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 have limited dexterity or mobility.

Voice activated dialling lets you call someone in your phonebook by speaking their name. Use the dedicated button, usually the Home button.

*Sarah (to phone): Call Sam*  
*Phone: Calling Sam*

And speakerphone will let you continue the conversation with your phone out of your hand.

*Sarah: Hi Sam!  
Sam: Hi Sarah!*

You can also set different ringtones for contacts, so you know who’s calling just from the ringtone.

There are also loads of apps that can help you use your phone. Wheelmap is full of reviews of places with wheelchair access, so you can check out how accessible somewhere is before you visit. And some phones like this Alcatel have larger keys to help you with your dialling and your typing.

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 those with limited dexterity or mobility:

[http://www.vodafone.co.uk/accessibility-services/limited-dexterity/index.htm](http://www.vodafone.co.uk/accessibility-services/limited-dexterity/index.htm)