

Voice and message banking

Use this guide to:

- understand voice and message banking
- understand your options
- get started with voice and message banking
- explore your options with your speech pathologist.

About this guide

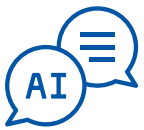
This guide is designed to be used when **preparing for changes in speech**. It is part of the *speech and communication in MND* series of guides and practical tools. This series was developed with MND Queensland, people living with MND, and their carers to help prepare for and adjust to speech changes, get support, and stay connected.

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What's the difference?

Voice and message banking tools help you keep your voice in conversations if you use a computer or tablet to speak. You may be able to do both at the same time. Voice and message banking are similar, but not the same.



Voice banking

- You record many short phrases.
- A computer uses these recordings to create a voice that sounds like you.
- Later, you can use this voice in a communication device.
- You can use the voice to say any new message, with text to speech generation tool.



Message banking

- You record meaningful phrases in your real voice.
- Examples:
 - I love you
 - Cheers
 - Good morning
 - Come on Broncos!
- The messages can be played back on a device later.
- These messages cannot be changed.

Timing is important

Banking your voice is about keeping your voice, your personality, and the phrases that matter most to you. Starting early gives you more options and better results.

If you haven't banked a voice

You can still use a digital voice that comes with most devices. These voices are natural-sounding and customisable (male/female, pitch, accent).

Your speech pathologist can help pick one that feels right for you.

Getting started: step by step

Voice banking



Ask your speech pathologist to guide you through the process.



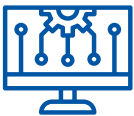
Choose a service (see list below).



Set up your equipment: Use a computer and a good microphone in a quiet space with reliable internet.



Record the set phrases.



The voice banking service builds your digital voice to use later.

Message banking



Make a list of special phrases that are meaningful to you and your family.



Record phrases individually on your phone, computer, or a digital recorder.



Save messages in MP3 or WAV format.



Ask your speech pathologist to help upload files into a communication app or device, when needed.

Tips for success

- Start early, before speech gets too weak.
- Take breaks, don't rush.
- Back up your files on a USB or cloud.

There's no single right option – your speech pathologist can help you decide.

Voice banking options

Commonly used services

Options for voice banking are constantly changing. Here are some commonly used services:

- **Acapela My Own Voice** – widely used in Australia, works well with digital devices.
- **ModelTalker** – free, but less support.
- **CereProc** – UK-based, creates natural synthetic voices.
- **ElevenLabs** – natural sounding, needs only short recordings. Free, but may not be suitable for all digital devices or offline use. Works with some communication software.
- **Voice Keeper** – web-based, works with some communication software.

Things to consider



If you don't plan to use technology for communication:

You may decide not to voice bank. But keep in mind that some people later find they want a device when speech becomes too hard, and by then it may be harder to record clearly.



If you start late

The service may not be able to capture your natural voice well. Early recording gives you more control and better results.



Message banking

Is quick and low cost. Even if you choose not to voice bank, saving a few special phrases is often worthwhile.

Can I use old recordings?

Some services (like ElevenLabs and others) can now build a synthetic voice from old recordings, such as family videos, or recordings.

This can be useful if banking wasn't done early, but it depends on the quality and amount of audio available.

Results vary, and this option may not sound the same as your natural voice.