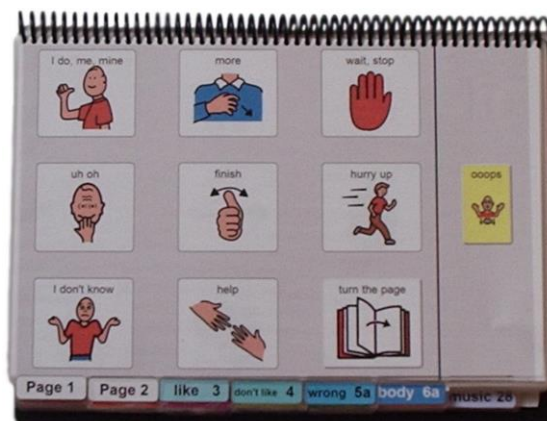


Construction

9 per page early functions, one page opening



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

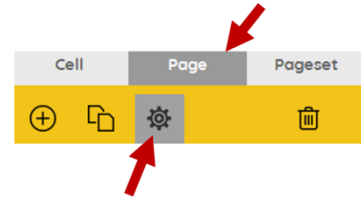
- Computer
- MIND Express®
- PODD® templates for Mind Express®
- Colour printer
- Laminator
- Scissors or blade knife (Stanley knife)
- Pen or marker
- Two pieces of plastic (21cm x 31cm) for the covers (e.g. covers of A4 plastic pocket books) or corrugated plastic sheet (Corflute® / Fluteboard®).
- 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 35 sheets*)
- Matt 80 micron laminating pouches (approximately 60 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.

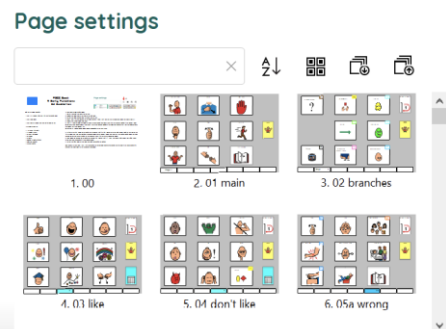
Preparing PODD book pages for printing

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*).

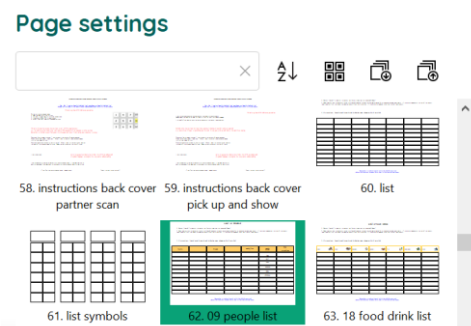
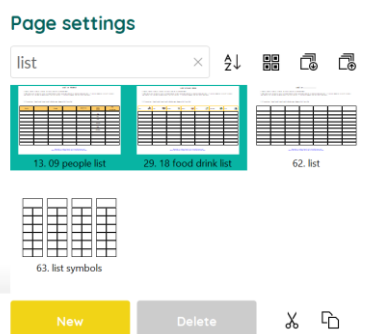
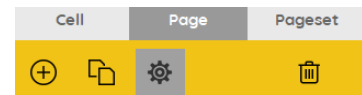
- 1) Go to Menu > Edit (or press the F2 key)
- 2) Choose the Page tab at the top of the edit panel
- 3) Select the page settings icon (or press the F8 key) to view all of the pages in the *Page settings* window.
- 4) Check that your selected optional pages have all been moved into the main page set into 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 *9 per page early 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 cut & 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.



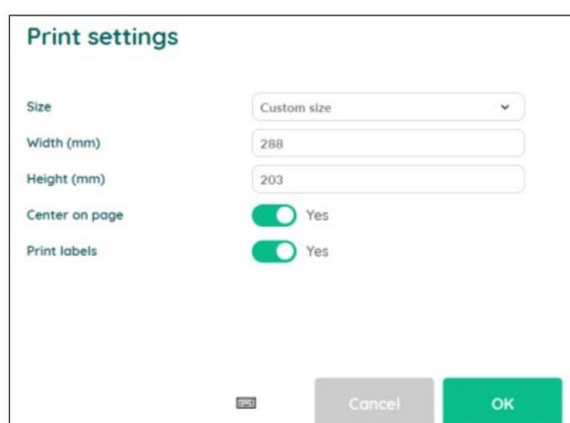
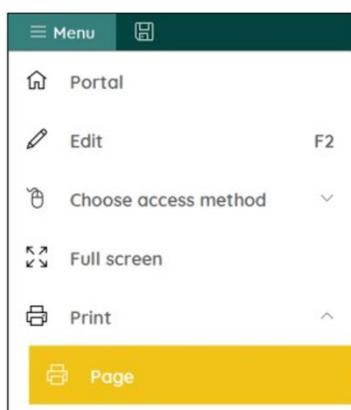
- 7) Scroll to the PODD page number 50 change/toilet. Take note of the Mind Express number associated with this PODD page.

Printing main pages for direct access

Print PODD book pages from **01 main** to **50 change/toilet**.

Load your printer with A4 paper.

1. Navigate to page *01 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 50 change/toilet.

Scaled printing

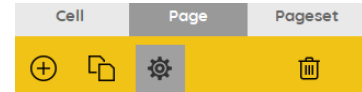
This PODD book may be printed at a smaller size onto A4 size paper using the scaled printing settings for your printer.

Using a fit-to-page setting in your printer, this book may also be printed onto A5 size paper (69% of the full A4 size paper).

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
- ✓ 18 food drink list

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)

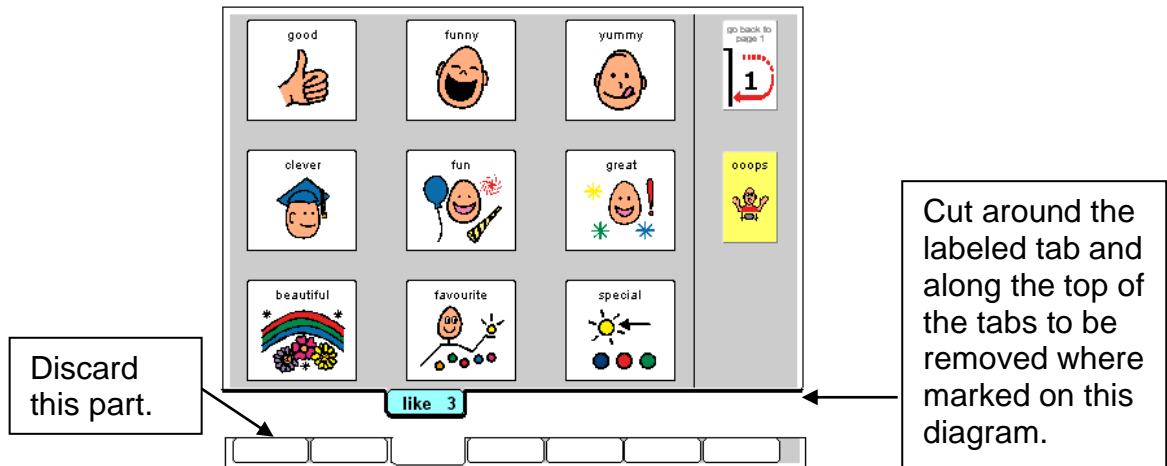
Locate the required list page in the Page settings window.

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 19 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 the set of pages. 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.

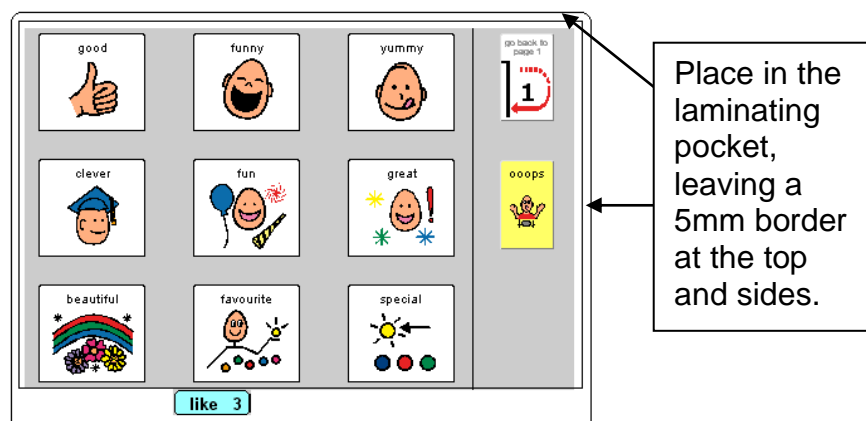
Laminate the page set

Important information re: Laminate thickness

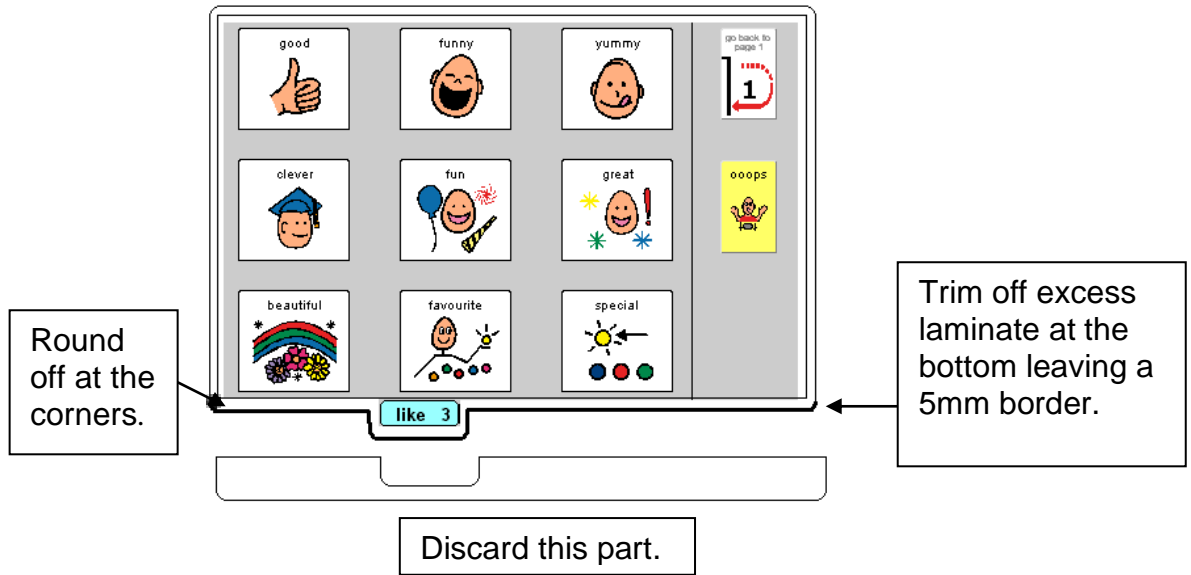
PODD communication books have many pages to laminate and they can become heavy and unwieldy if thicker laminate is used. Even a few extra microns on each page can significantly add to the weight and thickness of the whole communication book.

DO NOT USE laminate thicker than 80 microns.

1. 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 *01 main* through to *50 toilet* and the *Instructions sticker*.

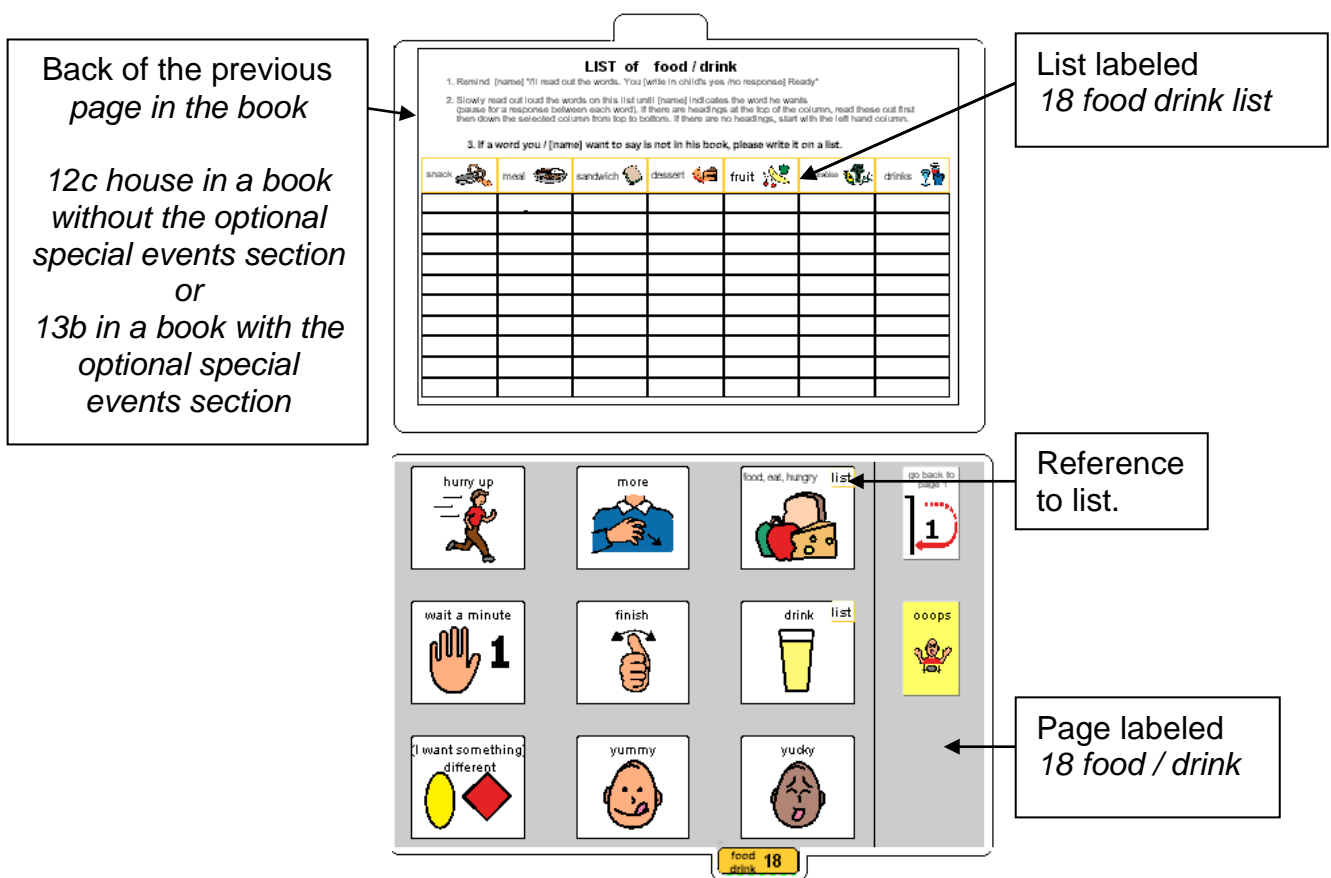


2. Trim off excess laminate along the bottom of the page leaving a 5 mm border. Round off at the corners for safety.



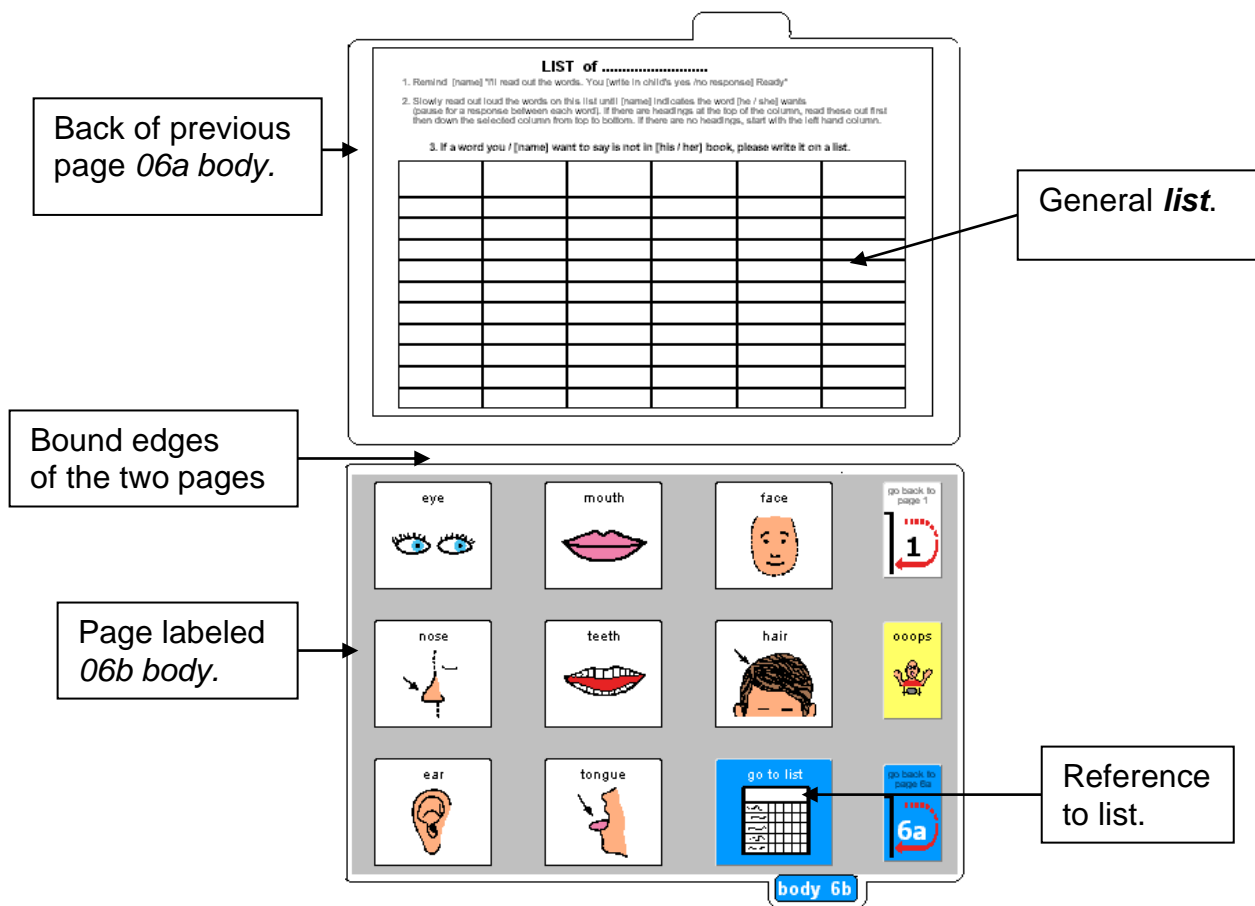
Adding the Special Lists

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.

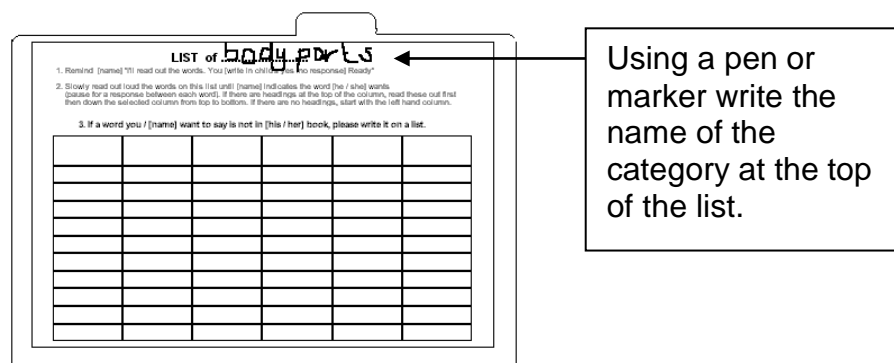


Adding the General Lists

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.



Make the Cover

To create the covers you will need:

- Laminated *instructions for back cover* printed on an A4 label 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.

Take the sticker labeled *Instructions back cover*, peel off the back and stick it to the inside of the back cover.

Binding the PODD book

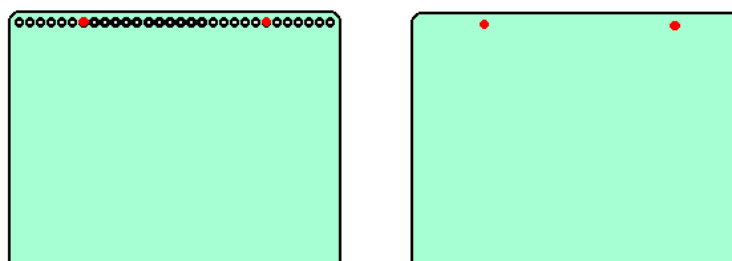
This one page opening style PODD communication book works best when the pages can be folded completely back under the open page. **DO NOT** put the pages in a ring binder, folder or use a comb binding that restricts the book folding back on itself as the book will be more difficult to handle in a range 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. If you are using the covers of an **A4 Pocket book**, select the sixth hole in from each end of the cover and use the cover as a template to mark where to punch holes on the pages. Otherwise, punch holes in the cover and page set approximately 8cm in from the sides of the cover.



2. Check your pages are in order. 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.