

What is AAC?

A Simple Guide for Parents & Carers

If your child has been recommended AAC, you might be wondering what it actually means. This guide explains AAC in plain language — no jargon, just the facts you need.

What Does AAC Stand For?

AAC stands for Augmentative and Alternative Communication. It is a way to help people communicate when speaking is difficult or impossible.

AAC can include:

Symbol boards — cards or boards with pictures that represent words

Sign language — using hands to communicate

Speech generating devices (SGDs) — tablets or devices that speak out loud when a symbol is pressed

Low-tech tools — like pointing to pictures in a book

Who Uses AAC?

AAC is used by children and adults who find it hard to communicate through speech alone. This includes children with autism, cerebral palsy, Down syndrome, and complex communication needs.

AAC is not just for people who cannot speak at all. Many children use AAC alongside some spoken words to help them say more.

Will AAC Stop My Child from Talking?

This is one of the most common questions I hear from parents. The answer is no. Research shows that AAC does not stop speech from developing. In fact, it often helps children speak more over time.

AAC gives your child a way to communicate right now, while speech continues to develop.

Where Do I Start?

The best first step is to speak to a speech and language therapist. They can assess your child and recommend the right type of AAC for their needs.

If you have questions about AAC for your child, feel free to get in touch.

“Every child deserves a way to communicate. AAC opens that door.”

— Esosa Evbonaye, Specialist SLT

Get in touch: info@sosalin.com | 66 Paul Street, London EC2A 4NA | sosalin.com