

We know that $T_n = \frac{(n)(n+1)}{2}$

$$\begin{aligned}
 (8T_n - 3)(8T_{n+1} - 3) &= (4n^2 + 4n - 3)(4n^2 + 12n + 5) \\
 &= (n + \frac{3}{2})(n - \frac{1}{2})(n + \frac{5}{2})(n + \frac{1}{2}) \\
 &= \frac{(2n+3)(2n-1)(2n+5)(2n+1)}{16} \\
 \therefore 16 \frac{1}{(8T_n - 3)(8T_{n+1} - 3)} &= \frac{16}{(2n+3)(2n-1)(2n+5)(2n+1)} \\
 &= \frac{4}{(2n+5)(2n+1)} \frac{4}{(2n+3)(2n-1)} \\
 &= \left(\frac{1}{(2n+1)} - \frac{1}{(2n+5)} \right) \left(\frac{1}{(2n-1)} - \frac{1}{(2n+3)} \right)
 \end{aligned}$$

After algebraic manipulation we obtain

$$\begin{aligned}
 16 \frac{1}{(8T_n - 3)(8T_{n+1} - 3)} &= \frac{1}{3} \left(\frac{1}{2n-1} - \frac{1}{2n+5} \right) + \left(\frac{1}{2n+3} - \frac{1}{2n+1} \right) \\
 \therefore \sum_{n \geq 1} \frac{16}{(8T_n - 3)(8T_{n+1} - 3)} &= \frac{1}{3} \sum_{n \geq 1} \left(\frac{1}{2n-1} \right) - \frac{1}{3} \sum_{n \geq 1} \left(\frac{1}{2n+5} \right) + \sum_{n \geq 1} \left(\frac{1}{2n+3} \right) - \sum_{n \geq 1} \left(\frac{1}{2n+1} \right) \\
 &= \frac{1}{3} \left[\left(\frac{1}{1} + \frac{1}{3} + \frac{1}{5} + \frac{1}{7} \dots \right) - \left(\frac{1}{7} + \dots \right) \right] + \left[\left(\frac{1}{5} + \frac{1}{7} + \frac{1}{9} + \frac{1}{11} \dots \right) - \left(\frac{1}{3} + \frac{1}{5} + \frac{1}{7} \dots \right) \right] \\
 &= \frac{1}{3} \left[\frac{1}{1} + \frac{1}{3} + \frac{1}{5} \right] + \left[\frac{-1}{3} \right] \\
 &= \frac{1}{3} \left[\frac{1}{3} + \frac{1}{5} \right] \\
 &= \frac{1}{3} \frac{8}{15} = \frac{8}{45} \\
 \therefore \sum_{n \geq 1} \frac{16}{(8T_n - 3)(8T_{n+1} - 3)} &= \frac{8}{45} \\
 \Rightarrow \sum_{n \geq 1} \frac{1}{(8T_n - 3)(8T_{n+1} - 3)} &= \frac{1}{90}
 \end{aligned}$$