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2024 Edition

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Manage social media, music, and movies

Dwight Spivey

Author of *iPad® For Seniors For Dummies*

iPhone® For Seniors

2024 Edition

by Dwight Spivey

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Introduction

Apple's iPhone is designed to be easy to use, but you can still spend hours exploring the preinstalled apps, discovering how to change settings, and figuring out how to sync the device to your computer or through iCloud. (If you don't know what iCloud is, no worries; we dive into it in Chapter 4.) I've invested those hours so that you don't have to — and I've added battle-tested advice and tips so that you can become an expert with your iPhone, regardless of which model you own.

This book will get you up and running with your iPhone quickly and painlessly so that you can confidently move on to the fun part. Apple does a legendary job of making its devices and software intuitive, but owning this book is akin to having a good friend by your side who's tech-savvy and ready to lend a helping hand when you need it.

About This Book

This book is written for mature people like you — folks who may be relatively new to using a smartphone and who want to discover the basics of buying an iPhone, making and receiving phone and video calls, working with apps, getting on the internet, enjoying music and photos, and discovering all the other tricks the iPhone can do. In writing this book, I've tried to consider the types of activities that might interest someone who is 50 years old or older and picking up an iPhone for the first time. As a quinquagenarian myself, I want to make certain that you get the most bang for your buck with this tome.

Foolish Assumptions

This book is organized by sets of tasks. These tasks start at the beginning, assuming that you've never laid your hands on an iPhone, and guide you through basic steps using nontechnical language.

iPhone For Seniors For Dummies covers going online using either a Wi-Fi or cellular connection, browsing the web (Chapter 12), and checking email (Chapter 13). I also assume that you'll want to use the Apple Books e-reader app, so I cover its features in Chapter 17. I tackle all kinds of neat things you can do with your iPhone, such as customizing your experience with iOS 17's new Contact Posters feature (Chapter 7), monitoring the use of your iPhone and its apps (Chapter 5), discovering and adding apps to your iPhone (Chapter 14), taking and sharing photos and videos (Chapters 19 and 20, respectively), and tracking your health (Chapter 24)!

Icons Used in This Book

Icons are tiny pictures in the margin that call your attention to special advice or information.

TIP

This brief piece of advice helps you take a skill further or provides an alternate way to do something.

WARNING

Heads up! This is something that might wreak havoc on your iPhone or that could be difficult or expensive to undo.

REMEMBER

This information is so useful, it's worth keeping in your head — not just on your bookshelf.

TECHNICAL STUFF

This information isn't essential, but it's neat to know.

Beyond the Book

There's even more iPhone information on www.dummies.com. This book's cheat sheet offers tips on using Siri and suggests all kinds of apps that you can use to make the most of your iPhone. To get to the cheat sheet, go to www.dummies.com, and then type **iPhone For Seniors For Dummies Cheat Sheet** in the search box.

Where to Go from Here

You can work through this book from beginning to end or simply open a chapter to solve a problem or acquire a specific new skill. The steps in each task quickly get you where you want to go, without a lot of technical explanation.

When I wrote this book, all the information was accurate for the iPhone SE (second generation or later), XR, XS, XS Max, 11, 11 Pro, 11 Pro Max, 12, 12 mini, 12 Pro, 12 Pro Max, 13, 13 mini, 13 Pro, 13 Pro Max, 14, 14 Plus, 14 Pro, 14 Pro Max, 15, 15 Plus, 15 Pro, and 15 Max, along with version 17 of iOS (the operating system used by the iPhone).

Apple is likely to introduce new iPhone models and versions of iOS between book editions. If you've bought a new iPhone and found that its hardware, user interface, or iPhone-related software on your computer (such as iTunes or Music) looks a little different than what is presented here, check out what Apple has to say at www.apple.com/iphone and www.apple.com/ios. You'll find updates on those sites regarding the company's latest releases.

1 Getting to Know Your iPhone

IN THIS PART . . .

Meeting your new iPhone

Navigating your iPhone

Discovering installed apps

Activating special features

Monitoring how your iPhone is being used

IN THIS CHAPTER

- Discover what's new in iPhones and iOS 17
- Choose the right iPhone for you and find where to buy it
- Understand what you need to use your iPhone
- Explore what's in the box
- Take a look at the gadget

Chapter 1

Buying Your iPhone

You've read about it. You've seen the lines at Apple Stores on the day a new version of the iPhone is released. You're so intrigued that you've decided to get your own iPhone so you can have a smartphone that can do much more than make and receive calls. Perhaps you're not new to smartphones but are ready to make the switch to the ultimate in such devices. With your iPhone, you can have fun with apps such as games and exercise trackers; explore the online world; read e-books, magazines, and other periodicals; take and organize photos and videos; listen to music and watch movies; and a lot more.

Trust me: You've made a good decision, because the iPhone redefines the mobile phone experience in an exciting way. It's also a perfect fit for seniors.

In this chapter, you learn about the advantages of the iPhone, as well as where to buy this little gem and associated data plans. After you have one in your hands, I help you explore what's in the box and get an overview of the little buttons and slots you'll encounter — luckily, the iPhone has very few of them.

Discover the Newest iPhones and iOS 17

Apple's iPhone gets its features from a combination of hardware and its software operating system, which is called *iOS* (short for *iPhone operating system*). The most current version of the operating system is iOS 17. It's helpful to understand which new features the latest models and iOS 17 bring to the table (all of which are covered in more detail in this book).

Apple's latest additions to the iPhone family are the iPhone 15, 15 Plus, 15 Pro, and 15 Pro Max. Like their predecessors, they're highly advanced smartphones that leave competitors in the dust. Here are some of the key features of the latest iPhone models:

- **A16 Bionic and A17 Pro chips:** The iPhone 15 and 15 Plus models include the A16 Bionic chip, while the 15 Pro and 15 Pro Max receive the latest and greatest, the A17 Pro. The truly innovative tech in these models demands processors that can handle some heavy lifting while still being able to answer calls and retrieve email, and the A16 Bionic and A17 Pro are both more than stunningly capable.
- **Dynamic Island:** No, this isn't the latest reality show craze. iPhone models of late have sported a notch at the top of their screens where sensors, cameras, and other hardware reside. Dynamic Island is a seamless pairing of hardware and software that effectively makes that area come alive with information for you, making it an upgraded notch with a twist, if you will. The notch appears to expand or contract, depending on the notifications, alerts, and other activities its currently tasked with.
- **Emergency SOS via Satellite, Crash Detection, and Roadside Assistance via Satellite:** Apple has incorporated these three critically important safety features into the iPhone 15 lineup. Emergency SOS via Satellite helps you reach emergency responders when you're outside traditional cell or Wi-Fi service. Crash Detection utilizes gyroscope and accelerometer tech in

the latest models to detect when you've been in an automobile crash and will cause your iPhone to alert emergency services automatically. Finally, Roadside Assistance via Satellite helps users connect with AAA, the nation's largest roadside assistance provider, should the need arise when they have no cellular or Wi-Fi coverage. All three features are something you never want to need but are thankful to have.

TIP

- You might consider acquiring AppleCare+, which is Apple's extended warranty, currently priced at $149 (iPhone 15), $179 (15 Plus), or $199 (iPhone 15 Pro and 15 Pro Max) per year. Monthly plans are also available. AppleCare+ covers unlimited incidents of accidental damage (but you will be charged minimal fees, based on the nature of the repair), which could more than cover the cost of repairing your iPhone without it. You can also get AppleCare+ with theft and loss coverage for an additional $70 (all four models).
- **Action button (iPhone 15 Pro and 15 Pro Max only):** This is a clever upgrade of the reliable ring/silent switch, which has adorned iPhones since the first model. The action button can still carry out the same ring/silent switch function but can also be customized to quickly perform other actions and features, such as activating the Voice Memos, Translate, and Magnifier apps.

WARNING

Don't think your iPhone is unbreakable. Cases are still a good — no, make that great — idea. As mentioned, Apple has a line of cases that not only protect your iPhone but also allow for wireless MagSafe and Qi charging. (MagSafe is Apple's version of wireless charging that uses magnets to keep your iPhone and the charger better connected, which translates to faster and more efficient charging. Qi is an industry-standard wireless charging technology used by Apple and most smartphone manufacturers.)

Any iPhone model from the iPhone SE second generation and newer (including all 11, 12, 13, 14, and 15 models) can use most features of iOS 17 if you update the operating system (discussed in detail in

Chapter 3). This book is based on iOS 17. This update to the operating system adds many features, including (but definitely not limited to) the following:

- **Personalized contact posters:** Create a custom poster for your contact information that will be displayed whenever you communicate with other iPhone users. You can add a photo or memoji and use whatever font you like for your name.
- **Live voicemail (my favorite):** See the voicemail message a caller is leaving you in real time, allowing you to read it on the fly and determine whether to answer the call now or later.
- **Check In:** This great new feature comes with the updated Messages app, and it helps you keep your family or friends notified of your location and ETA when traveling. If it looks like you won't make it to your destination in the expected time, Check In will begin a timer. You can either delay or cancel the timer, but if you don't, the people you've shared your Check In information with will be notified of your current location and the status of your iPhone (battery level and cell signal).
- **Autocorrect and dictation improvements:** Autocorrect has unintentionally rendered many a message laugh-out-loud funny or oh-my-goodness terrifying, but iOS 17 has upped the game with this feature as well as with dictation, so that those kinds of unintentional messages are fewer and farther between.
- **Journal:** This new app for iOS 17 lets you keep a digital journal right on your iPhone. Collect your ideas and thoughts, and augment them with photos and other assorted items. If you have writer's block, Journal will prompt you on what to write and, I hope, open the creative floodgates.
- **Maps:** Maps now allows you to download maps of some areas to use offline, meaning you won't have to be connected to the internet to view them.

These are but a few of the improvements made to the latest version of iOS. I suggest visiting `www.apple.com/ios/ios-17` to find out more.

TIP

Don't need all the built-in apps? You can remove them from your Home screen. When you remove a built-in app from your Home screen, you aren't deleting it — you're hiding it. (Note that built-in apps take up very little of your iPhone's storage space.) And if you change your mind, you can easily add them back to your Home screen by searching for them in the App Store and tapping the Get button, or by retrieving them from the App Library. How you recover them depends on the app; some allow you to hide them while others only let you relegate them to the App Library.

Choose the Right iPhone for You

A variety of iPhone models are on the market; it can be daunting when trying to decide which one you want to purchase. In this section, I focus on Apple's newest models, the iPhone 15 series. If you'd like to explore others, Apple has a great tool for making comparisons at `www.apple.com/iphone/compare`.

The sizes of the latest iPhone 15 models vary:

- iPhone 15 measures 2.82" by 5.81" (6.1" diagonally) with a depth of .31 inch (see **Figure 1-1**).
- iPhone 15 Plus measures 3.06" by 6.33" (6.7" diagonally) with a depth of .31 inch.
- iPhone 15 Pro measures 2.78" by 5.77" (6.1" diagonally) with a depth of .32 inch (see **Figure 1-2**).
- iPhone 15 Pro Max measures 3.02" by 6.29" (6.7" diagonally) with a depth of .32 inch.

You can get iPhone 15 and 15 Plus in black, blue, green, yellow, and pink. iPhone 15 Pro and 15 Pro Max come in black titanium, white titanium, natural titanium, and a great-looking blue titanium.

Image courtesy of Apple, Inc.

FIGURE 1-1

Image courtesy of Apple, Inc.

FIGURE 1-2

Not sure whether to get an iPhone 15 model? Here are a few more key differences:

- **All iPhone 15 models include a great battery life.** You get up to 20 hours of video playback for iPhone 15, up to 23 hours for 15 Pro, 26 hours for 15 Plus, and a whopping 29 hours for 15 Pro Max.

- **iPhone 15 models use eSIMs instead of physical SIMs.** A SIM stores important information about your phone and your cellular provider network. Physical SIMs can be moved from phone to phone, but eSIMs are permanently built-in.
- **All models received camera upgrades.** iPhone 15 Pro and 15 Pro Max have advanced triple rear-facing cameras, providing amazing optical zoom, portrait mode, and other features. The 15 and 15 Plus have advanced dual rear-facing cameras.
- **Screen resolution.** The higher the resolution the better, especially for larger screens since you need to pack more pixels (the tiny dots of color that make up the images) into a larger space. The iPhone 15 offers 2556 x 1179 resolution; 15 Plus provides 2796 x 1290 resolution; 15 Pro boasts 2556 x 1179; and 15 Pro Max provides a stunning 2796 x 1290.

Table 1-1 gives you a quick comparison of the iPhone SE (third generation), 13, 14, 14 Plus, 15, 15 Plus, 15 Pro, and 15 Pro Max (models currently sold by Apple). All costs are as of the time this book was written. (Some carriers may introduce non-contract terms.)

Other differences between iPhone models come primarily from the current operating system, iOS 17, which I cover in the remaining chapters of the book.

TIP

One exciting pricing option is the iPhone Upgrade Program. You choose your carrier, get an unlocked phone so you can change carriers, and receive Apple Care+ to cover you in case your phone has problems, all starting at a cost of $39.50 a month (depending on the iPhone model you select). The price does not include data usage from your carrier. Check out `www.apple.com/shop/iphone/iphone-upgrade-program` for more information.

TABLE 1-1 iPhone Model Comparison

Model	Storage	Cost (may vary by carrier)	Carriers
SE (third generation)	64GB, 128GB, and 256GB	From $429	AT&T, Verizon, T-Mobile
13	128GB, 256GB, and 512GB	From $599	AT&T, Verizon, T-Mobile
14	128GB, 256GB, and 512GB	From $699	AT&T, Verizon, T-Mobile
14 Plus	128GB, 256GB, and 512GB	From $799	AT&T, Verizon, T-Mobile
15	128GB, 256GB, and 512GB	From $799	AT&T, Verizon, T-Mobile
15 Plus	128GB, 256GB, and 512GB	From $899	AT&T, Verizon, T-Mobile
15 Pro	128GB, 256GB, 512GB, and 1TB	From $999	AT&T, Verizon, T-Mobile
15 Pro Max	256GB, 512GB, and 1TB	From $1,199	AT&T, Verizon, T-Mobile

Decide How Much Storage Is Enough

Storage is a measure of how much information — for example, movies, photos, and software applications (apps) — you can store on a computing device. Storage can also affect your iPhone's performance when handling such tasks as streaming favorite TV shows from the web or downloading music.

TIP

Streaming refers to playing video or music content from the web (or from other devices) rather than playing a file stored on your iPhone. You can enjoy a lot of material online without ever downloading its full content to your phone — and given that the most storage-endowed iPhone model has a relatively small amount

of storage, streaming is a good idea. See Chapters 18 and 20 for more about getting your music and movies online.

Your storage options with an iPhone 15 or 15 Plus are 128, 256, and 512 gigabytes (GB), while 15 Pro and 15 Pro Max have 128GB (15 Pro only), 256GB, 512GB, and 1TB (terabyte, which is 1000GB). You must choose the right amount of storage because you can't open the unit and add more, as you usually can with a desktop computer. However, Apple has thoughtfully provided iCloud, a service you can use to back up content to the internet. (You can read more about iCloud in Chapter 4.)

How much storage is enough for your iPhone? Here are some guidelines:

- If you simply want to check email, browse the web, and keep your calendar up to date, and you enjoy communicating via voice, video, and instant messaging, 128GB likely is plenty.
- For most people who manage a reasonable number of photos, download some music, and watch heavy-duty media such as movies online, 256GB may be sufficient. But if you might take things up a notch regarding media consumption and creation in the future (such as the newest grandchild being on the way soon), you should seriously consider 512GB.
- If you like lots of media, such as movies or TV shows, you might need 512GB or 1TB. For example, shooting 4K video at 60 frames per second will take roughly 1GB of storage space for every two and a half minutes of footage. If you shoot a lot of video, 1TB of storage might be more appealing.

Do you know how big a *gigabyte* (GB) is? Consider this: Just about any computer you buy today comes with a minimum of 256GB of storage. Computers have to tackle larger tasks than iPhones, so that number makes sense. The iPhone, which uses a technology called *flash storage* for storing data, is meant (to a great extent) to help you experience online media and email; it doesn't have to store much since it pulls lots of content from the internet. In the

world of storage, 64GB for any kind of storage is puny if you keep lots of content (such as audio, video, and photos) on the device.

What's the price for larger storage? For the iPhone 15, a 128GB unit costs $799, 256GB is $899, and 512GB will set you back $1,099. iPhone 15 Plus with 128GB goes for $899, 256GB at $999, and 512GB for $1,199. iPhone 15 Pro with 128GB is $999, 256GB is $1,099, 512GB goes for $1,299, and the model tops out at $1,499 for 1TB. Not to be outdone, iPhone 15 Pro Max is the priciest: $1,199 for 256GB, $1,399 for 512GB, and $1,599 for 1TB. Note that prices may vary by carrier and where you buy your phone.

Understand What You Need to Use Your iPhone

Before you head off to buy your iPhone, you should know what other connections and accounts you'll need to work with it optimally.

At a minimum, to make standard cellular phone calls, you need to have a service plan with a cellular carrier (such as AT&T or Verizon), as well as a data plan that supports iPhone. The data plan allows you to exchange information (such as emails and text messages) over the internet and download content (such as movies and music) without need of a Wi-Fi connection. Before you sign up, try to verify the strength of cellular coverage in your area (ask your local cellular company representatives for more info), as well as how much data your plan provides each month.

You also need to be able to update the iPhone operating system (iOS). Without a phone carrier service plan, you can update iOS either wirelessly over a Wi-Fi network or by plugging your iPhone into your computer. You would also need to use a Wi-Fi network to go online and make calls using an internet service, such as FaceTime or Skype.

TIP

Given the cost and high-tech nature of the iPhone, having to jury-rig these basic functions doesn't make much sense. Trust me: Get an account and data plan with your phone service provider.