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.