



AAC & Motor Planning: Building Automaticity for Communication

What is Motor Planning?

Learning and Performing Consistent Motor Movements

Motor planning is the process of learning and repeating specific movements to access words on an AAC device. With consistent practice, these movements become automatic—just like typing on a keyboard or riding a bike.

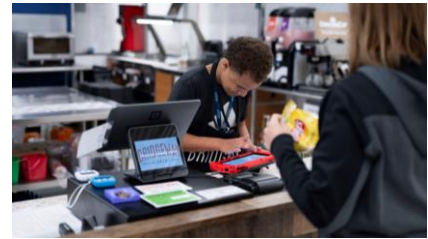


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Why Motor Planning Matters

Motor Automaticity Supports Efficient and Effortless Communication

Consistent and unique motor patterns allow users to access words quickly and easily. This reduces visual and cognitive load, enabling users to focus on what they want to say, not how to find the words. Automatic motor plans support spontaneous, novel utterance generation (SNUG).



2

How Motor Planning Works

AAC Design Matters

Robust AAC systems allow users to access words with minimal button hits and maintain consistent organization. Consistent symbol placement—even as vocabulary grows—supports the development of motor automaticity. Repetition of movement patterns helps users build motor memory, reducing the need to visually search for words.



3

What Can I Do to Support Motor Planning?

Tips for Success

- Choose an AAC system that can grow with the user while preserving learned motor plans
- Encourage free exploration and “babbling” on the device
- Respond to all communication attempts—every message matters
- Avoid changing button size or grid layout once motor plans are established
- Keep it fun and celebrate progress

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