

# Supporting Motor Planning in AAC

**Motor planning** is the ability to plan, sequence, and execute movements. In AAC, it refers to how users learn and remember where vocab is located and how to access it consistently.

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## Why it matters in AAC

- Consistent motor plan patterns help users build automaticity, similar to typing on a keyboard
- Reduces cognitive load - users don't have to search for symbols each time.
- Supports language development by enabling faster, more fluent communication

## Principles in Motor Planning

1. **Consistent layout:** Keep icon in the same spot across pages.
2. **Core Word Stability:** Core words should stay in **fixed** locations - this builds reliable pathways in the brain
3. **Vocab Growth with Location Stability:** start with a robust system, even if the user only accesses a few icons at first.
4. **Repetition with Variety:** teach motor plans through repeated practice in natural contexts (not drills).

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## AAC Systems that Support Motor Planning

- **LAMP Words For Life:** Designed around consistent motor plans.
- **Unity:** Uses icon sequencing with stable locations and motor patterns
- **TD Snap (Motor Plan):** Newer option that prioritizes consistent motor patterns by assigning each word a unique, unchanging place.
- **TouchChat with WordPower:** Core words in predictable spots; can be set up to minimize location shifts .
- **Proloquo2go:** Not inherently motor-planning based, but can be modified to support it (e.g., disable dynamic reordering, turn on "kickback" feature".

## Tips for SLPs

- Avoid rebuilding vocab sets frequently
- Model slowly and clearly so users can see where icons are located.
- Support repeated opportunities to use target words.
- Include gesture modeling or aided language stimulation to pair visual and motor channels.

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