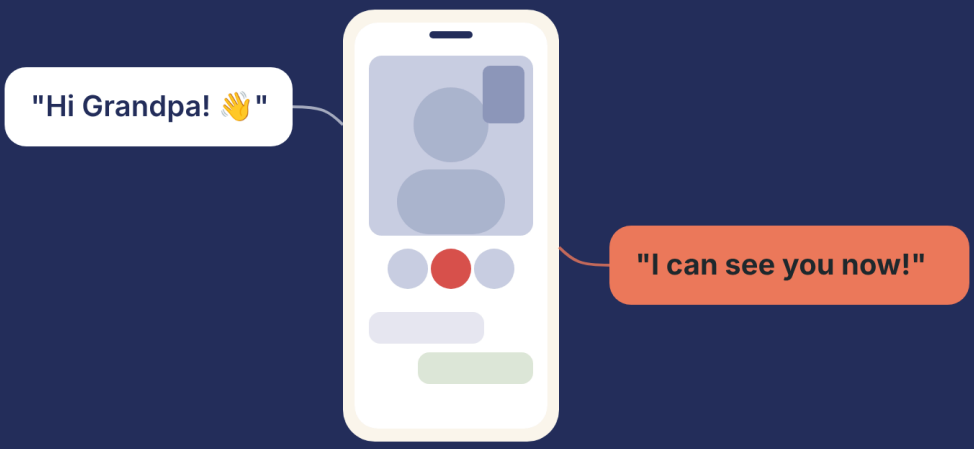
MADE EASY FOR SENIORS · BOOK 2

THE PICTURE-BY-PICTURE GUIDE

Smartphone Made Easy for Seniors

Calls, messages, video chats with family, photos and staying safe, on iPhone or Android



Large print
easy on the eyes

15
step-by-step pictures

iPhone & Android
both covered

ALI ALMURTADA

MADE EASY FOR SENIORS · BOOK 2

Smartphone Made Easy for Seniors

A Friendly, Picture-by-Picture Guide to Your iPhone or Android Phone: Calls, Messages, Video Chats, Photos and Staying Safe

Large print. 15 step-by-step illustrations. Works with any modern phone.

Ali Almurtada

Smartphone Made Easy for Seniors
First edition, 2026

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About the pictures. The phone screens in this book are simple drawings made to show you where to look and what to tap. Real phones differ a little from one make and model to another, and screens change with updates. When your phone does not match a picture exactly, look for the same words. The idea is almost always the same.

iPhone is a trademark of Apple Inc. Android is a trademark of Google LLC. WhatsApp and other app names belong to their owners. This book is independent and is not endorsed by any of these companies.

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CHAPTER 1

Welcome: Your Phone Works for You

A smartphone is one of the most useful tools ever invented. It is a telephone, a camera, a photo album, a post office, a map, a radio, a newspaper and a window to your family, all in your pocket. And yet, for many people, it can also feel like a small, shiny box of frustrations.

Perhaps the writing is too small. Perhaps things move around when you don't expect them to. Perhaps a grandchild set it up for you, showed you something very quickly, and left you nodding along without quite following. Perhaps you are worried about pressing the wrong thing and breaking it, or about scams you have heard of on the news.

This book is for you. It goes slowly, it uses plain English, and it has pictures that show you exactly where to look.

You cannot break your phone by tapping the wrong thing. If you get lost, you can always go back.

iPhone or Android?

There are two main families of smartphones. **iPhones** are made by Apple. **Android phones** are made by many companies, including Samsung, Google (Pixel), Motorola and others. They look slightly different, but they do the same things in very similar ways. This book covers both. Where the steps differ, you will see them side by side, like this:

IPHONE
Steps for iPhone users appear here.

ANDROID
Steps for Android users appear here.

Not sure which you have? Turn the phone over. An apple logo on the back means iPhone. Anything else (Samsung, Google, Motorola and so on) is almost certainly Android.

How to use this book

Read it with your phone in your hand. Try each thing as you read about it. The chapters are short and stand on their own, so you can jump straight to what you need. If you only read three, make them Chapter 3 (to make the screen easier to see), Chapter 7 (to video call your family) and Chapter 10 (to stay safe).

You will see three kinds of boxes:

TRY THIS

A small exercise to do on your own phone right now.

GOOD TO KNOW

A tip that saves time or avoids frustration.

BE CAREFUL

Something that matters for your safety, privacy or money.

The golden rule

Take your time. Nobody is timing you. Phones are designed to be forgiving, and almost everything can be undone. Let's begin.

CHAPTER 2

Getting to Know Your Phone

The buttons on the outside

Most phones have only three or four physical buttons. Find them on yours now.

- **The side (power) button.** Press it once to wake the screen or put it to sleep. Hold it for a few seconds to switch the phone off or restart it.
- **Volume up and volume down.** Usually on the left or right edge. They make calls, music and videos louder or quieter.
- **A silent switch** (on many iPhones). A small switch above the volume buttons. When you can see orange, the phone is on silent.

> GOOD TO KNOW
>
> Putting the screen to sleep is not the same as switching the phone off. Leave your phone on all the time, so it can ring. Just press the side button to put the screen to sleep when you are not using it.

Five finger moves

A smartphone screen responds to your finger. There are only five moves you need to know, and you already use most of them in daily life.



Tap

Touch once, lightly, and lift. Like pressing a doorbell.



Press and hold

Touch and keep your finger down for about two seconds. Opens extra options.



Swipe

Slide your finger up, down or sideways. Like turning a page.



Pinch to zoom

Put two fingers on the screen and spread them apart to make things bigger. Pinch together to shrink.



Swipe up from the bottom

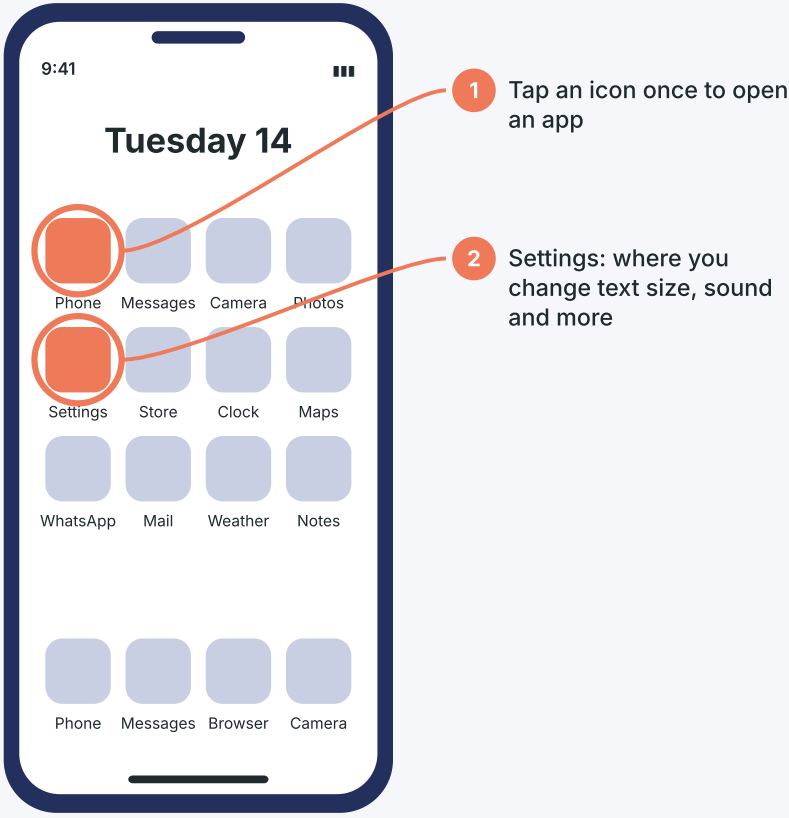
On most modern phones, this takes you back to the home screen from anywhere.

GOOD TO KNOW

If your finger is dry or cold, the screen may not notice it. A light touch with the pad of your finger works better than pressing hard with the tip or a fingernail.

The home screen

When you wake your phone and unlock it, you see the **home screen**. It is covered in small pictures called **icons**. Each icon opens an **app** (short for application), which is a little program that does one job: making calls, taking photos, sending messages and so on.



Your home screen. Every phone looks a little different, but these parts are always there.

The row of icons along the very bottom stays the same on every page. Put your most-used apps there: usually Phone, Messages, Camera and your chat app.

Getting back when you are lost

This is the most important skill in the whole book. Wherever you are, you can always get back to the home screen:

IPHONE

Swipe up from the very bottom edge of the screen. On older iPhones with a round button below the screen, press that button.

ANDROID

Swipe up from the bottom edge, or tap the circle or line button at the bottom of the screen.

To go back one step (rather than all the way home), look for a **back arrow** (‹ or ←) in the top-left corner of the screen. On Android you can also swipe in from the left or right edge.

TRY THIS

Open the Settings app. Tap anything inside it. Now tap the back arrow at the top left. Now swipe up from the bottom to get home. Do this three times until it feels natural.

Unlocking

Your phone locks itself when you are not using it, so nobody else can look at your messages. To unlock it, you may use your **face** (look at the screen), your **fingerprint** (touch the sensor), or a **passcode** (a number only you know). Chapter 10 explains how to set this up safely.

Notifications

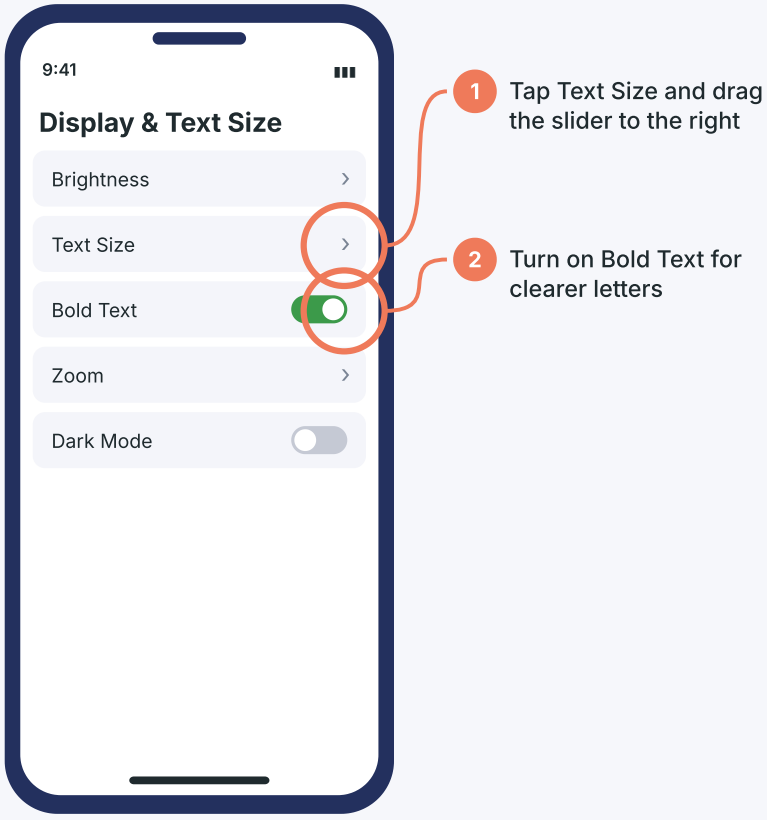
When something happens, such as a new message or a missed call, your phone shows a small box at the top of the screen called a **notification**. Tap it to open the message. Swipe it away to ignore it for now. To see all your recent notifications, swipe down from the top of the screen.

CHAPTER 3

Make It Easy to See and Hear

Your phone was set up for a "typical" user. You can change it to suit your eyes and ears, and it takes only a few minutes. This is the single biggest improvement most people can make.

Bigger, bolder text



Making the writing bigger. Look for 'Display' or 'Text size' inside Settings.

IPHONE

Settings → Display & Brightness → Text Size. Drag the slider to the right. Turn on **Bold Text** too. For even bigger: Settings → Accessibility → Display & Text Size → Larger Text.

ANDROID

Settings → Display → Font size and style (or Font size). Drag the slider to the right. Turn on **Bold font**. Also try **Screen zoom** to make everything larger.

A brighter screen

Swipe down from the top-right corner (iPhone) or from the top of the screen (Android) to open the **control panel**. You will see a slider with a sun symbol. Slide it up or to the right for a brighter screen. Brighter screens use more battery, so find a comfortable middle.

The built-in magnifying glass

Your phone can work as a magnifying glass for menus, medicine labels and small print.

IPHONE

Search for the app called **Magnifier** (swipe down on the home screen and type "Magnifier"). Point the camera at the small print and use the slider to zoom.

ANDROID

Open the **Camera** and pinch to zoom, or install Google's free **Magnifier** app. Samsung phones have a Magnifier in the control panel.

Louder calls and ringtones

- Press the **volume up** button during a call to make the other person louder.
- Tap the **speaker** button on the call screen to hear them through the phone's loudspeaker, so you don't have to hold the phone to your ear.
- In Settings → Sounds, choose a ringtone that is loud and easy to recognise, and turn up the ringer volume.

Hearing aids

Many modern hearing aids can connect to your phone by Bluetooth, so calls go straight into your ears. Ask your audiologist, or look in Settings → Accessibility → Hearing Devices (iPhone) or Settings → Accessibility → Hearing enhancements (Android).

Let the phone read to you

Both kinds of phone can read text on the screen out loud. On iPhone, turn on **Speak Screen** in Settings → Accessibility → Spoken Content, then swipe down with two fingers from the top. On Android, turn on **Select to Speak** in Settings → Accessibility, then tap the small person icon and tap any text.

TRY THIS

Make your text one or two sizes bigger and turn on bold text. Use it for a whole day. Most people never go back.