

Message banking

What is message banking?

- Recording words, phrases, and sentences for later use in a communication device.
- These messages are used “as-is”. While you can’t create new utterances with standard message banking, you can communicate with your true voice even after loss of speech.

Who can bank messages?

- Anyone can bank their voice as insurance against future loss.
- Anyone who’s at risk of losing their voice should consider it.
 - Neurological disorder such as ALS or Parkinson’s disease.
 - Head & Neck cancer involving surgery to the mouth or throat.
 - Planned medical treatments that may interfere with talking.

Who created the free message banking program?

- John Costello (SLP) with his team at Boston Children’s Hospital and Tobii Dynavox.

How much does it cost?

- No charge to use the program, download the messages, or store the messages.

Where can I find the free message banking program?

- Log into the program via either website: myMessageBanking.com or myTobiiDynavox.com.

What equipment do I need?

- A computer with a good internet connection.
- A decent handheld voice recorder, such as the Zoom H1 recorder.

What are my options?

- Bank any number of messages and use them alongside a synthesized voice.
- Bank a large number of messages and use them to create your own synthesized voice.

What are the steps I should follow?

1. Record messages that you think of yourself. (see below)
 - a. Keep the recorder with you and record whenever you say something you want to keep.
 - b. This way you'll capture the emotion and personality expressed in the moment.
 - c. You can always re-record in a more quiet setting if necessary.
2. Log in to your account at myTobiiDynavox.com or myMessageBanking.com.
3. Upload your .wav files.
4. The program will run your files through IBM Watson, which will automatically transcribe each file.
5. Listen to each file and make sure the printed text matches what you say. Correct errors.
6. Add one or more tags to each message to help organize them.
7. When you're ready, download the files in a .zip file.
8. Import your messages to your AAC device or app.

Why shouldn't I just read from a script?

- John Costello strongly recommends capturing your own true messages.
- The whole point of message banking is to capture your unique personality:
 - What you choose to talk about.
 - The words you choose to say it.
 - The emotion, humor, and pacing of how you say it.
- But as a last resort, he does offer a PDF with [more than 60 pages of messages](#) other people have banked.

Can I use my banked messages to create a synthesized voice?

- Yes! Acapela now offers a way to use a large sample of banked messages to create a synthesized voice.
- The synthesized voice should resemble your voice, but will sound machine-like.
- Benefit: you can use your communication device to put together new messages which would be spoken by your synthesized voice.

How can I learn more about message banking?

- Message banking tutorial: <https://eatspeakthink.com/message-banking-tutorial/>
- Free message banking site: myMessageBanking.com

How can I learn more about voice banking?

- Voice banking tutorial: <https://eatspeakthink.com/voice-banking-tutorial/>
- My Own Voice by Acapela: <https://mov.acapela-group.com/>
- ModelTalker: <https://www.modeltalker.org/>