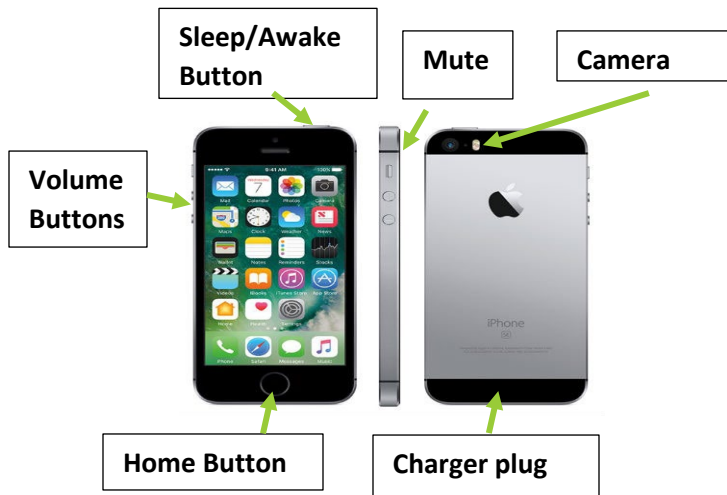


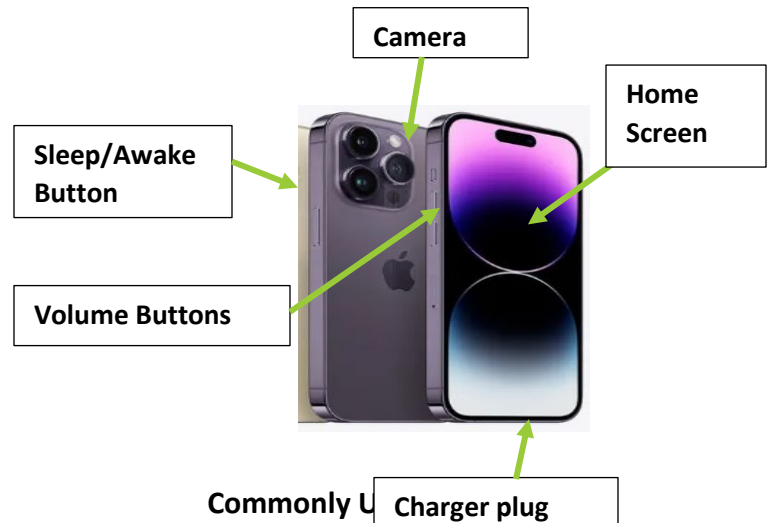
IPHONE BASICS FOR SENIORS

Guide to making cell phone use easy....or at least easier
Hawaii County Aging and Disability Resource Center

OLDER IPHONE MODEL



NEWER IPHONE MODEL



Home Button: return to the home screen by pressing the home button on an older iPhone or by swiping up on the newer iPhone

Volume Buttons: change the volume by using these buttons. Top button to increase volume, bottom button to decrease volume.








Sleep/Awake Button: Lock and unlock your iPhone using this button.

Charger Plug: Use this space to plug your phone in to charge.

Mute: Mute your phone with this button.



Camera: Most phones have a front and back camera.


Commonly Used Apps

-  **PHONE:** Place and answer phone calls, check voicemail
-  **MESSAGES:** Send and receive text messages
-  **EMAIL:** Access your email account
-  **SETTINGS:** Manage all your phone settings such as sound, ringtones and font sizes
-  **INTERNET:** Browse website pages on the internet
-  **FACETIME:** Make video calls with other iPhone users
- 



SET UP YOUR EMERGENCY ALERT

1.  Go to your settings icon and tap on the setting icon
2. Scroll down to the Emergency SOS option
3.  Click on the Emergency SOS option and

 Find iPhone allows you to locate a missing phone from another device that has your iPhone information connected to it. You can also Find iPhone to track the whereabouts of loved ones.

TIPS


1. Your iPhone screen is a **touch screen** so you can open or access an app or icon by touching the item on your screen.
2. Use the **Safari** icon to access the internet. You can find information to help you with many things using the internet.
3. Watch for **scams**. Scams can occur with spam calls, text messages, emails or when using the internet. Be cautious if sharing personal information.

ADD/DELETE iPhone Apps

TO ADD AN APP ON YOUR PHONE:



1. Click on your app store icon on your phone. Type the name or type of application you are looking for.

2. Click on the  icon to add the app to your phone's home screen.

TO DELETE AN APP ON YOUR PHONE: Press and hold down on the app icon.

An option to remove app will appear. Click the remove app option.

BENEFICIAL APPS FOR SENIORS

1. **Fall alert applications**
2. **Exercise and reminders to move applications**
3. **YouTube Application to find information**
4. **Health and medication related applications**
5. **Games and reading applications**