

## **DIALING THE PHONE**

- 1. Rest the index, middle, and ring finger of your dominant hand on one row of the keypad.**



- 2. Slide up or down the rows of buttons, all three fingers staying together, until you feel a difference in the key under the middle finger. It might be a small bump in the middle or a ridge to the side of the button. This will be the number 5.**

- 3. If you are right-handed, your index finger will be resting on the number 4 and your ring finger will be on the number 6.**
- 4. To locate any of the numbers, slide all three fingers up a row for 1-2-3 or down a row for 7-8-9 from the 4-5-6. Keep contact with the keypad at all times. If you get lost, go back to the row with the number 5. Think of it as "home row".**

**5. Practice familiar area codes with the receiver down until you get comfortable using your fingers and sense of touch to dial. Work your way up to a full phone number. Get a friend to watch for confirmation that you are hitting the numbers you want.**

**Are you thinking about getting an iPhone? Call Second Sense for advice, information and training on this accessible phone or for other large button phone options.**