

Resources for neck surgery

Digital copies of your voice: Voice banking and message banking

- The Voice Keeper <https://www.thevoicekeeper.com/>
- Acapela <https://mov.acapela-group.com/>
- ModelTalker <https://www.modeltalker.org/>
- Tutorials:
 - <https://eatspeakthink.com/voice-banking-tutorial/>
 - <https://eatspeakthink.com/easy-voice-banking-with-voicekeeper/>

Living Will, Advance Directives, Health Care Representative

- CaringInfo <https://www.caringinfo.org/planning/advance-directives/by-state/>

Be proactive about being 100% accurate with your medications

- <https://eatspeakthink.com/31-creative-ways-to-take-your-medication/>

Repeat back what you're told. Every time.

- Research shows we immediately forget 40-80% of the medical information we are told. 50% of what we remember is wrong.
- Politely ask, “Can I repeat back what I understood, just in case I got something wrong?”

Ask questions and organize your notes

- <https://eatspeakthink.com/make-a-memory-notebook/>