

How to Create an Interests Book

What is it?

An Interests Book can be created to help people with limited communication to share with other people their interests and things they like.

It is very often a source of frustration for both the person communicating and the listener, when the person is trying to talk about the things they like, what they have been watching, places they been to etc. and is having problems making themselves understood. An Interests Book can help with this, acting as a prompt to the speaker and listener.

An Interests Book can also help with people who have difficulties initiating interactions.

How to Create

The book can be made in many ways and out of many things:

- It can be a scrap book in which pictures, photos, newspaper articles, magazines cut-outs, internet images etc can be stuck in
- It can be a photo album which can be used to hold pictures and photos etc
- It can be an A5 or A4 folder which the person can put in leaflets, maps, menus, magazines etc. and can grow as the person goes to more places or likes more things
- It can be made on computer using photos or Google images, and can be a mixture of written words and images

It is not important what is used or how the book is made, but what is important is the person has as much of a role in creating it as possible, ensuring it is *their* book, containing their interests and hobbies.

Example pages from an Interests book:

