

# Voice Banking

When an individual still has the ability to be understood, it is important to create sound files and recordings of words, phrases, or feelings they most commonly use. While there are many devices that create a voice for you, there is nothing quite like the sound of you own voice!

- There are many different ways to voice bank depending on how you want to preserve your voice
  - Recorded Children’s Books
    - Hallmark/ Walmart
    - <http://record-a-story.com/>
    - [Amazon.com Recordable Books](#)
  - Model Talker
    - Creates a “synthetic” voice for free
    - Use voice with AAC device or computer
    - Inflection is created and may not sound natural
    - **Require good voice quality, 4-6 hours of recording**
    - <https://www.modeltalker.org/>
    - <https://www.modeltalker.org/faq/> <- FAQ for Model Talker
    - <https://www.youtube.com/watch?v=POLvpVSx970>
      - a great “how to” to get started with model talker
  - Big Talk
    - 20 second of recording that goes off with the hit of a large button. Record one message.
    - [Big Talk](#)
  - Microsoft Sound Recorder
    - Create sound files for free
    - <http://windows.microsoft.com/en-us/windows7/record-audio-with-sound-recorder>
  - Quick Time Recorder for Macs
    - Create sound files for free
    - Cut and edit sound files. Save to computer and even share these files to social media or in emails.
    - <https://support.apple.com/en-us/HT201066>



## Voice Banking

- Audacity
  - Free for most operating systems (including Mac and Windows)
  - Change the pitch, speed and even cut and mix sounds
  - <http://audacityteam.org/>
- Forms for ideas on what to record:
  - The ATC (Assistive Technology Clinic) has a helpful form to fill out for making phrases to save
    - <http://www.alsforums.com/guides/documents/Voice-Banking-Guidelines.pdf>
  - This form is a good start to recording phrases
    - [http://www.startraining.org/file.php/9/Voice\\_Banking\\_Message\\_List.pdf](http://www.startraining.org/file.php/9/Voice_Banking_Message_List.pdf)
- Tips for voice banking
  - Do at a time you are most energetic and happy
  - Remember to speak clearly
  - Take deep breaths before starting each recording, and strive to carry your breath throughout the whole recording or pause slightly in the middle to catch more breath. Starting strong and then fading out will create a less than optimal recording
  - If you feel lightheaded, frustrated, or tired take a break
  - Take frequent breaks to rest your voice and stay hydrated. Take sips of water between recordings.
  - Keep a sense of humor about this very serious endeavor
  - Go easy on yourself- few of us like the sound of our own voice when it is played back until we lose it. The people around you will miss it too so consider this a chance to embrace it for what it is, an extension of you.

