



6 ways to use the phone if you have trouble speaking clearly

Resources

- Sprint Relay (www.sprintrelay.com) offers National Relay Service and contracts with many states for state-run relay service.
- [Youtube.com](https://www.youtube.com): Search for the type of relay service you are interested in to see examples.

Tips to improve your speech clarity

- Talk in a quiet room. Ask your listener to do the same.
- Speak a little louder.
- Make bigger mouth movements than normal.
- Clearly state your topic.
- Use the names of people and places rather than general words like "he/she" or "there".
- Pay attention to your listener. People often make noises or say quick phrases to show if they are understanding.
- Check to be sure your listener understands: listeners often pretend to understand out of politeness. Ask questions or repeat important information.

Speech-to-Speech (STS) relay service

- Mild to moderate speech impairment.
- Dial 711 from any phone and ask for STS relay.
- You speak, and a trained operator repeats to clarify.
- You hear the person on the other end.
- You choose if that person can hear you.
- Call nearly anywhere in the world, 24/7.
- Free, but long distance charges may apply.
- Check your state program for languages offered.



Hearing Carry Over (HCO) relay service

- Moderate to severe speech impairment.
- Obtain TTY device from your state program.
- Connect your regular or cell phone to TTY device.
- Dial 711 from the TTY and ask for HCO relay.
- You type, and an operator reads your message.
- You hear the person on the other end.
- Call nearly anywhere in the world, 24/7.
- Free, but long distance charges may apply.

Sprint IP relay service

- Moderate to severe speech impairment.
- Register with Sprint IP Relay to get your phone number.
- Use with your smartphone, computer, or tablet via web browser or Sprint IP Relay app.
- You type and an operator reads to your caller.
- Free service, but long distance charges may apply.
- International calls not allowed.
- English and Spanish, but no translation

Speech-generating device (SGD)

- Moderate to severe speech impairment.
- Use your SGD or communication app to produce verbal speech during a normal phone call or while using STS relay.
- Your SGD may offer other telephone services.
- If you can't use your fingers to type, you may be able to use tools like a stylus, mouse, or head-pointer.
- SGD allows you to prepare messages prior to the call and create new messages on the fly.

Speech-generating device (SGD) with eye-gaze control

- Moderate to severe speech impairment.
- If you can't use your hands or other tools to interact with an SGD, you may be able to use your eyes.
- Infrared cameras track where your eyes are looking on the computer screen.
- When you want to select a letter, word, or message, you stare at it or blink your eyes.
- Use your SGD or communication app to produce verbal speech during a normal phone call or while using STS relay.
- Your SGD may offer other phone services.
- SGD allows you to prepare messages prior to the call and create new messages on the fly.

See the article for more details:

<https://eatspeakthink.com/6-ways-to-use-phone-if-have-trouble-speaking-clearly/>