



## **Resources**

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This chapter provides more information on products, resources, and organizations relating to speech recognition and healthy computing.

### **NaturallySpeaking Accessories**

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Here a few of the many add-ons that make using NaturallySpeaking faster, easier, and more fun. To learn more about or to purchase products, contact the manufacturer, your local Dragon reseller, or SayICan.com. (See “Where to Buy,” page 233.) Because prices change frequently, pricing information is not included here.

## **Microphones**

### ***Headsets (Wired)***

#### **Parrott-10**

Most users find that this easily adjustable headset mic gives excellent recognition results.

VXI Corporation  
One Front Street, P.O. Box 490  
Rollinsford, NH 03869

[www.vxicorp.com](http://www.vxicorp.com)  
(603) 742-2888

#### **Andrea ANC-500**

This headset includes “active noise cancellation”—circuitry that removes noise from the speech signal. Use this type of microphone to dictate on an airplane, near an air conditioner, or in other high-noise environments.

Andrea Electronics  
11-40 45th Road  
Long Island City, NY 11101

[www.AndreaElectronics.com](http://www.AndreaElectronics.com)  
(800) 707-5779

### ***Headsets (Wireless)***

Wireless microphones free you from being attached to the computer so you can move around as you dictate. Some wireless headsets work by infrared, like a television remote control. Others work by radio signals, which have a wide range but are more subject to interference. Wireless microphone manufacturers include Andrea (see contact information above) and Shure.

Shure Brothers  
222 Hartley Avenue  
Evanston, IL 60202

[www.shure.com](http://www.shure.com)  
(847) 866-2200

### ***Handheld***

#### **Philips SpeechMic**

This comfortable handheld microphone includes a trackball and mouse buttons so you can point and click with the same device you use for dictating. You'll especially like this mic if you're used to dictating into a tape recorder with the recorder or microphone close to your mouth.

Philips Speech Processing                      [www.speech.be.philips.com](http://www.speech.be.philips.com)  
64 Perimeter Center East, 6th Floor      (800) 326-6586  
P.O. Box 467300  
Atlanta, GA 31146

### **Sennheiser**

This company makes expensive (around \$500) handheld microphones of excellent quality.

Sennheiser Electronic                      [www.sennheiser.com](http://www.sennheiser.com)  
One Enterprise Drive                      (860) 434-9190  
Old Lyme, CT 06371

### **Stalk Microphones**

These small, stubby microphones work well with portable voice recorders. A stalk model with the same electronics as the VXI Parrott-10 is sold by VXI as the Portable Parrott (see contact information above) and by SRT Distribution.

SRT Distribution                              [www.srtdist.com](http://www.srtdist.com)  
10250 Valley View Road, Suite 143      (800) 886-3996  
Eden Prairie, MN 55344

## **Recorders**

### **Dragon Voice-It**

This digital recorder is sold as part of Dragon NaturallySpeaking Mobile, where it's bundled with NaturallySpeaking software. It is also sold separately. This unit has an appealing design and very good recording quality. It also transfers speech files to NaturallySpeaking fairly easily. Achieving best accuracy requires using an external microphone (such as a headset or stalk microphone). Contact Dragon Systems at [www.dragonsys.com](http://www.dragonsys.com) or Voice-It.

Voice-It Worldwide                      [www.voiceit.com](http://www.voiceit.com)  
2643 Midpoint Drive                      (800) 478-6423  
Fort Collins, CO 80525

### **Olympus D1000**

The Olympus digital recorder stores your recorded voice on small flash memory cards. The Olympus unit has an excellent built-in microphone and very good recording quality.

Transferring speech files to NaturallySpeaking ranges from easy to difficult depending on your hardware setup.

Olympus America	<a href="http://www.olympus.com">www.olympus.com</a>
Two Corporate Center Drive	(800) 622-6372
Melville, NY 11747	

### **Norcom and Philips Minicassette Recorders**

These devices record on minicassette tapes, which are slightly larger and of higher quality than more familiar microcassettes. All these models are comfortable to use and have good-to-excellent built-in microphones. Recording quality is good, and playing your recorded speech into NaturallySpeaking is simple. The Norcom VoicePort model also functions as a handheld microphone while it's plugged in to the computer. These recorders are good options for people less familiar with computers or who value simplicity.

Philips recorders should be used with the SpeechStar filter, available from SRT Distribution (see contact information above).

Norcom Electronics	<a href="http://www.norcom-electronics.com">www.norcom-electronics.com</a>
30 Lindeman Drive	(203) 374-1500
Trumbull, CT 06611	

### **Sony Minidisc Recorders**

Minidiscs have excellent recording quality and can record over two hours on one disk. The MZ-R50 model is appealingly compact but seems designed only for recording and playing music. It is difficult to operate for dictation and has no built-in microphone or speaker. The MZ-B3 model does have an excellent built-in microphone and works well with NaturallySpeaking. However, it's at least twice the size, weight, and price of the other recorders described here.

Sony Electronics	<a href="http://www.sony.com">www.sony.com</a>
One Sony Drive	(800) 342-5721
Park Ridge, NJ 07676	

### **Vocabularies**

Physicians, attorneys, and law-enforcement personnel can purchase specialized vocabularies to work with NaturallySpeaking. An orthopedist, for example, will typically achieve better accuracy using NaturallySpeaking Professional plus an

orthopedic specialty vocabulary than he or she will achieve using NaturallySpeaking Medical Suite, which includes more general medical language. Voice Automated and KorTeam are two leading manufacturers of add-on vocabularies.

Voice Automated 215-1/2 Main Street Huntington Beach, CA 92648	<a href="http://www.voiceautomated.com">www.voiceautomated.com</a> (800) 597-6600
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KorTeam International 777 Palomar Avenue Sunnyvale, CA 94086	<a href="http://www.korteam.com">www.korteam.com</a> (408) 733-7888
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### **Macros**

KnowBrainer is a different kind of vocabulary add-on. It adds several thousand macros to NaturallySpeaking Professional, Legal, or Medical editions, making it easier to control various parts of Windows and your applications.

Alpha Omega Consulting Group 716 Vauxhall Drive Nashville, TN 37221	<a href="http://www.aocg.com">www.aocg.com</a> (615) 662-9537
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### **The Shortcut Guide On-Screen Reference**

The Shortcut Guide to NaturallySpeaking is an on-screen quick reference card that can help you remember and use NaturallySpeaking commands. You press a few keys or say a voice command to display the on-screen help cards. The Shortcut Guide was created from many of the command tables in this book, and it's published by Shortcut Software. For more information or to purchase the guide, visit [SayICan.com](http://SayICan.com).

### **NaturallySpeaking Upgrades**

If you registered your software with Dragon Systems, you can upgrade your copy of NaturallySpeaking to a newer version for just a fraction of the cost of buying the whole new version. If you have version 3.52 or below, upgrading will bring significant performance improvements.

You can also upgrade from one edition of NaturallySpeaking to another. You can upgrade, for example, from Preferred to Professional to add macro capability, or from Professional to

Medical to add a medical dictionary. Pricing varies depending on the particular upgrade. For more information, contact Dragon Systems or see “Where to Buy,” below.

### **DragonDictate**

DragonDictate, another speech software program made by Dragon Systems, uses older technology that requires you to pause between words. It’s useful in four specific cases:

- ▶ If you have a strong accent or speech impairment that NaturallySpeaking does not understand, DragonDictate may still work for you, as it adapts to a wider range of speaking voices.
- ▶ If you work extensively with spreadsheets, the built-in spreadsheet macros in DragonDictate may be useful.
- ▶ If you are a programmer, this software will make working by voice easier with its extensive control of customized vocabularies and complex macros.
- ▶ If you have no hand use at all, use DragonDictate together with NaturallySpeaking to make computing totally hands-free.

### **Pointing Devices**

#### **Cirque Touchpads**

This company makes excellent touchpads. They work precisely and require only a light tap on the pad to click.

Cirque  
433 West Lawndale Drive  
Salt Lake City, UT 84115

[www.cirque.com](http://www.cirque.com)  
(800) 454-3375

#### **No-Hands Mouse**

This foot-operated mouse has two pedals, one for moving the pointer and one for clicking. It’s most practical if you can’t use any hand-operated pointing device.

Hunter Digital  
11999 San Vicente Blvd.  
Suite 400  
Los Angeles, CA 90049

[www.footmouse.com](http://www.footmouse.com)  
(800) 576-6873

**Kensington Trackballs**

This company's popular trackballs roll easily and have programmable buttons.

Kensington  
300 Tower Pkwy.  
Lincolnshire, IL 60090

[www.kensington.com](http://www.kensington.com)  
(800) 235-6708

**Logitech Trackballs**

Logitech makes many different pointing devices, including trackballs with a small ball you move with your thumb

Logitech  
6505 Kaiser Dr.  
Fremont, CA 94555

[www.logitech.com](http://www.logitech.com)  
(800) 231-7717

**Microsoft EasyBall**

This grapefruit-sized trackball, designed for kids, may also be useful to adults with limited hand use.

Microsoft  
One Microsoft Way  
Redmond, WA 98052

[www.microsoft.com](http://www.microsoft.com)  
(800) 959-2276

## Where to Buy

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**Your Local Reseller**

Some NaturallySpeaking versions are available in software stores everywhere, but other versions are more difficult to come by. Microphones, recorders, and other specialized items are also not widely available. For all these items, contact a Dragon reseller in your area. Your local VAR (for "value-added reseller") can provide you with an informed evaluation of what products are best for your needs. He or she can also provide technical support and personalized training to help you learn the software smoothly. See the Dragon Systems Web site, [www.dragonsys.com](http://www.dragonsys.com), for a list of VARs in your area.

**SayICan.com**

Another source for current products and expert advice is my firm's Web site, [SayICan.com](http://SayICan.com). You'll find NaturallySpeaking

upgrades, recorders, and other accessories, with helpful reviews and recommendations. The speech recognition world changes much faster than this book can be revised—visit SayICan.com for up-to-date guidance.

## NaturallySpeaking and Speech Recognition

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### Dragon Systems

[www.dragonsys.com](http://www.dragonsys.com) or [www.naturalspeech.com](http://www.naturalspeech.com)

320 Nevada Street  
Newton, MA 02160

(800) TALK-TYP or 825-5897 (sales)  
(617) 965-7670 (technical support)

The corporate Web site of Dragon NaturallySpeaking's manufacturer, [dragonsys.com](http://dragonsys.com) hosts a wealth of useful product information. Of particular interest to NaturallySpeaking users is the large, well-organized technical support section. The site lists microphones, sound cards, and computers that Dragon Systems has tested. It also provides contact information for resellers of Dragon products worldwide.

### The Unofficial NaturallySpeaking Site

[www.synapseadaptive.com/joel/default.htm](http://www.synapseadaptive.com/joel/default.htm)

This must-read resource is written by Joel Gould, the lead engineer in the creation of NaturallySpeaking 1.0 and 2.0. This insider's guide includes both basic explanations and advanced hacks to make NaturallySpeaking do more things than it's "officially" supposed to. You'll find instructions for changing the NaturallySpeaking default font (which involves editing the Windows registry), a utility called VocEdit that changes the capitalization and spacing of vocabulary words, and much more.

Here's one fun tidbit from the site—an "Easter egg" or hidden feature that's in all versions of NaturallySpeaking. From the NaturallySpeaking Help menu, choose About NaturallySpeaking. Press Shift+F1 and see what appears.

## Forums

These Internet discussion groups cover all speech recognition programs. They're a good place to seek advice from other users and exchange technical information.

### ***Voicegroup Discussion Group***

[www.onelist.com](http://www.onelist.com)

To subscribe to the Voicegroup e-mail list, visit this Web page and search for "voicegroup."

### ***Voice-Users Discussion Group***

[www.voicerecognition.com/voice-users](http://www.voicerecognition.com/voice-users)

To subscribe to the voice-users e-mail list, enter your e-mail address on this Web page.

## For Programmers

[ai.iit.nrc.ca/II\\_public/VoiceCode](http://ai.iit.nrc.ca/II_public/VoiceCode)

This Web site is the home of VoiceGrip, a software tool for programmers working by voice. This site includes links to other programming resources.

## Computing Out Loud

[www.out-loud.com](http://www.out-loud.com)

This informative site, by long-time speech software user Susan Fulton, contains product reviews, useful tips, and a bloopers page, among other worthwhile resources.

## "Fired from the Mouth of My Pet Dragon"

[idt.net/~edrose19/page7.html](http://idt.net/~edrose19/page7.html)

Written by Ruth Rose, this site contains tips on how to talk to NaturallySpeaking, useful troubleshooting suggestions, and amusing cartoons of dragons.

## **Repetitive Strain Injury and Disability Information**

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### **TIFAQ.com**

[www.TIFAQ.com](http://www.TIFAQ.com)

TIFAQ stands for “Typing Injury Frequently Asked Questions.” This comprehensive site provides a wealth of information regarding typing injuries and staying healthy. It includes articles, listings, and links to related organizations, reviews of products helpful to people with injuries, and much more. The site is produced by the nonprofit CTD Resource Network (CTD is short for Cumulative Trauma Disorder), which also publishes the newsletter *RSI Network*.

### **RSI Network**

[www.ctdrn.org/rsinet.html](http://www.ctdrn.org/rsinet.html)

This free monthly e-mail newsletter discusses living and working with a repetitive-strain injury. Topics addressed include health improvement techniques and adaptations to working successfully on the computer. To subscribe, visit the web site listed above.

### **Sorehand Discussion Group**

To subscribe to this e-mail discussion group about hand injuries, send e-mail to [listserv@itsrv1.ucsf.edu](mailto:listserv@itsrv1.ucsf.edu). Include in the body of the message: subscribe sorehand <Firstname> <Lastname>

### **Association for Repetitive Motion Syndromes (ARMS)**

[www.certifiedpst.com/arms](http://www.certifiedpst.com/arms)

P.O. Box 471973  
Aurora, CO 80047-1973

This nonprofit membership group advocates on behalf of people with repetitive-strain injuries. It publishes a quarterly newsletter with health tips, medical articles, and listings of repetitive-strain injury support groups everywhere. To join and receive the newsletter, send a \$20 check payable to ARMS.

### **Center for Accessible Technology**

[www.el.net/CAT](http://www.el.net/CAT)

2547 8th Street, #12-A  
Berkeley, CA 94710

phone/TTY: (510) 841-3224

This nonprofit center provides information on and guidance in evaluating all types of assistive technology for people with all types of disabilities. CAT staff continually monitor advances in speech recognition and evaluate how it can be used successfully. To join and receive CAT's quarterly newsletter *Real Times*, send a \$25 check made payable to CAT.

### **Closing the Gap**

[www.closingthegap.com](http://www.closingthegap.com)

P.O. Box 68, 526 Main St.  
Henderson, MN 56044

(507) 248-3294

This huge online resource includes an easily searchable directory of hardware and software useful for people with disabilities.

### **Living and Having RSI**

This three-page tip sheet reviews how I recovered from my own formerly debilitating repetitive strain injury. Combining physical treatments, lifestyle adjustments, and adaptive equipment and services allowed me to fully regain my health. My most important bit of advice: rest and relax. Read it online in the resources section of [SayICan.com](http://SayICan.com).

### **Your Local RSI Support Group**

If you have a repetitive strain injury, exchanging ideas, frustrations, and solutions with people in a similar situation can

be vital to improving your health. Local groups typically host physical therapists, adaptive equipment vendors, workers compensation attorneys, and other relevant speakers. They may also have a group library of RSI-related information. Visit the support group in your area, or consider starting a group if none yet exists where you live. For listings of existing support groups, see [TIFAQ.com](http://TIFAQ.com) or the ARMS newsletter.