



Smartphone Simplified

A friendly guide to using your smartphone with confidence. Designed for adults 65+ and their families.

IPHONE & ANDROID

Getting Started: Your Phone's Home Screen

iPhone Basics

Home Button or Swipe Up:

Return to your main screen at any time

App Icons: Colorful squares that open different programs

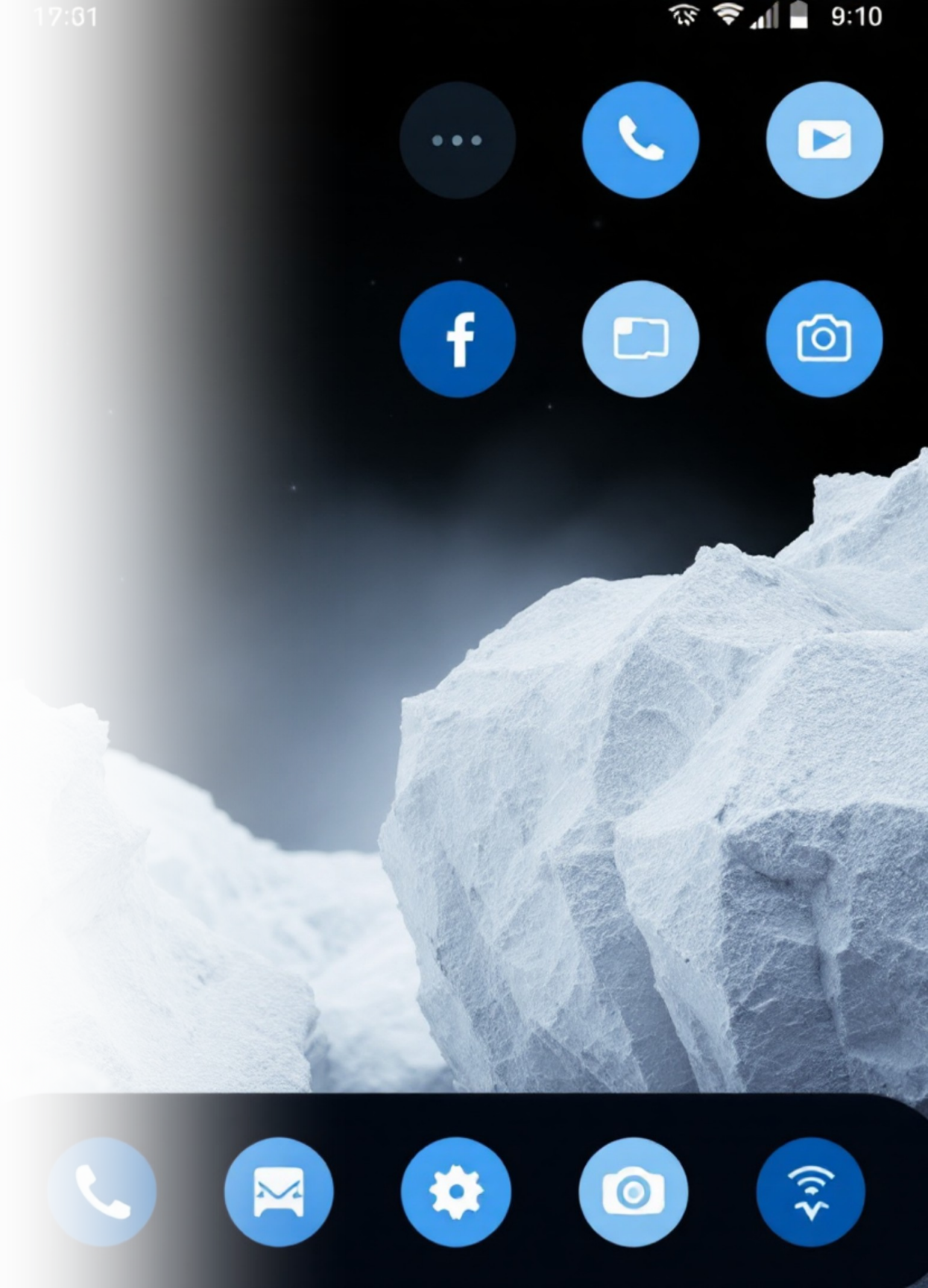
Settings Icon: Gray gears symbol - this controls your phone

Android Basics

Home Button: Circle or house icon at the bottom

App Drawer: Swipe up to see all your apps

Settings Icon: Gear symbol - usually in your app drawer



Making Your First Call

01

Find the Phone App

Look for a green icon with a phone symbol (iPhone) or a phone icon (Android). Tap it once to open.

03

Start Your Call

Tap the green phone button to start calling. Hold the phone to your ear and wait for them to answer.

02

Choose How to Call

Tap "Contacts" to call someone saved, or tap "Keypad" to type a phone number manually.

04

End Your Call

When finished, tap the red phone button to hang up. The screen will return to your phone app.



Helpful Tip: To adjust volume during a call, use the buttons on the side of your phone.

Text Messaging Made Simple



Open Messages

Find the Messages app (green with white speech bubble on iPhone, or varies on Android).



Start New Message

Tap the compose button (looks like a pencil or plus sign). Select a contact or type their number.



Type Your Message

Tap in the message box. The keyboard appears. Type your message one letter at a time.



Send Your Text

Tap the send arrow (usually blue or green). Your message is delivered instantly!



Understanding Apps

Apps are small programs that help you do specific tasks. Think of them as tools in a toolbox - each one has a special purpose.

Weather Apps

Check today's
forecast and plan your
week ahead

Video Calling

See family and friends
face-to-face from
anywhere

Email Apps

Send and receive
letters electronically,
instantly

Photos

Store, view, and share
your favorite memories

Staying Safe: App Store Basics

Only Use Official Stores

iPhone: Use the App Store (blue icon with white "A").
Android: Use Google Play Store (colorful triangle). These are the safe places to download apps.

Check Reviews First

Before downloading, read what other people say. Look for apps with 4+ stars and many reviews. If something seems off, skip it.

Review Permissions Carefully

Apps will ask for permission to access your camera, contacts, or location. Only say "yes" if it makes sense - a flashlight app shouldn't need your contacts!



Red Flag: If an app asks for payment outside the app store, or promises something too good to be true, it's likely a scam. Delete it immediately.

Protecting Your Phone: Security Settings



Essential Security Steps

- **Set a Strong Passcode**

Use at least 6 numbers that others can't guess. Avoid birthdays or simple patterns like 1-2-3-4.

- **Enable Face or Fingerprint Unlock**

Modern phones can recognize your face or fingerprint for quick, secure access that only works for you.

- **Turn On Auto-Lock**

Set your phone to lock automatically after 30 seconds to 1 minute of not using it.

- **Keep Software Updated**

When your phone prompts you to update, do it! Updates include important security fixes.

Privacy Settings: Taking Control

Location Services

Control which apps can see where you are. Go to Settings → Privacy → Location. Turn off location for apps that don't need it, like games or flashlights.

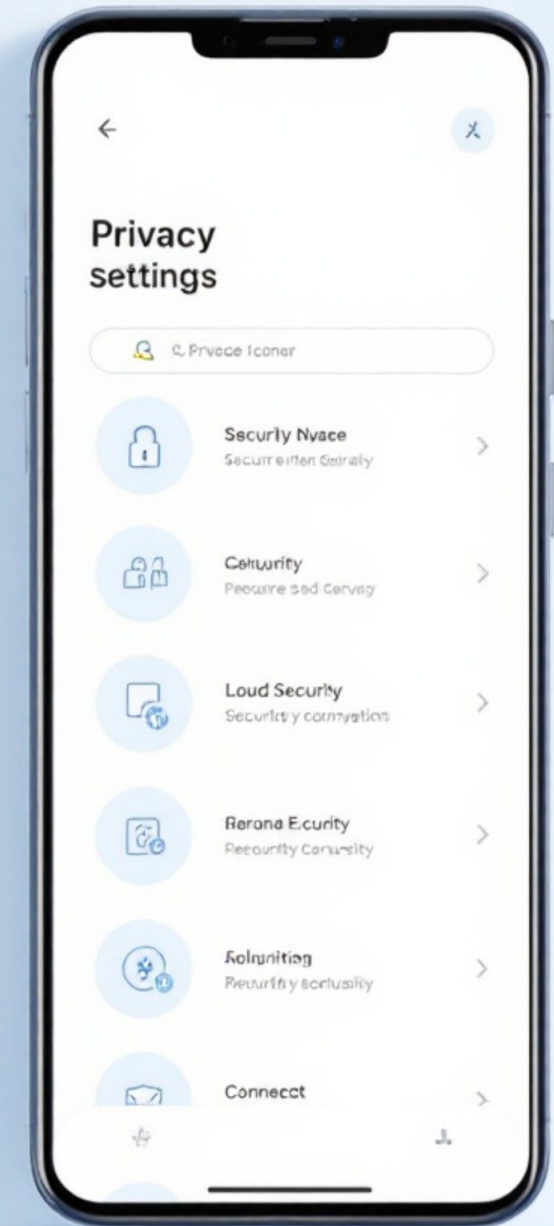
Contacts Access

Be selective about which apps can see your contact list. Most apps don't need this information to work properly.

Camera & Microphone

Review which apps can access your camera and microphone. Go to Settings → Privacy. Only allow access for apps you trust, like video calling apps.

Remember: You can always change these settings later. It's better to start with more privacy and adjust as needed.



Spotting Suspicious Text Messages

Scammers often send fake text messages trying to trick you. Here's how to recognize and handle them safely.



Warning Signs

- Claims you won a prize you didn't enter
- Urgent messages about account problems
- Requests for personal information or passwords
- Strange links or phone numbers to call



What to Do

- Don't click any links in suspicious texts
- Never reply or call numbers in the message
- Delete the message immediately
- If it claims to be from your bank, call them directly using the number on your card



Golden Rule: When in doubt, don't click or respond. Real companies will never ask for passwords or personal information via text message.

Emergency Features: Getting Help Fast

iPhone Emergency SOS


Press and hold the side button and volume button together. A slider appears - drag it to call 911. Your emergency contacts are automatically notified with your location.

You can also press the side button 5 times quickly to activate Emergency SOS.

Android Emergency Call

From the lock screen, tap "Emergency" at the bottom. This lets you call 911 even without unlocking your phone.

Some Android phones also support pressing the power button 3-5 times quickly to call emergency services.

 **Set Up Emergency Contacts:** Go to Settings → Emergency SOS (iPhone) or Settings → Safety & Emergency (Android) to add family members who should be notified in an emergency.

Accessibility Features: Making Your Phone Easier to Use

Larger Text

Make all text bigger and easier to read. Go to Settings → Display & Brightness (iPhone) or Settings → Accessibility → Font Size (Android). Slide to your preferred size.

Magnifier

Turn your phone into a magnifying glass for reading small print. iPhone: Triple-click side button. Android: Settings → Accessibility → Magnification.

Voice Commands

Use "Hey Siri" (iPhone) or "Hey Google" (Android) to make calls, send texts, or set reminders without touching your phone. Enable in Settings → Siri or Google Assistant.

High Contrast & Bold Text

Make screens easier to see with increased contrast and bolder fonts. Find these options in Settings → Accessibility → Display & Text Size.

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