know you would use that isn't in this list, you can add your own topic, while you are on the Topic Selector page, select the "Create New Topic" button on the Page Bar. This will guide you through creating your own topic.

Appendix B: Topic Messages Resource List

General Messages:

http://aac.unl.edu/ALS_Message_List1.htm

Bathroom:

<http://mda.org/publications/mda-als-caregivers-guide/chapter-2#bathing>
<http://mda.org/publications/mda-als-caregivers-guide/chapter-2#toileting>

Body

<http://mda.org/publications/mda-als-caregivers-guide/chapter-2>

Computer

<http://www.eslfast.com/robot/topics/dailylife/dailylife08.htm>

Doctors

<http://aac.unl.edu/VocabMed.pdf>
<http://esllibrary.weebly.com/everyday-dialogues.html>

Dressing

<http://mda.org/publications/mda-als-caregivers-guide/chapter-2#dressing>

Eating

<http://mda.org/publications/mda-als-caregivers-guide/chapter-2>

End of Life Issues and Decisions

http://minnesota.publicradio.org/collections/living_with_als/
<http://mda.org/publications/mda-als-caregivers-guide/chapter-9>

Exercise

<http://mda.org/publications/mda-als-caregivers-guide/chapter-2#exercise>

Faith

<http://mda.org/publications/mda-als-caregivers-guide/chapter-6#faith>

Finances

<http://www.eslflow.com/Moneylessonplans.html>

Interviewing/Managing Assistants

http://mda.org/Tips_for_Success/Interviewing_PCA
http://mda.org/publications/mda-als-caregivers-guide/chapter-8#managing_caregivers

Intimacy

<http://www.disaboom.com/sexuality-and-disability/als-your-sex-life>
<http://www.als.ca/sites/default/files/files/Sexuality,%2520Intimacy%2520And%2520Chronic%2520Illness.pdf>
<http://www.massgeneral.org/neurology/assets/ALS/Sexualityintimacy091409v3.pdf>
http://mda.org/publications/mda-als-caregivers-guide/chapter-6#intimacy_sex

Medical Procedures/Consent

<http://www.ahrq.gov/patients-consumers/patient-involvement/ask-your-doctor/index.html>

Medication

<http://mda.org/publications/mda-als-caregivers-guide/chapter-2#medication>

Other's Emotional Welfare

http://mda.org/publications/mda-als-caregivers-guide/chapter-6#caregiver_emotions

Outings

<http://esllibrary.weebly.com/everyday-dialogues.html>

Phone

<http://www.eslflow.com/Telephoningandrequests.html>

Positioning

<http://mda.org/publications/mda-als-caregivers-guide/chapter-2#positioning>

Privacy and Safety

<http://mda.org/publications/mda-als-caregivers-guide/chapter-2#safety>
<http://www.alsfrombothsides.org/attic.html>

Restaurants

<http://www.eslfast.com/robot/topics/restaurant/restaurant04.htm>
<http://esllibrary.weebly.com/everyday-dialogues.html>

Shopping

<http://esllibrary.weebly.com/everyday-dialogues.html>

Weather

<http://www.englishclub.com/speaking/weather.htm>

Wheelchair

<http://mda.org/publications/mda-als-caregivers-guide/chapter-2>

Goal: Be Specific With Word Lists

Description: Word Lists are lists of words organized categorically. They may be helpful if typing takes you a long time or you don't want to spell out a word. Becoming familiar with where words are located can help speed your communication.

Activity 2

Focusing	Appendix A is a list of categories and subcategories that are available in DynaVox Compass. Decide which ones will be most useful to you and become familiar with the word list and subcategories. Navigate between pages to explore what is available. Notice words are listed in alphabetical order.	
Skill Building	<ol style="list-style-type: none">1. Locate specific words within a word list<ul style="list-style-type: none">•Pick a category on which to focus.•Using Appendix B, find the words listed for your selected category.•Repeat this exercise using a different category of interest to continue to work on your familiarity with Word Lists.2. Complete statements using word lists<ul style="list-style-type: none">•In the same category or categories you used above complete the statements in Appendix C.•You don't have to compose the entire message, just locate the word in the word lists that best completes the statement.•To increase the difficulty, use your keyboard and word prediction to compose the message using the word lists to fill in the blank.	
Participation	Use your word lists in everyday conversations with people. Situations in which Word Lists might be helpful include: <ul style="list-style-type: none">•Making a grocery list•Creating a packing list•Talking about a specific sports game (positions, players, score, etc)•Sharing family information (relationship, occupations, etc)	<ul style="list-style-type: none">• Discussing a recipe•Planning a meal or restaurant outing

Data/Notes

Appendix A: Word Lists Categories and Subcategories

Actions	
Bathroom Actions	Hygiene Actions
Car Actions	Outside Actions
Cleaning Actions	Television Actions
Cooking Actions	Workshop Actions
Home Actions	
Animals	
Animal Body Parts	Farm Animals
Animal Items	Insects
Animal Places	Pets
Animal Sounds	Water Animals
Birds	Wild Animals
Body Parts	
Clothing	
Accessories	Male Clothing
Clothing Attributes	Sports Clothing
Colors	Uniforms
Female Clothing	
Date & Time	
Time Words	
Daily Life	
Cleaning Items	Getting Dressed
Containers	Hygiene Actions
Cooking Actions	Hygiene Items
Cooking Items	Money
Daily Activities	
Description	
Colors	Textures
Amounts	Comparing Words
Shapes	Positions

Entertainment	
Movies	Rhyme & FT
Music	Television
Song	
Events	
Birthdays	Shopping
Exercise	Vacation
Holidays	Work People
Religion	
Feelings	
Food & Drink	
Bread	Food Attributes
Breakfast	Food Items
Condiments	Fruit
Cooking Actions	Lunch & Dinner
Cooking Items	Meat
Drinks	Restaurants
Eating Out Actions	Snacks & Sweets
Eating Out Items	Vegetables
Food Actions	
Hobbies & Leisure	
Home	
Appliances	Cooking Items
Bathroom Items	Home Items
Cleaning Items	Kitchen Items
Computer	Outside Items
Containers	Rooms

My Lists	
Family Names	Favorite Stores
Favorite Athletes	Favorite TV Shows
Favorite Books	Favorite Websites
Favorite Foods	Friends
Favorite Movies	Military Service
Favorite Places	Favorite Books
People	
Community People	Nationalities
Family	Occupations
Health	School People
Health Problems	Therapy People
Historical People	Work People
Medical People	
Places	
Community	Geography
Plants	
Crops	Plant Items
House Plants	Plant Parts
Plant Actions	Plant Places
Plant Attributes	Wild Plants
School	
Art	School Actions
Classes	School Items
Computer	School People
English	School Places
History	Science
Math	Social Studies
Preschool	

Therapeutic Care	
AAC	Therapy
Medical	
Toys & Games	
Games	Outdoor Play Items
Indoor Play Actions	Toy Actions
Indoor Play Items	Toys
Outdoor Play Actions	
Sports	
General Sport Actions	Sports Names
Sports Clothing	Sports Places
Sports Items	
Transportation	
Car Items	Vehicle Parts
Road Signs	Vehicles
Weather	
Weather Actions	Weather Items
Work	
Computer	Workshop Actions
Office Items	Workshop Items
Work People	

Appendix B: Specific Words in Word Lists

Actions		Daily Life:		Food & Drink:		Home:		School:	
Drink	Mop	Breakfast	Feed fish	Bread	Pig	Bathroom	Bookshelves	Class	Teacher
Stir	Chop	Nap time	Set table	Coca-Cola	Bee	Kitchen	Doorknob	Sports:	
Eat	Lock	Empty dishwasher	Button	Bagel	Spider	Dishwasher	Bowl	Game	Football Field
Love	Move	Rinse	Unzip	Toast	Spill	Bathtub	Lawn	Golf	Swimming Pool
Shower	Dry	Broom	Audio book	Cereal	Ice Cream	Plastic Bag	TV Room	Swimming	Bounce
Turn on	Walk	Vacuum	Crossword puzzle	Scrambled egg	Carrots	Jar		Bathing Suit	Throw
Crash	Record	Shoe box	Shower	Butter	Peas	My Lists:		Helmet	
Steer	Lift	Trunk	Too cold	Jelly	Ice Cream	Audio book	Google	Therapeutic Care:	
Animals		Bake	Chapstick	Boil	Carrots	HGTV	Quarterback	Doctor	Mat
Bear	Pig	Steam	Nail clippers	Peel	Peas	Brother	Pitch	Google	Speech therapist
Chicken	Bee	1 cup	Check	1 Tablespoon	Ice Cream	Pie	Pete Rose	Physical Therapist	Therapy Pool
Gallop	Spider	Kettle	Credit card	Spatula	Carrots	Pizza		Recharge	Therapy Room
Grow	Dog	Date & Time:		Apple Juice	Peas	People:		Switch	
Fur	Rabbit	Saturday	Appointment	Water	Ice Cream	Dentist	Ache	Toys & Games:	
Trunk	Alligator	February	Timer	Order	Carrots	Mother	Fever	Go Fish	Blocks
Dog collar	Snake	Weekend	Evening	To go	Peas	Arm	Barack Obama	Bubbles	Dinosaur
Fish tank	Bass	July	Minute	Buffet	Ice Cream	Teeth	Princess	Cards	Bicycle
Bird cage	Whale	Day	Immediately	Toothpick	Carrots	Brother	Blood	Puzzle	Markers
Kennel	Buffalo	Description		Cook	Peas	Wife	Brain	Swings	
Honk	Gorilla	Red	Right	Feelings		Confused	African American	Transportation:	
Moo	Buffalo	Down	Cold	Excited	Lazy	Tired	Japanese	Driver's License	Speed limit
Blue jay	Gorilla	Heart	High	Confused	Lonely	Breath	Attorney	Seat belt	Tire
Body Parts		Triangle	A lot	Glad	Shy	Sick	Doctor	Backseat	Gas gauge
Bicep	Hair	Orange	Big	Happy	Upset	Places:		Trunk	Boat
Cheek	Neck	Yellow	Bumpy	Hurt	Tired	Bathroom	Atlantic Ocean	Handicapped	Shuttle
Bones	Pupil	Behind	Smooth	To go	Peas	Park	England	Weather:	
Brain	Teeth	Entertainment		Buffet	Ice Cream	Donut Shop	Living Room	Clear	Forecast
Calf	Stomach	Fireworks	Classical music	Toothpick	Carrots	Bank teller	Alarm Clock	Hot	Shovel snow
Eye	Waist	Party	Deck the Halls	Cook	Peas	Hospital	Grass	Icy	Sleet
Clothing		Actress	DVD	Hobbies & Leisure		Doctor's office	Computer	Spring	Fog
Coat	Bikini	Decorations	Weather reporter	Baseball cards	Mountain Climbing	Illinois	Folder	Work	
Pajamas	Flannel Shirt	Film		Cards	Hike	Citizen	Japanese	Broom	Ballpoint pen
Belt	Dress shirt	Events		Craft	Scrapbooking	Plants:		Coffee break	Chair
Necklace	Tennis Shoes	Christmas	Fireworks	Dance	Sewing	Bushes	Rotten	Paycheck	Boss
Clean	Face Mask	Party	Jewish	History	Word Search	Tree	Rake	Stamp	Create
Medium	Apron	Sunday	Funeral	Audio book	Google	Fruit	Hose	Stool	Label envelopes
Skirt	Work boots	July	Drugstore	Brother	Pitch	Wheat	Leaf	Time clock	Cart
		Action movie	Buy	Pie	Pete Rose	Garden	Trunk		
		Football game	Airline Ticket	Pizza		Roses	Orchard		
		Bicycle	Pack			Dig	Yard		
		Stretch	Summer			Spray	Holly		
		Birthday cake	Stormy			Alive	Weed		
						Atlantic Ocean			

Appendix C: Complete Statements Using Word Lists

Actions:

___ me a drink.
___ my hair.
___ the car.

Animals:

My pet is a ...
My favorite animal is a ...
When new people come over my dog always ...

Body Parts:

To talk I need to move my ...
My are weak
They drew at the doctor's office

Clothing:

I want to wear ...
My favorite color is ...
I'm missing some jewelry. Can you please get me my...

Daily Life:

It's time for my
We are out of food. Please go ...
Some of my favorite hobbies are

Date & Time:

I can go see the movie on ...
Not today but ...
My birthday is in ...

Description:

My favorite color is...
Put it my legs
Sandpaper feels very...

Entertainment:

On July 4th we watched ...
Blow up the ...
I want to watch a ...

Events:

The next holiday coming up is
My favorite holiday is
To go on vacation I need a

Feelings:

I feel ...
The news was
I haven't had anything to drink all day. I'm very ...

Food & Drink:

I want to eat for breakfast
My favorite food is
I like to drink....

Home:

I want to go to the ...
Put the milk in the ...
Set the for 7 a.m.

Hobbies & Leisure:

I collect ...
I like to
Do you like?

My Lists:

My favorite book is ...
My favorite tv show is
My favorite website is

People

She is my
His job is
I have an appointment with

Places:

I need to go to the
I like restaurant
I want to go to the room in the house.

Plants:

Mow the
Climb a
... the leaves.

School:

My favorite class in school was
My favorite subject in school was

Sports:

My favorite sport to watch is
To swim we need to go to the ...

Therapeutic:

I need to go see the ..
I am getting different therapies.....,,

Toys & Games:

My favorite game to play is
My son's favorite toy is ...

Transportation:

We have a
Buckle your

Weather

It looks like it is outside
The forecast calls for

Work:

It's time for my ...
I need to talk to my
Push the ...

Goal: In Control: Using the Dashboard--More Tools

Description: The Dashboard allows you to adjust settings in your DynaVox as well as access additional tools. You access it from your Toolbar. What you see will depend on what level you are currently on. As you increase levels, more tools are added to the Dashboard. This activity will work on navigating to those tools.

Activity 3

Focusing	<p>If you have not done the Dashboard Level 1, 2, 3, and 4 activities, you may want to complete those first in order to get familiar with all that is available on the Dashboard.</p> <p>Here is what is added at Level 5:</p> <ul style="list-style-type: none">• Option to add Word Lists
Skill Building	<p>In order to make Word Lists appear at Level 5:</p> <ol style="list-style-type: none">1. Go to your Dashboard2. Select the Modify button3. Select the Word Lists button. A check will appear on it.4. Select the Close button in the top right hand corner5. Word Lists should now appear on your Dashboard <p>Practice the following tasks:</p> <ol style="list-style-type: none">1. Go to Word Lists
Participation	<p>Practice using the Dashboard in the following scenarios:</p> <ol style="list-style-type: none">1. You want to search for a particular word

Data/Notes