"Functional" Communication is...

**Wrong:**
- Primarily requesting (i.e., asking for things)
- Limited to topics related to physical needs and activities of daily living
- Disproportionate emphasis on toileting, bathroom
- Limited language that is selected by someone other than the communicator

**Right:**
- Expressing your opinions and preferences
- Requesting what you want/need
- Protesting undesired actions, events, items
- Disagreeing, complaining, arguing, negotiating, telling people off
- Asking questions to get information about your life and topics that interest you.
- Talking about personal experiences and the world around you
- Self-advocating and making decisions related to your own life
- Using language to regulate yourself and your environment, as well as to direct others
- Establishing and growing relationships with others
- LITERACY! The ability to read and write allows complete communication autonomy.

It's any communication skills and/or strategies that allow you to "function" in the life YOU want to live!