

## What is voice and message banking?

Some patients with ALS may experience difficulty with speech or may have a weak voice. Voice banking is a pro-active strategy for saving important messages as well as the sound of your own voice for future use. It is recommended that you begin voice and/or message banking as soon as possible in order to capture the best quality of your voice for recording.

## Voice Banking versus Message Banking

**Voice banking** records your voice using computer-based software. It requires you to record over 1,000 sentences which are then converted into a synthetic voice that you can download and use on your computer or a Speech Generating Device (SGD). Some examples are:



**ModelTalker™** ModelTalker (<https://www.modeltalker.org>) which costs \$100. With a diagnosis of ALS, Team Gleason has volunteered to pay the cost of the voice for you. To register for free Voice Banking, please visit: [www.teamgleason.org/modeltalker](http://www.teamgleason.org/modeltalker).



**CereProc™** CereProc (<https://www.cereproc.com>) which is a higher quality text-to-speech creation software which costs approximately \$650.




**Acapela My-Own-Voice** (<https://www.acapela-group.com/voices/voice-banking/>) with an outright purchase price of \$999.00 or a subscription option for \$99/year.



TM Vocal Legacy (<https://vocalid.ai/individual/vocal-legacy/>)

which costs \$1499.

**Message banking** is more informal and can be a great way to make audio files. You can record your voice saying a variety of messages. Your recorded messages can be placed on your SGD for future use.

There are several different microphone options available. One of the best headset options providing the highest quality of your voice is called the Sennheiser PC 36 ™. ModelTalker strongly recommends that you record with a headset USB-interface microphone.

### **How long does it take to record?**

According to ModelTalker, recording the full inventory (1600 sentences) will typically take a strong speaker about 6-8 hours. We suggest the recording process be done over several days, for short periods of time and at the same time each day.

It should also be noted that prices listed above can vary and are subject to change.

### **Suggestions for success?**

- Record your voice during the time of day when you are most energetic and speaking clearly
- Take deep breaths before starting each recording and strive to carry your breath through the entire recording
- Take breaks when you feel tired

- Choose a quiet environment (recording is most successful when the room is completely silent such as removing a ticking clock or keeping the windows shut)
- Record and save each phrase as a separate file

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