

Construction

12 per page expanded functions

Modified for pick up and give/show access

Selecting pages to include with pick up and give/show access.

Pick up and give/show access requires two copies of each page. One copy becomes a page in the book. The second copy is cut into individual cards and attached to the book page with Velcro®. The individual cards and Velcro® add extra thickness and weight to the communication book. This precludes the use of pick up and give/show access for all pages in the 12 per page expanded functions PODD as such a book would be too thick and heavy for practical use. It is therefore necessary to prioritise and select which pages will be included in the PODD communication book with pick up and give/show individual symbol cards. Communication requirements for other vocabulary, not selected for inclusion in the PODD with a pick up and give/show access, will need to be met in other ways.



Options for providing individuals who need to use a pick up and give/show access methodology with this range of vocabulary include:

- Reduce the number of pages in the PODD communication book by making separate activity displays and removing those activity pages from the PODD communication book. These separate activity displays will need to be positioned in the individuals' environments so that they are readily accessible to the individuals and their partners. You may need to create multiple copies of displays for activities that occur in more than one environment. You could choose to make a supplementary "activity display" folder that is carried with the individual, and their PODD, in multiple environments. Maintaining the page numbers from the PODD pages on these displays with an index at the front of the folder may assist partners to more efficiently locate the required display. Using a ring binder allows for displays (pages) to be taken out and used singly during the relevant activity. This will allow more space to position the individual's PODD communication book so that it is also readily available during the activity.
- Only add individual symbol cards to pages the communicator will frequently use to expressively communicate. This may be a reasonable compromise for individuals who benefit from pick up and give/show to expressively communicate, but are able to follow a partner's light/finger point for receptive communication.
- Only include high use vocabulary in each section, i.e. be more selective about which vocabulary to include in each section to reduce the number of pages in each section. The deleted vocabulary can be added to a symbol list in the communication book.

- Consider whether the individual could manage more on a page, e.g. use a 16 per page PODD template which has fewer pages. This may also be a reasonable compromise for pages primarily used by others to provide receptive input.

Materials

It is recommended that PODD books constructed for **direct pointing access are laminated using 80micron laminate**. Waterproof paper and thinner laminated pages are not recommended for anyone who slides their hand across or pushes onto the page when pointing as the pages move or scrunch up making it very difficult to read the point and eventually become damaged. Communication may also break down for individuals with additional sensory processing challenges if they “fiddle with”, flick or scrunch pages to seek additional sensory input. Thinner laminate or waterproof paper is only recommended for direct access when the individual has a very light, hand on and off, point and no additional sensory processing challenges.

DO NOT USE laminate thicker than 80 microns for any PODD communication book. PODD books have many pages to laminate and they can become heavy and unwieldy if thicker laminate is used. Even a few extra microns on each page can significantly add to the weight and thickness of the whole communication book. Matt finish laminate is recommended to reduce glare on communication book pages.

This one-page opening style PODD communication book works best when the pages can be folded completely back. Use **split ring or spiral binding**. **DO NOT put the pages in a folder or use a comb binding (see information on binding).**

Materials & Equipment List

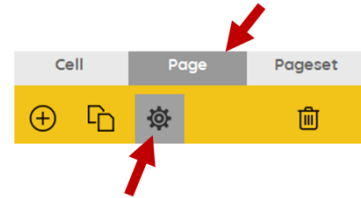
- Computer
- MIND Express®
- PODD® templates for Mind Express®
- Colour printer
- Laminator
- Scissors or blade knife (Stanley knife)
- Pen or marker
- Two pieces of plastic (21cm x 31cm) for the covers (e.g. covers of A4 plastic pocket books) or corrugated plastic sheet (Corflute® / Fluteboard®).
- Cloth duct tape
- 2 x split key rings and a single hole punch OR spiral binder and coil
- A4 plain paper
- A4 Label stickers - one label per sheet (approximately 55 sheets*)
- Matt 80 micron laminating pouches (approximately 160 (+ any separate activity displays you make) A4 pouches*) and pouch laminator OR a roll laminator with matt 80micron laminate roll.

* The precise number of pages will vary depending on individual customisation.

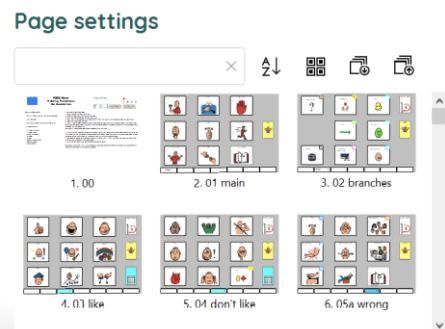
Preparing PODD book pages for printing

To print the PODD book pages in the correct order you will need to move the location of some pages in the main menu of pages (*page settings*).

- 1) Go to Menu > Edit (or press the F2 key)
- 2) Choose the Page tab at the top of the edit panel
- 3) Select the page settings icon (or press the F8 key) to view all of the pages in the *Page settings* window.
- 4) Check that your selected optional pages have all been moved into the main page set into the correct location and all unwanted pages with duplicate page numbers have been deleted (see instructions *to view, select and re-order options pages in Mind Express* in the Information file for *12 per page expanded functions*.)

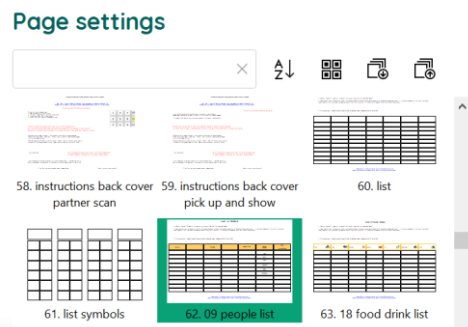
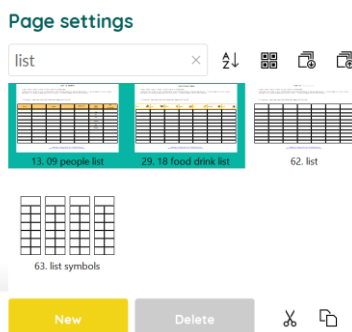
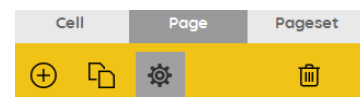


- 5) Check all the pages are in book order using the **PODD book page numbers** (ignore the Mind Express numbers). If required drag & drop or copy & paste pages into their correct location (using the PODD book page numbers).



- 6) **Move List pages.** Before printing the book, move the special list pages to the sticker section so you don't have to skip pages when printing and everything that is printed on stickers can be printed at once. To move list pages:

- a. Go to Menu>Edit (or press the F2 key)
- b. Choose the Page tab at the top of the edit panel
- c. Select the Page settings icon (or press the F8 key)
- d. Type the word "list" in the search field of the Page settings window to filter through the pages and view just the list pages.
- e. Decide if you will use the general *list* (written words only) or the *list symbols* (with space to draw pictures/graphic symbols) page. Select and delete the version you are not using.
- f. Select *09 people list* and *18 food drink list*. Cut these pages.
- g. Delete the word LIST from the search box to view all the pages. Scroll to the *list / symbol list* page. Select it and paste the *09 people list* and *18 food drink list* pages in order after the general list page.



- 7) Scroll to the last PODD page number (50 change/toilet in an unaltered page set; if alphabet section has been added it would be *51f alphabet* , if the *MyStories* section has been added, it will be the last page of the 55 section). **Take note of the Mind Express number associated with this PODD page.**

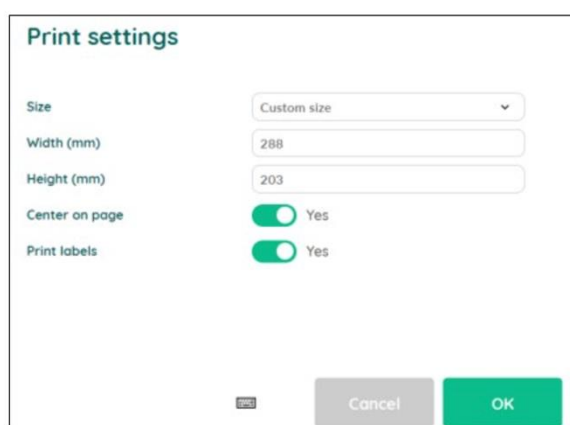
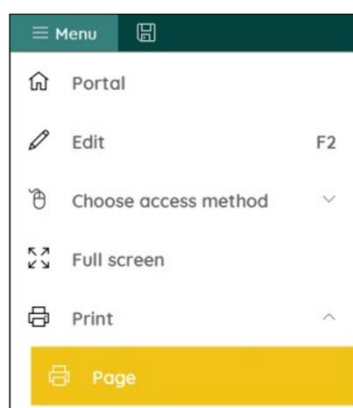
Printing main pages for direct access

Print PODD book pages from *01a main* to *50 change/toilet* (or the optional *51f alphabet* or the last page of the 55 *MyStories* section).

REMEMBER to print **TWO** copies of each page with pick up and give/show individual symbol cards.

Load your printer with A4 paper.

1. Navigate to page *01a main*.
2. If in Edit Mode, switch to User Mode by selecting Menu > Done edit (or press the F2 key)
3. Select Menu > Print > page and, without changing anything, select the OK button in the *Print settings* window



4. Choose which printer to use and then select the *Preferences* button
5. Select A4 as document size, Landscape as orientation
6. Then select the pages to print using the Mind Express numbers for pages (i.e. not the PODD page numbers on the tabs). The selected page range will be from 2 to the Mind Express number you previously noted for your last PODD book page (*50 change/toilet* or the optional *51f alphabet* or the last page of the 55 *MyStories* section).

TIP Separate the duplicates from the main book pages for later use.

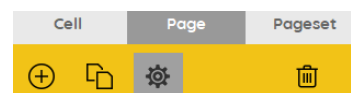
Scaled printing

This PODD book may be printed at a smaller size onto A4 size paper using the scaled printing settings for your printer.

Printing the lists and instruction page

Load your printer with **A4 label stickers** (one label per sheet)

- 1) Go to Menu>Edit (or press the F2 key)
- 2) Choose the Page tab at the top of the edit panel
- 3) Select the Page settings icon (or press the F8 key)



Special lists

There are two special lists in this PODD communication book.

- ✓ 09 people list
- ✓ 17a list
- ✓ 17b list
- ✓ 17e list
- ✓ 18 food drink list OR 18b and 18c symbol list (optional)

Locate these pages in the Page settings window. Note the Mind Express number for both pages.

Instructions for back cover

There are three versions of the instructions. Locate these pages in the Page settings window. Note the Mind Express number for the required page of instructions.

General Lists (list symbols)

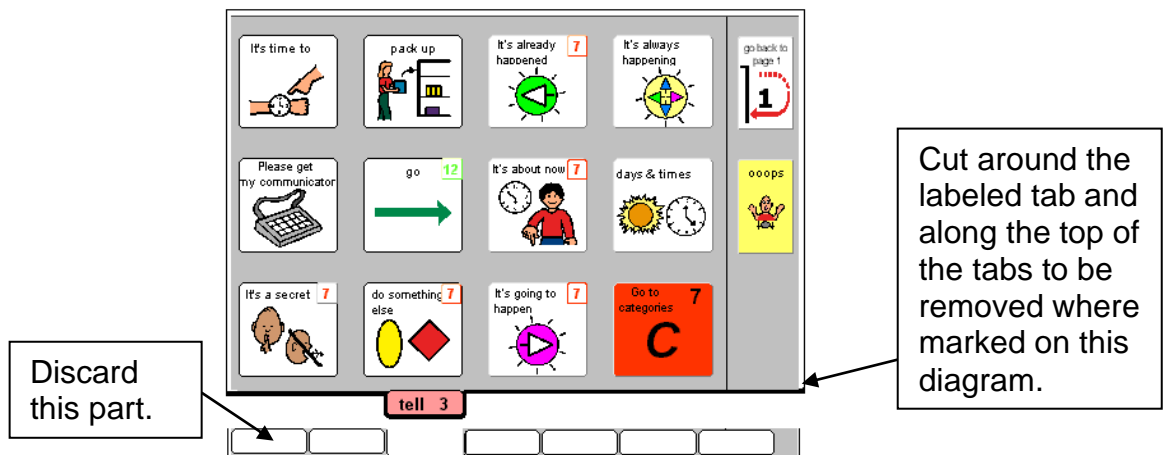
Locate the required list page in the Page settings window.

Open the page and check that the instructions are correct for the individual and that their name has been inserted. Note the Mind Express number for the required list page.

- 4) Note down the Mind Express numbers for each of these pages.
- 5) Switch to User Mode by selecting Menu > Done edit (or press the F2 key)
- 6) Select Menu > Print > page and, without changing anything, select the OK button in the *Print settings* window
- 7) Choose which printer to use and then select the *Preferences* button
- 8) Select A4 as document size, Landscape as orientation
- 9) Print one copy of each of the *special lists* and *Instructions for back cover*, using the Mind Express numbers to identify the pages to print.
- 10) Print the General list page. An unaltered page set requires 49 general *lists*. You may need to adjust the number of lists you print to allow for your customisation.
- 11) Put all the stickers aside for later.

Cut out the book pages

Compile **one set** of book pages (put the duplicate copies aside for later). Using scissors or a blade cut around the labeled tab and along the top of the other tabs on the page. Discard excess. See diagram below.



Repeat for every page of the book and put aside.

Laminate the book and the individual card pages

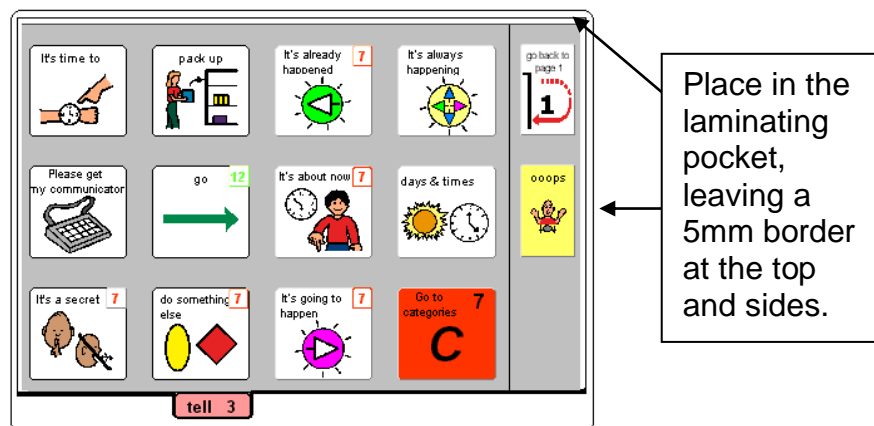
Important information re: Laminate thickness

PODD communication books have many pages to laminate and they can become heavy and unwieldy if thicker laminate is used. Even a few extra microns on each page can significantly add to the weight and thickness of the whole communication book.

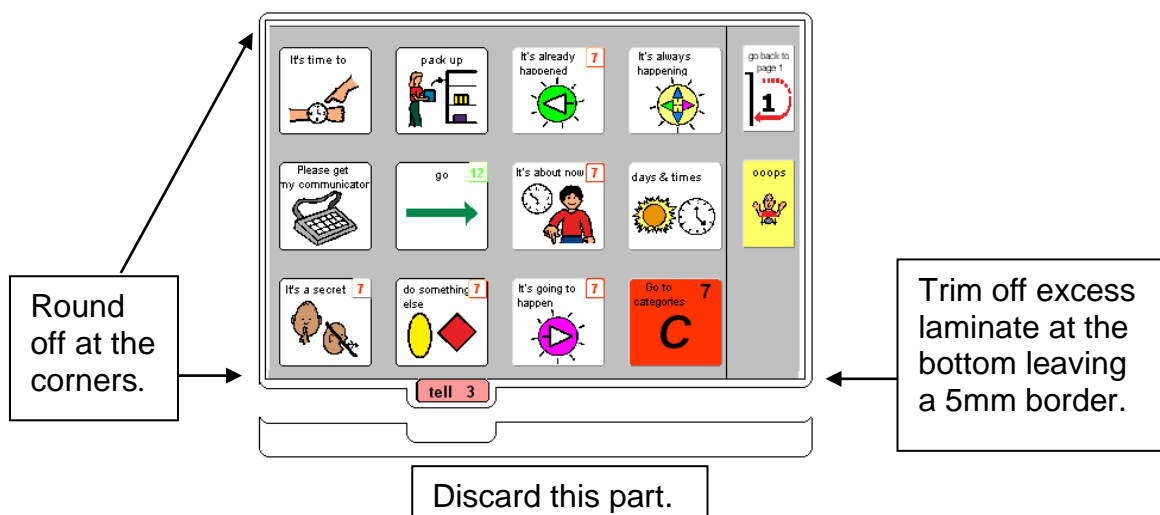
DO NOT USE laminate thicker than 80 microns.

1. Laminate all the un-cut duplicate pages to be made into individual cards for pick up and give/show access. Put them aside.
2. Place each page of the page set in a laminating pocket, leaving a 5 mm border at the top and sides of the page. Laminate the page set *01a main* through to *50 change/toilet* (or the optional *51f alphabet*) and the *Instructions sticker*.

Note: **DO NOT** laminate any of the *optional 55 story* pages. These pages are filed at the back of the PODD book in plastic letter files so that they can be removed and filled in when necessary.



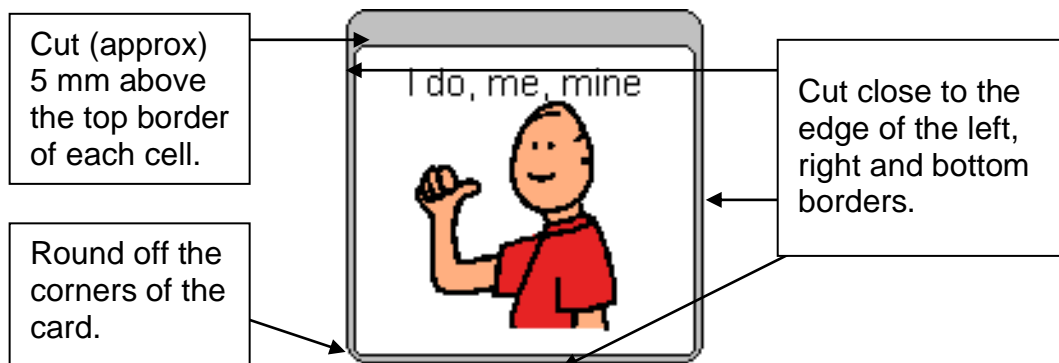
3. Trim off excess laminate from the bottom each book page leaving a 5 mm border. Round off at the corners for safety.



Cut out the individual symbol cards

TIP Cut out and attach cards to the pages one page at a time. (See below)
This saves time hunting for the right page to attach each card.

Take the second copy of the laminated pages and cut out each symbol close to the left, right and bottom cell borders. Cut approximately 0.5 cm above the top cell border. This leaves space to attach the card to the book page without covering the symbol with Velcro®. Round off the corners.

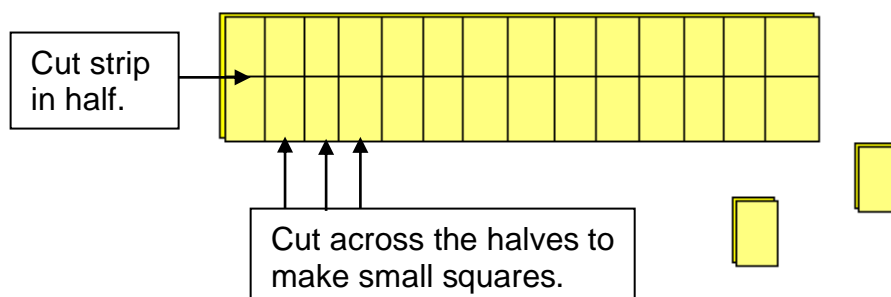


Attach the cards to the book pages.

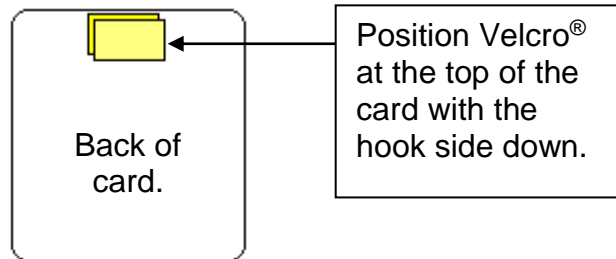
You may use **double-sided sticky tape** instead of Velcro® to attach the single cards to the page. However, the sticky tape loses its adhesiveness when it becomes dirty. If using double-sided sticky tape, someone will need to take responsibility to monitor and replace the sticky tape on a regular basis.

Attaching the single cards with Velcro®

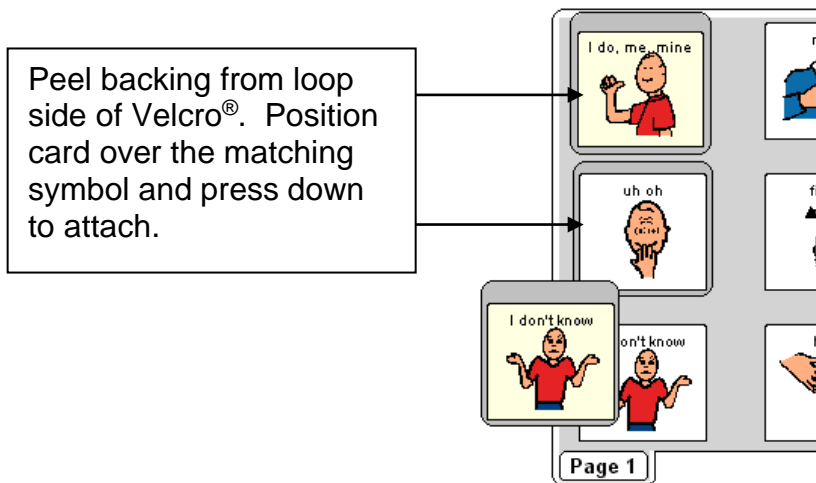
1. Attach hook and loop Velcro® strips to each other and cut into small rectangles (cut the strip in half lengthways, and then cut across the two halves of the strip to make 0.5cm rectangles).



2. Take the paper backing off the hook (rough) side of the pair and attach to the top of the individual card (on the strip above the cell border).

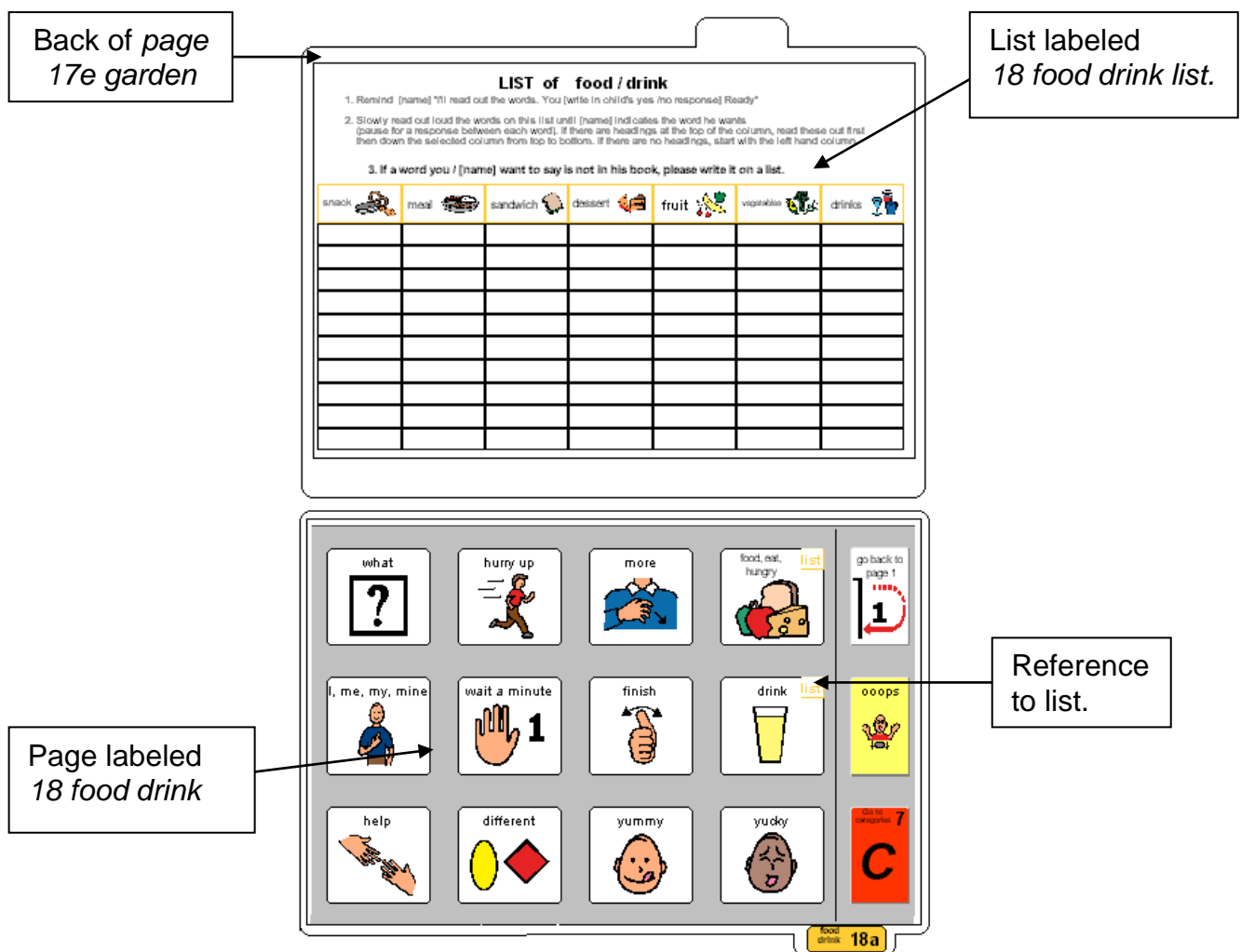


3. Peel the paper off the loop (soft) side of the Velcro®. Align the card over the top of the corresponding symbol on the book page. Push down to attach the Velcro® to the book page.



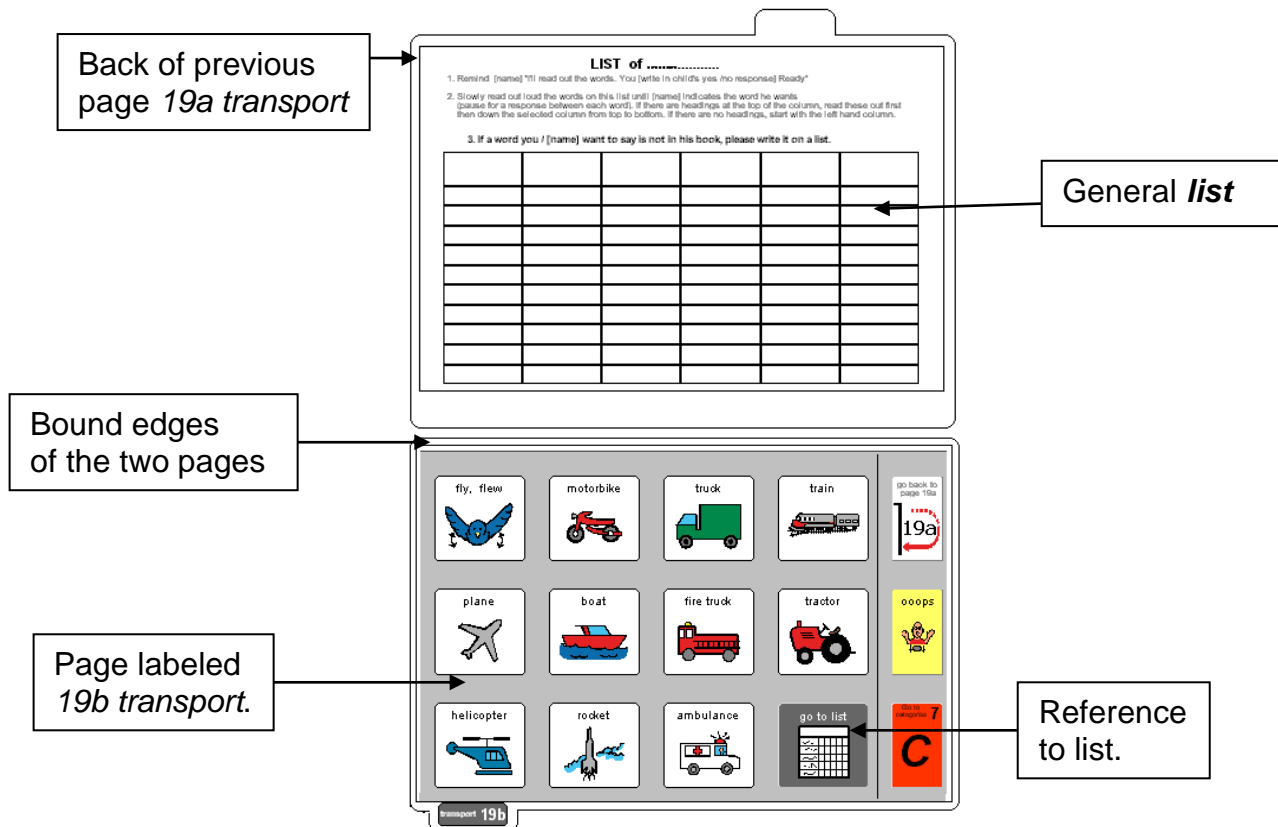
Adding the Special Lists

1. Trim the *special list* stickers close to the edges of the list border.
2. Put the laminated pages in communication book page order. Leaf through the communication book pages until you come to a section which has a special list. Turn to the page with the GO TO LIST instruction.
3. Peel off the back of the list sticker and stick it to the back of the previous page (as it will appear in the bound communication book). Note that the list is orientated so that it can be read when the book is opened at the page with the GO TO LIST instruction. See diagram below.

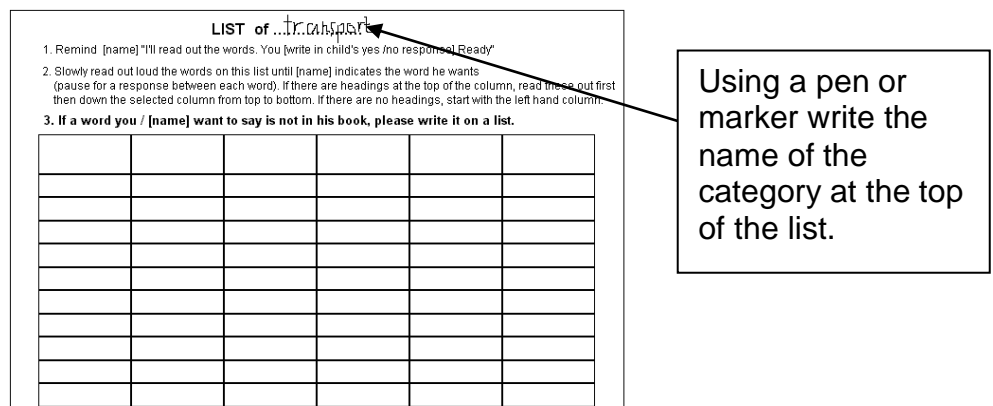


Adding the General Lists

1. Check that **all** of the laminated book **pages** are in the **correct order**
2. Leaf through the page set stopping when you come to a page that has a **GO TO LIST** instruction. Cut out a general *list* sticker. Peel off the back of the list sticker and stick it to the back of the previous page (as it will appear in the bound communication book). Note that the list is orientated so that it can be read when the book is opened at the page with the **GO TO LIST** instruction. See diagram below.



3. Using a pen or marker write the name of the category at the top of the list.



Special Pages

This PODD book has *optional* anecdote pages (*55 story pages*). These pages are filed at the back of the PODD book in clear plastic letter files so that the pages can easily be taken out and filled in with a pen.

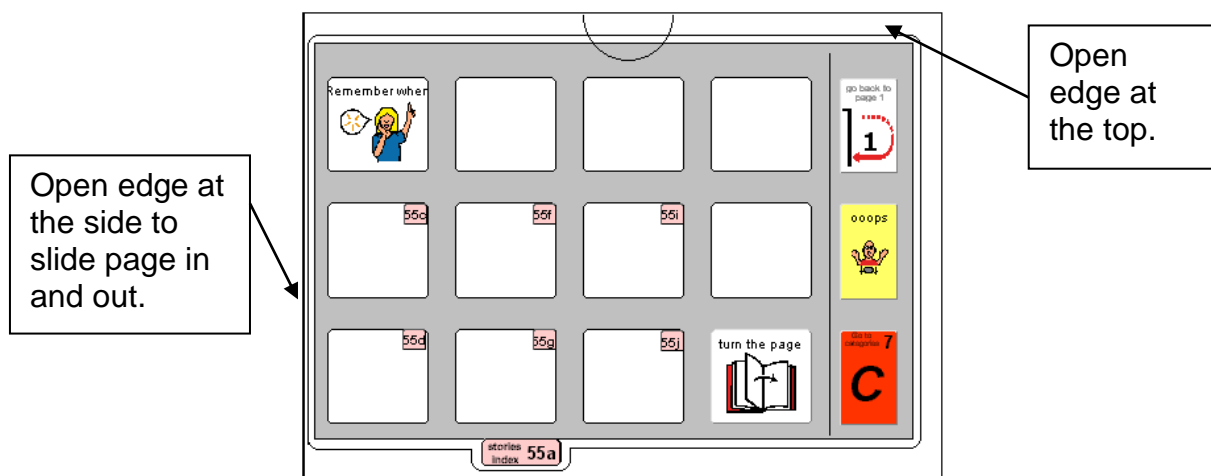
TIP Anecdote pages are not laminated.

You will need:

- Clear plastic letter files (available from most office supply stores).

Note: A large number of templates for 55 story pages are included with this page set. Including all of these pages in the PODD communication book would significantly add to the overall size and weight. Initially only include a few pages, e.g. *55a story index* and *55c-e story* pages. Additional pages can be added as required. If using a large number of anecdote pages, consider the use of a separate folder (see *Information file*)

1. Slide each *55 story* page into a letter file so that the longer open edge of the letter file is at the top where the book will be bound.



2. File in order at the back of the PODD book.

TIP Remove the page from inside the letter file when binding, so the page can't get caught in the binding. Bind only the letter file.

Make the Cover

To create the covers you will need:

- Laminated instructions actions for back cover printed on an A4 sticker.
- Two A4 size pieces of thick plastic (e.g. covers of A4 plastic pocket books). Make sure to round off any sharp corners on the cover.

1. Take the sticker labeled *Instructions back cover pick up and show*, peel off the back and stick it to the inside of the back cover.
2. Check that the pages are in order and add letter files for the *55 story* pages. Place the pages and the letter files between the covers

Binding the PODD book

This one page opening style PODD communication book works best when the pages can be folded completely back under the open page. **DO NOT** put the pages in a ring binder, folder or use a comb binding that restricts the book folding back on itself as the book will be more difficult to handle in a range of physical positions.

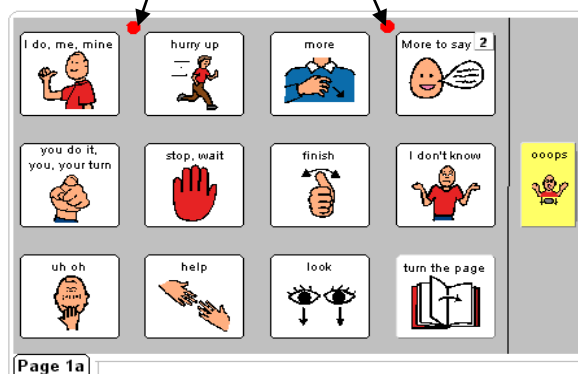
This type of PODD book works best when bound with split key rings or with a spiral binding.

Binding with split rings

Split key rings are more difficult to initially put pages in the book, **but worth it in the long-term as the pages are less likely to catch on the ring during page turning or fall out with use.** It is also possible to easily replace or add pages one at a time to the ring. Other types of hinged rings that open easily to add pages have been found to be very frustrating as they frequently open and pages fall out with use. Some people have used cable ties instead of rings, but it is difficult for pages to turn over the bump of the join in the tie.

1. Mark where to punch the holes on your pages, letter files and covers away from the pull off cards, approximately 6.5cm from the left side and 10.5cm from the right hand side. Punch the holes.

Ensure you punch holes between the cells away from the pull off and show cards.



2. Add pages to the split key rings. You may choose to close the opening on the ring after the pages are in place with a small piece of cloth duct tape. This stops the pages catching in the rings when in use.

Spiral binding

The book turns pages most effectively if the spiral is sized to fit the pages of the book. If a too big spiral is used, it takes longer to turn pages all the way over the excess spiral.

1. If you are using the covers of an **A4 Pocket book** cut off the existing line of holes.
2. Bind as per the instructions for your spiral binding machine.