

Objects of Reference

Objects of reference is an approach that uses physical objects to represent a person, place, activity or idea. It supports people who find it difficult to use and/or understand other means of communication, such as speech, words, signing, photos and symbols.

Key Points

Saturday







Sunday



Objects of Reference can:

- Inform a person about their day
- Support transitions between activities
- Support a person to make choices and requests

Object	Represents
	Drink
	Bath time
	Music time
	Swimming

It is very important that the same object always means one thing. There should be an objects of reference grab sheet which lists each object and what the object represents e.g. a cup is being used to represent a drink or a piece of towel to represent bath time.



How to use Objects of Reference:

- Give the object to the person
- Say the word
- Allow plenty of time
- Consider timing - just before the event or activity
- Keep the object nearby throughout
- Consistency is key
- Make the objects available

label



Tips for using Objects of Reference:

- Start small
- Introduce new objects gradually
- Present the objects in the same way every time
- Consider labelling the objects