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2022 Edition

# iPhone<sup>®</sup>

## FOR SENIORS

for  
**dummies**<sup>®</sup>  
A Wiley Brand



Get familiar with  
iPhone technology

Capture memorable  
photos and home videos

Connect via video  
with friends

**Dwight Spivey**

Apple expert, father of four,  
and coffee fiend





# iPhone<sup>®</sup> For Seniors

2022 Edition

**by Dwight Spivey**

for  
**dummies**<sup>®</sup>  
A Wiley Brand

## iPhone® For Seniors For Dummies®, 2022 Edition

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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 their devices and software intuitive, but having a book like this 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 monitoring the use of your iPhone and its apps (Chapter 5), discovering new apps (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](http://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](http://www.dummies.com), and then type **iPhone For Seniors For Dummies Cheat Sheet** in the search box.



# Where to Go from Here

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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 (1st and 2nd generations), 6s and 6s Plus, 7 and 7 Plus, 8 and 8 Plus, X (the Roman numeral for ten), XR, XS, XS Max, 11, 11 Pro, 11 Pro Max, 12, 12 mini, 12 Pro, 12 Pro Max, 13, 13 mini, 13 Pro, and 13 Pro Max, along with version 15 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](http://www.apple.com/iphone) and [www.apple.com/ios](http://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

- » Discover what's new in iPhones and iOS 15
- » 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

**Y**ou'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 15

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 15. It's helpful to understand which new features the latest models and iOS 15 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 13, 13 mini, 13 Pro, and 13 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:

- » **An A15 Bionic chip:** Each of the four new iPhone models includes the new A15 chip. The truly innovative tech in these models demands a processor that can handle some heavy lifting while still being able to answer calls and retrieve email.
- » **5G:** The latest iPhones support 5G, which is the latest — and by far the fastest — cellular wireless technology. 5G promises to expand the connectivity of not only our smartphones but just about any device that supports the technology, including computers, cars, and smart home devices. 5G has the potential to change global communication, providing ridiculously fast and reliable connectivity.
- » **Splash, water, and dust resistance:** Your new iPhone 13, 13 mini, 13 Pro, or 13 Pro Max is resistant to damage caused by water splashing onto it or from dust collecting in it.



TIP

You might consider acquiring AppleCare+, which is Apple's extended warranty, currently priced at \$149 for iPhone 13 and 13 mini, or \$199 for iPhone 13 Pro and 13 Pro Max. AppleCare+ covers two incidents of accidental damage, which could more

than cover the cost of repairing your iPhone without it. You can also get AppleCare+ with theft and loss coverage for all four models for \$70 more.

Now, you don't want to take your iPhone 13 model deep-sea diving, but it's likely to survive submersion in about six meters of water for up to 30 minutes. Mind you, these numbers have been tested in labs and aren't based on real-world conditions. In other words, if your iPhone 13 model gets wet, it's much more likely to survive the ordeal than older iPhone iterations, but it still isn't something you'd like to see happen to your expensive investment.

- » **MagSafe charging:** iPhone 13 models include MagSafe charging, which uses Apple's MagSafe technology to charge your iPhone with a magnetic connector that snaps onto the back of the device. Apple also has a series of MagSafe-compatible accessories, such as cases and wallets, so you can charge your iPhone even if those accessories are attached.
- » **Ceramic Shield:** The toughness and durability of Apple's screens just keeps getting better. Ceramic Shield was developed by Apple and Corning, and according to them, it's the toughest screen ever for a smartphone, making it four times more likely than other smartphones to survive a drop unscathed.



WARNING

Don't think your iPhone is unbreakable. Cases are still a good — no, make that a 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. (Qi is an industry-standard wireless charging technology used by Apple and most smartphone manufacturers.)

Any iPhone model from the iPhone SE (first generation) forward can use most features of iOS 15 if you update the operating system (discussed in detail in Chapter 3). This book is based on iOS 15.

This update to the operating system adds many features, including (but definitely not limited to) the following:

- » **Focus:** Think of Focus as an extension of the Do Not Disturb feature. You can customize a focus to filter notifications based on what you're doing at the moment. The default focus modes are personal, work, and sleep, and notifications are filtered based on their settings.
- » **Safari:** iOS 15 gives Safari a whole new look and makes navigation easier. Tab groups are a welcome new feature that allow you to group your open web pages any way you like.
- » **Maps:** Like Safari, Maps got a nice interface overhaul. Three-dimensional items like mountain ranges, buildings, trees, and more get nice upgrades to render them more lifelike, making it easier to follow directions and recognize locations. A more detailed driving map is also a great enhancement.
- » **FaceTime:** You can now schedule calls using FaceTime (this one falls into the "it's about time" category . . .) and send links to participants. Also, the interface got a refresh and the enhancements to sound technologies make hearing call participants much easier.
- » **Weather:** Weather gets better graphics and more detailed forecasts, as well as precipitation notifications. This update (finally) brings the Weather app more in line with some of the better weather apps for iOS.
- » **Live text:** Live text lets you interact with text in images. For example, if the text is an address, you can tap it to open the address in Maps. Or you can select text from a photo and copy it into a document. Live text is a great addition to iOS 15.

These are but a few of the improvements made to the latest version of iOS. I suggest visiting [www.apple.com/ios/ios-15](http://www.apple.com/ios/ios-15) 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 the 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.

## 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 13 series. If you'd like to explore others, Apple has a great tool for making comparisons at [www.apple.com/iphone/compare](http://www.apple.com/iphone/compare).

The sizes of the latest iPhone 13 models vary:

- » iPhone 13 measures 2.82" by 5.78" (6.1" diagonally) with a depth of .30 inches (see **Figure 1-1**).
- » iPhone 13 mini measures 2.53" by 5.18" (5.4" diagonally) with a depth of .30 inches (also shown in Figure 1-1).
- » iPhone 13 Pro measures 2.82" by 5.78" (6.1" diagonally) with a depth of .30 inches (see **Figure 1-2**).
- » iPhone 13 Pro Max measures 3.07" by 6.33" (6.7" diagonally) with a depth of .30 inches (also shown in Figure 1-2).

You can get iPhone 13 and 13 mini in Starlight, Midnight, blue, pink, and a beautiful Product Red version. iPhone 13 Pro and 13 Pro Max come in gold, silver, graphite, and a great-looking Sierra Blue.



*Image courtesy of Apple, Inc.*

**FIGURE 1-1**

Other differences between iPhone models come primarily from the current operating system, iOS 15, which I cover in the remaining chapters of the book.



*Image courtesy of Apple, Inc.*

**FIGURE 1-2**

Not sure whether to get an iPhone 13 model? Here are a few more key differences:

- » The battery life of the iPhone 13 Pro Max is longer than the other models. For example, audio playback time on the 13 Pro Max is rated at 95 hours versus 75 hours on the 13 and 13 Pro, with the 13 mini maxing out at 55 hours.

- » iPhone 13 Pro and 13 Pro Max have triple rear-facing cameras, providing amazing optical zoom, portrait mode, and other features. The 13 and 13 mini have 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 13 and 13 Pro provide 2532 x 1170 resolution; 13 mini boasts 2340 x 1080; and 13 Pro Max provides a stunning 2778 x 1284.

Table 1-1 gives you a quick comparison of iPhone SE (second generation), 11, 12, 12 mini, 13, 13 mini, 13 Pro, and 13 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.)

**TABLE 1-1 iPhone Model Comparison**

Model	Storage	Cost (may vary by carrier)	Carriers
SE (second generation)	64GB and 128GB	From \$399	AT&T, Verizon, Sprint, T-Mobile
11	64GB and 128GB	From \$499	AT&T, Verizon, Sprint, T-Mobile
12	64GB, 128GB, and 256GB	From \$699	AT&T, Verizon, Sprint, T-Mobile
12 mini	64GB, 128GB, and 256GB	From \$599	AT&T, Verizon, Sprint, T-Mobile
13	128GB, 256GB, and 512GB	From \$799	AT&T, Verizon, Sprint, T-Mobile
13 mini	128GB, 256GB, and 512GB	From \$699	AT&T, Verizon, Sprint, T-Mobile
13 Pro	128GB, 256GB, 512GB, and 1TB	From \$999	AT&T, Verizon, Sprint, T-Mobile
13 Pro Max	128GB, 256GB, 512GB, and 1TB	From \$1,099	AT&T, Verizon, Sprint, T-Mobile



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 \$35.33 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](http://www.apple.com/shop/iphone/iphone-upgrade-program) for more information.

## 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 13 or 13 mini are 128, 256, and 512 gigabytes (GB), while 13 Pro and 13 Pro Max are 128GB, 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's are some guidelines:

- » If you simply want to check email, browse the web, keep your calendar up to date, and write short notes to yourself, 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.



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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 13, a 128GB unit costs \$799, 256GB is \$899, and 512GB will set you back \$1,099. iPhone 13 mini with 128GB goes for \$699, 256GB at \$799, and 512GB for \$999. iPhone 13 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 13 Pro Max is the priciest: \$1,099 for 128GB, \$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.