

# Restricted Hearing video transcript

Hi, I'm Sarah from Vodafone and I've got some tips to help you get the most out of your phone or tablet if you're deaf or have restricted hearing.

The volume of most phones can easily be changed using buttons on the side. The phone may have to be unlocked to do so first. And vibration settings can be a great help for letting you know when your phone's got a call, alert or notification.

Many smartphones now have an LED or a flash alert setting, so if your phone is ringing or you get a notification, you can see it from a distance. In the case of an emergency, you can also text 999 but you'll have to set that up with *Action For Hearing Loss* first. For more information, visit [emergencysms.org.uk](http://emergencysms.org.uk).

We also have a Video Relay service on our [vodafone.co.uk](http://vodafone.co.uk) accessibility pages. This means a qualified British Sign Language interpreter can be on hand to relay your request or conversation to one of our advisors and back to you.

Check out this playlist for more accessibility videos from me or visit the Vodafone eForum for even more help. And for the latest from us, subscribe to the Vodafone UK YouTube channel.

To find out more, visit our Accessibility page for the deaf or hard of hearing:

<http://www.vodafone.co.uk/accessibility-services/restricted-hearing/index.htm>

