My Objects of Reference

A personal record of meaningful objects and shared understanding.

Add an optional photograph here

This booklet belongs to:

Add pages as needed. Keep this booklet with the individual.

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Using this booklet

This booklet records objects that have meaning for one individual.

Use one page for each object. Add more pages when needed.

Keep descriptions short and share them with people who support the individual.

Start with the individual

Choose objects linked to familiar, meaningful experiences.

An object is not automatically meaningful because an adult has chosen it.

Consider sensory access, preferences, positioning and existing routines.

Present the object

Offer the object in an agreed, accessible way. Allow time to explore and process what is being communicated. Do not rush.

A familiar song, sound or spoken cue can accompany an object when useful; not every object needs an additional cue.

Example: cooking

Object: Wooden spoon.

Meaning: Cooking is coming next, at school, home or with a PA.

Presentation: Offer the spoon for exploration; allow time to process.

A familiar cooking song may be used if part of the agreed routine.

Participation may include sensory exploration or supported switch use.

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A personal record to support understanding and communication.

The meaning of an object develops through the person's experiences and how consistently we present it.



Add a photo of the object here

Name of object

What it means for this person

When is it used?

How to present the object

Be clear and consistent.

How the person responds

What might we notice?

Things to remember

Helpful information for family and staff.

Review

Is the object still meaningful?

Date reviewed:

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Keeping My Objects of Reference Up to Date

A simple review to keep this booklet useful for the individual.

Name

Date reviewed

Who was involved in the review?

What is working well?

What needs updating or sharing?

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