



FREE HANDOUT

AAC myths and facts

Ten things people often believe about AAC, and what research and professional guidance say instead.

AAC (augmentative and alternative communication) means all the ways to communicate besides speech, used alongside it or in its place.



gestures



picture boards



writing



apps that speak

1 **MYTH** "AAC will stop my child from learning to talk."

FACT Research hasn't found this. AAC doesn't hold speech back, and most studies found small gains in speech.

2 **MYTH** "AAC is a last resort, for when speech therapy has failed."

FACT AAC should be considered as early as possible, and used alongside speech.

3 **MYTH** "My child is too young for AAC."

FACT Children younger than three can start.

4 **MYTH** "A person has to be 'ready', or learn certain skills first."

FACT There are no prerequisites. No skills, test scores or milestones have to come first.

5 **MYTH** "AAC means an expensive speech device."

FACT Gestures, signs, pictures, paper boards and writing are AAC too.

6 **MYTH** "AAC is only for people who can't talk at all."

FACT Many people use AAC alongside speech: all the time, now and then, or for a short time.

7 **MYTH** "AAC is only for children."

FACT AAC is for all ages, including adults after a stroke, with ALS or in intensive care.

8 **MYTH** "You need good hand control to use AAC."

FACT People use AAC with their eyes, head, feet or a switch, or with a partner who reads out the choices.

9 **MYTH** "AAC should be limited like screen time, or kept for therapy."

FACT People who use AAC should always have it within reach. Screen-time worries don't apply to it.

10 **MYTH** "We tried AAC once and it didn't work, so it isn't for us."

FACT You can try again. It's never too early or too late.

Where these facts come from. Each one is a short version of an answer in our free guide, with links to the research and professional guidance behind it:
tapaac.com/aac-guides/aac-myths-and-facts

Every person is different. Questions?
Ask: