

The following self-assessment tool was developed with extensive Consortium member input. It is designed to encourage the participant's reflection on their goals and interests following a peer support experience. Responses from each category can demonstrate the goodness of fit of the peer support experience for an individual, as well as the effectiveness of the peer support model, based on its goals. To allow for flexibility, response options are *I got this*, *I want this but didn't get it*, and *I don't want this* from the peer support experience. It should be noted that a participant might take part in peer support for only a few of the reasons on the list.

The statements could be rephrased to establish individual goals prior to accessing the peer support opportunity, and they may also be structured in a survey format that can help establish measurable outcomes. This qualitative approach to data collection can inform scholarly research while maintaining the emphasis on ensuring peer support engagement is person-centered. Additional survey, ethnographic study, and related qualitative methods can be considered in the future, as well.

Self-assessing goodness of fit and effectiveness in AAC Peer Support activities			
Individual effects: I Matter/We Matter	I got this	I want this but I didn't get it	I don't want this
I can be myself			
I am accepted for who I am			
I feel respected			
I feel valued			
I feel like I matter			
I feel like my opinion matters			
I feel included			
I'm not rushed or pressured to communicate			
People are comfortable expressing themselves			
We listen to each other			
If we disagree, we work through it			
Individual effects: Connections	I got this	I want this but I didn't get it	I don't want this
I feel less lonely			
I feel like I belong			

I have more friends			
I am part of a community			
I spend time with people like me			
I spend time with people I trust			
I spend time with people I respect			
Individual effects: Communication	I got this	I want this but I didn't get it	I don't want this
I am a good listener when others speak			
I am respectful of other people's communication (their method or tool, style, and/or skill level)			
I understand myself (I know how I feel and I know what I like and don't like)			
I can express myself better than I could before			
I learned new ways to use AAC			
I got better at communicating using AAC			
Individual effects: Personal growth	I got this	I want this but I didn't get it	I don't want this
I have more self-esteem or self-confidence			
I feel good about myself			
I can advocate for myself or speak up for myself			
I helped someone else with problems in their life			
I got help with problems in my life			
I got support to achieve my goals			
I met my goals			
I built leadership skills			
I am resilient			
I am satisfied			
I am confident			
Characteristics of the experience that are likely to increase participation	I got this	I want this but I didn't get it	I don't want this
There is a good structure and organization			
I know what to expect from the experience			

We meet or communicate often (at least once a month)			
We always meet at the same day and time			
There are guidelines that encourage everyone to participate			
This is a good fit for me			
I'm getting what I want out of the experience			
I look forward to participating			

It is important to note that any assessment tools need to be available in alternative and accessible formats for all individuals. It is also vital to consider and investigate factors that motivate and prevent the individual's engagement or participation, such as availability of support, transportation, accessibility, cost, etc.