Introduction to Augmentative and Alternative Communication (AAC)
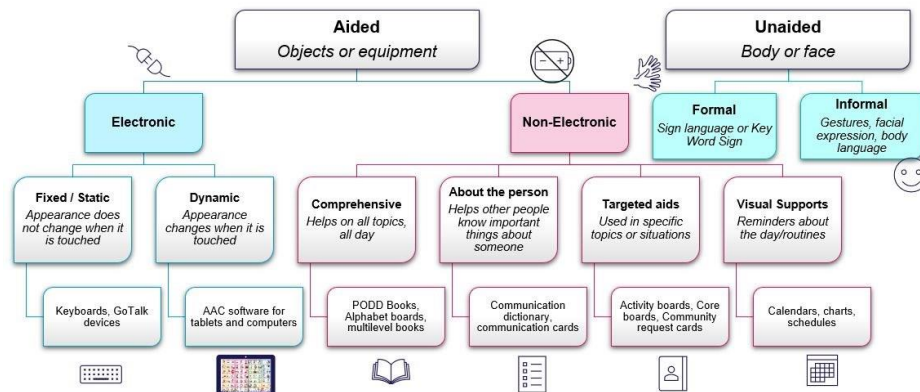
What is AAC?

AAC is short for Augmentative and Alternative Communication

It is a way of describing any method of communication that helps or replaces speech.

- *Augmentative means helping to amplify, expand, clarify*

- *Alternative means having options, something different, choices*

There are many different types of AAC, and a list can be found below:

Types of Augmentative and Alternative Communication

The purpose of AAC

The goal of communication is connection.

The purpose of AAC is to help people express their thoughts and make connections.

It can also used to help understand what others are saying.

Who uses AAC?

Everyone uses some form of AAC during their day. Some people rely on AAC for more or all of their communication needs.

Even though speech is easy for most people, different disabilities or mental health conditions mean that speech can be difficult or unreliable for some.

Someone's need for, or use of, AAC may change through the day depending on a range of factors that aren't always easy to see.

The myth of an AAC hierarchy

There is no one best way to communicate. What is easy for some is impossible for others.

Everyone makes choices every day about how they communicate:

- *choosing to send an email instead of calling;*

- *using a gesture instead of speaking in a quiet room;*

- *using one word instead of five.*

For someone who relies on AAC at different times, it is essential that the way they choose to communicate in that moment is respected.

For more information

For more information visit our website: Telethon: Country Kids Communicate (indigosolutions.org.au)[1]

Download this as a PDF document: Intro to AAC[2]

☏ Phone: 08 9381 0600

✆ Web: www.indigosolutions.org.au

✉ Email: help@indigosolution.org.au[3]

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[1] https://www.indigosolutions.org.au/our-services/services-for-schools/telethon-country-kids-communicate
[2] https://www.indigosolutions.org.au/docs/default-source/telethon-resource-sheets/00_anintrotoaac.pdf
[3] mailto:help@indigosolution.org.au