

# 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

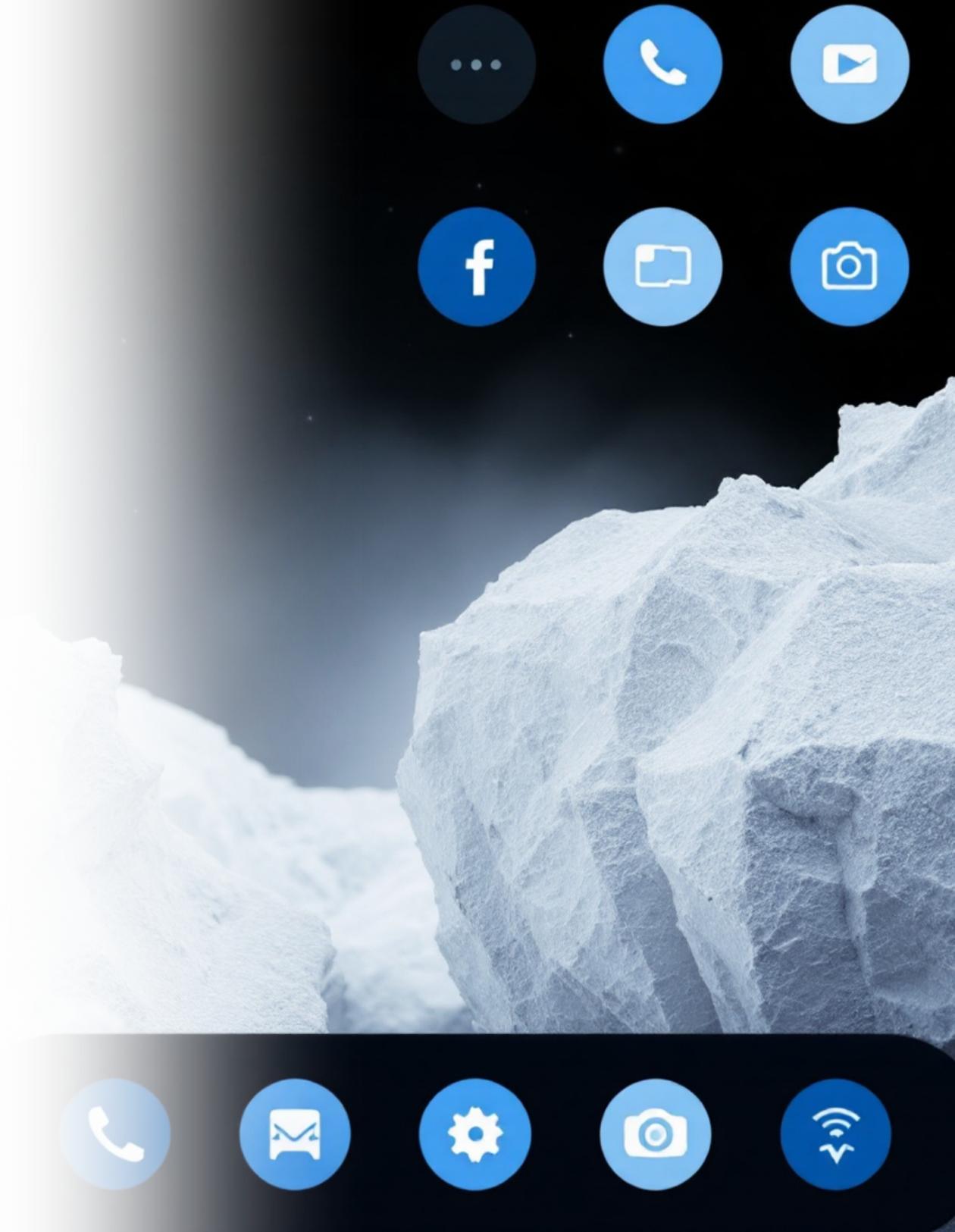
## iPhone Basics

**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.

02

## Choose How to Call

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

03

## Start Your Call

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

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.



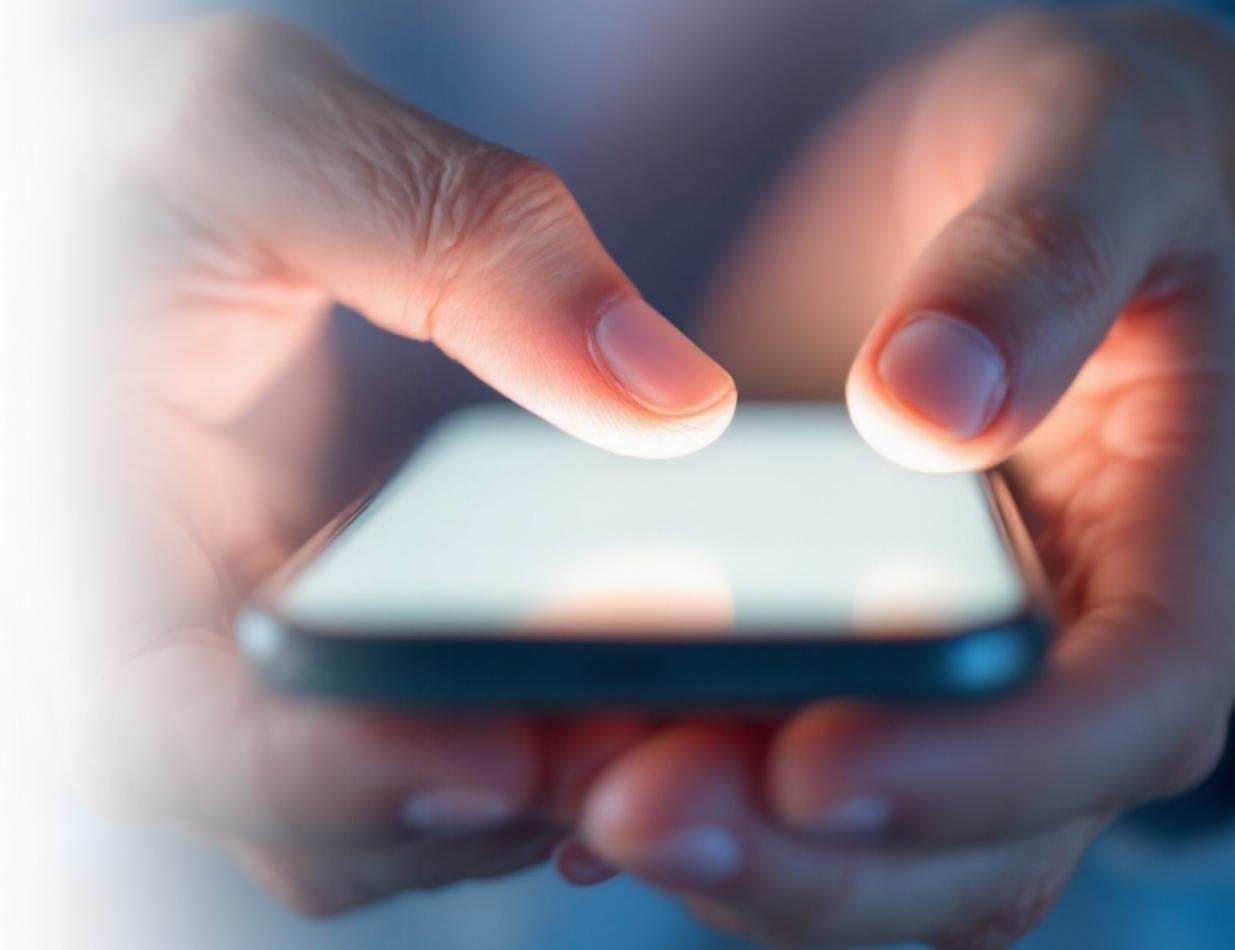
## Type Your Message

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.

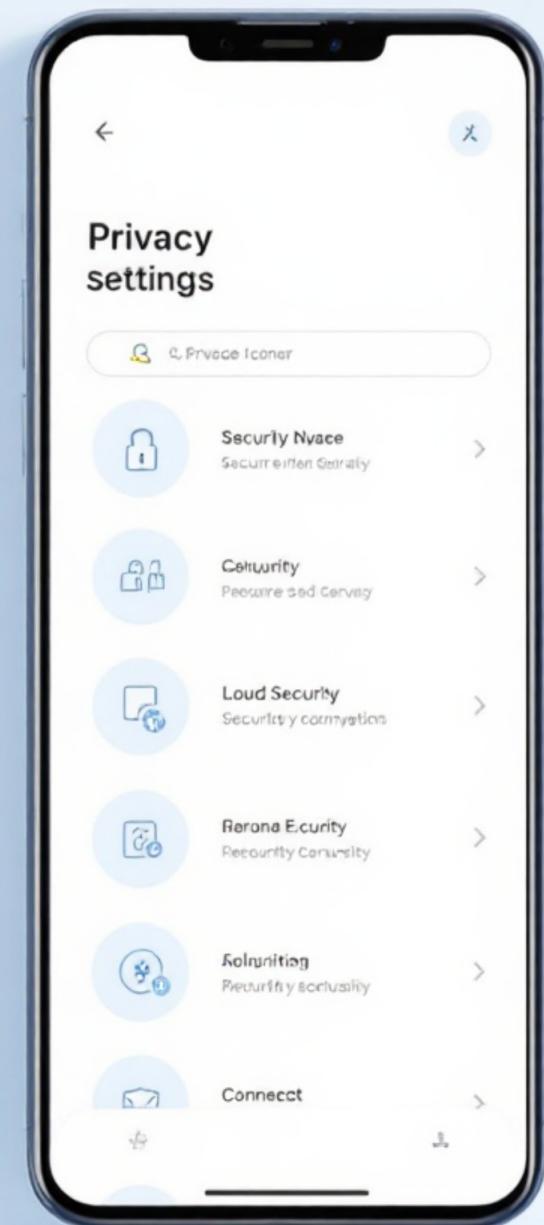
## Camera & Microphone

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

## Contacts Access

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

**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.

## 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.

## Magnifier

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

## 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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