

Client Handout: Voice Banking, Message Banking, Story Banking, and Legacy Banking

For individuals with degenerative conditions, preserving your voice and stories can be a valuable way to maintain your identity and communication. This handout explains voice banking, message banking, story banking, and legacy banking, and why you might consider these options.

Voice Banking

What is Voice Banking?

Voice banking is the process of recording and storing your voice while it is still strong. These recordings can be used to create a synthetic voice that sounds like you.

Why Should You Consider Voice Banking?

- Maintain your voice: Ensures you have a personalized synthetic voice if you lose the ability to speak.
- Enhanced communication: Helps you continue to communicate in a voice that is familiar to you and your loved ones.
- Emotional connection: Preserves the unique sound of your voice for future use.

Message Banking

What is Message Banking?

Message banking involves recording specific phrases, sentences, or messages in your natural voice. These messages can be played back as needed.

Why Should You Consider Message Banking?

- Personal touch: Allows you to convey your unique expressions and tones.
- Emotional comfort: Provides comfort to loved ones hearing your voice in meaningful phrases.
- Convenience: Offers a quick way to communicate frequently used messages.

Story Banking

What is Story Banking?

Story banking is recording personal stories, memories, and experiences in your own voice. These recordings can be preserved and shared with family and friends.

Why Should You Consider Story Banking?

- Preserve memories: Keeps your personal stories and memories alive for future generations.

- Strengthen bonds: Shares your life experiences and values with loved ones.
- Legacy creation: Helps create a personal legacy that reflects your journey and identity.

Legacy Banking

What is Legacy Banking?

Legacy banking involves recording and preserving messages, stories, advice, and personal reflections intended for future generations. It is a way to leave behind a comprehensive personal legacy.

Why Should You Consider Legacy Banking?

- Lasting impact: Ensures your voice, wisdom, and experiences are passed down to future generations.
- Emotional support: Provides guidance and comfort to loved ones even after you're gone.
- Personal heritage: Helps maintain your family's history and heritage through your personal contributions.

How to Get Started

1. Choose a service: Research online services that offer voice, message, story, and legacy banking. Some popular options include VocaliD, Acapela, and MyHeritage.
2. Prepare your recordings: Find a quiet environment for clear recordings. Use a high-quality microphone if possible.
3. Record: Follow the service's instructions to record your voice, messages, stories, and reflections.
4. Store and access: Store your recordings securely. Many services provide cloud storage for easy access.

How Your Speech Pathologist Can Help

Consult your speech pathologist for guidance on effective recording techniques and tools.

Remember

Taking steps to preserve your voice, messages, stories, and legacy can make a significant difference for you and your loved ones. By engaging in these banking activities, you ensure that your voice and personal legacy are cherished and remembered.