



SeniorConnect

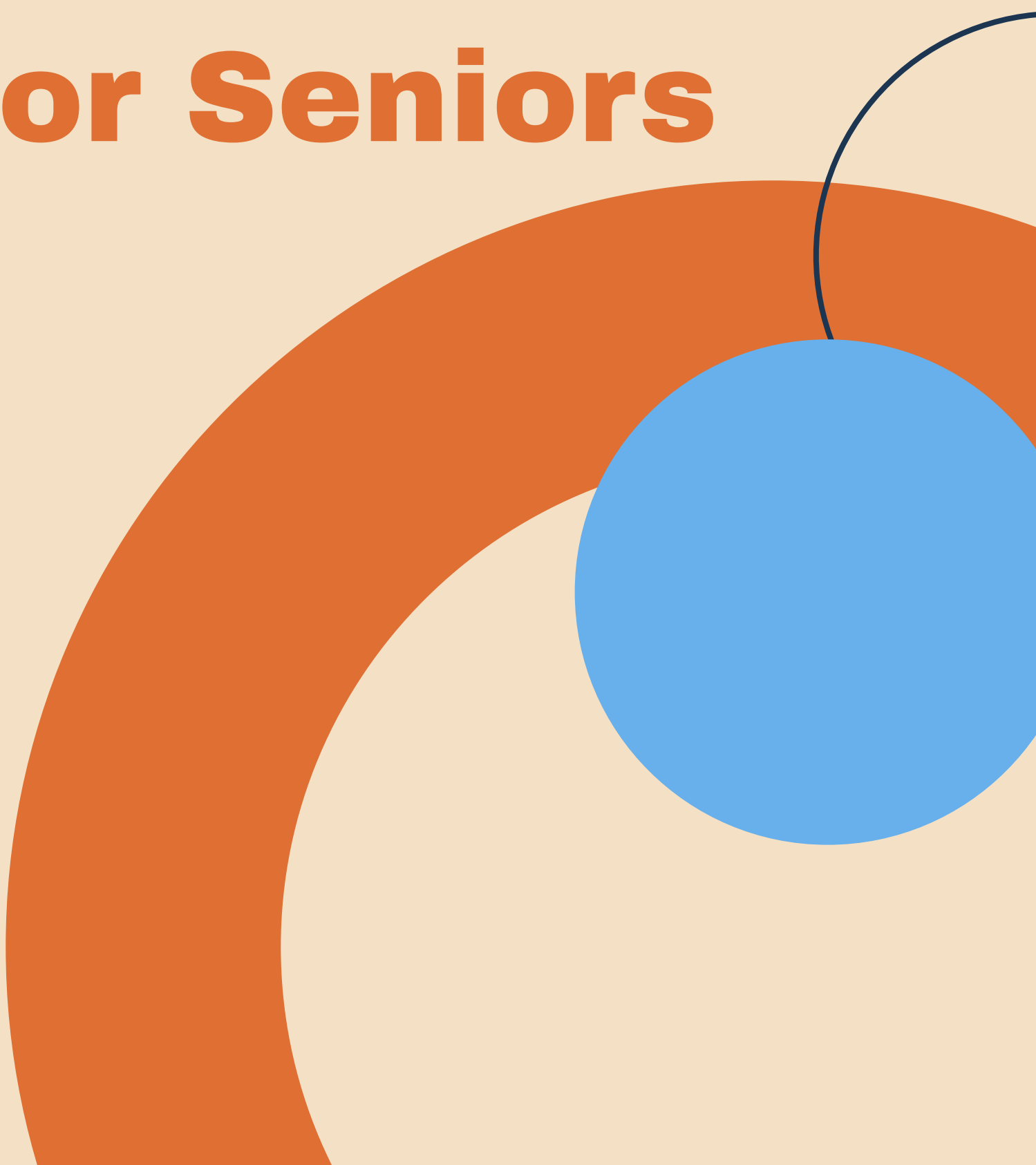
*Bridging The Digital Divide For Seniors.*





# Smartphone Basics for Seniors

In today's times, learning technology basics is important for all age groups. Here is a smartphone guide.



# 01. Choosing the Right Smartphone

## 1. User Friendly Interface: Easy to use device

- Large size fonts
- Large display size
- Simple navigation

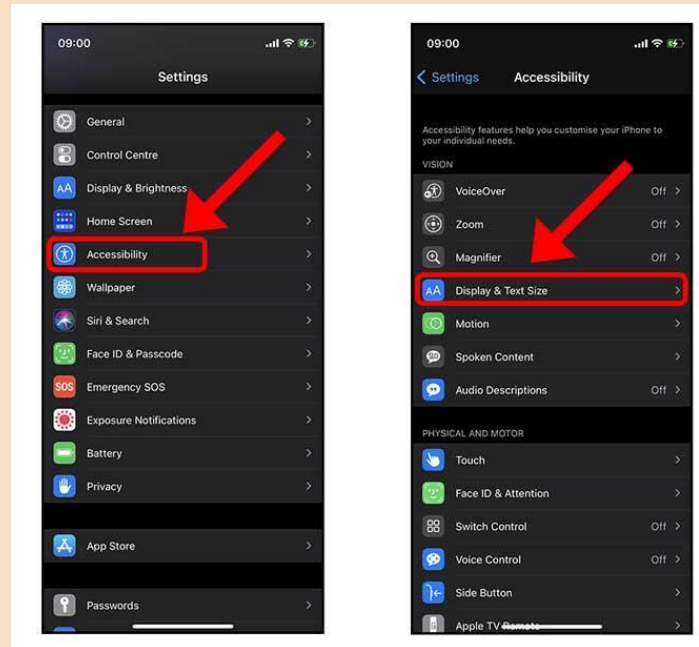
## 2. Original and trusted devices

(Check this by checking the IMEI number at [IMEI.info](http://IMEI.info) or the serial number)

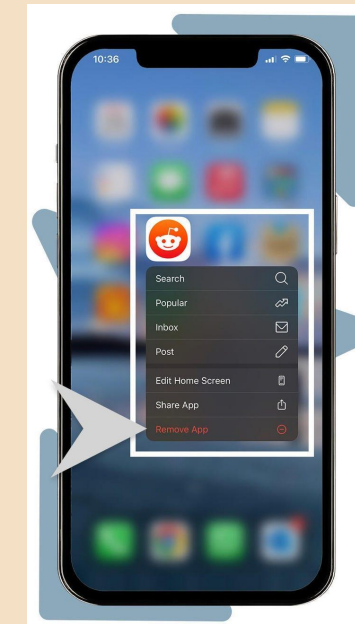


# 02. Setting Up Your Smartphone

**Adjust display:**  
Increase font size  
and brightness in  
Settings



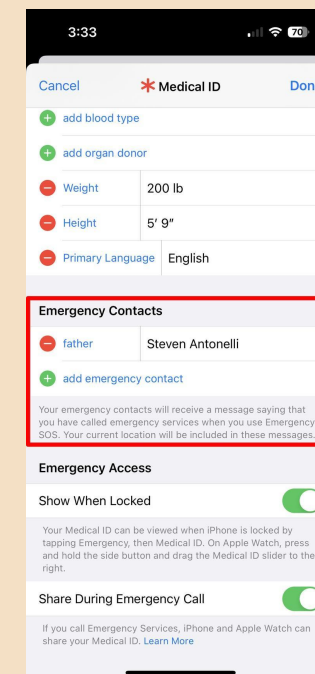
**Enable accessibility:**  
Voice commands,  
magnifiers, hearing  
aid compatibility  
through Settings



**Simplify:** Remove  
unnecessary apps  
and organize apps



**Install key apps:**  
Facebook,  
Instagram, etc.  
through the App  
Store



**Add emergency  
features:** Save  
emergency contacts  
through Contacts  
and activate fall  
detection

**Customize settings as per your convenience.**

## 03. Changing Language Settings

- For Android: Settings → System → Language & Input → Add Language
- For iPhone: Settings → General → Language & Region
- For Web Browsers: Adjust via Settings → Languages

## 04. Staying Connected

- Add contacts and use apps like Zoom and Whatsapp for communication. Explore social media to stay in touch with loved ones.

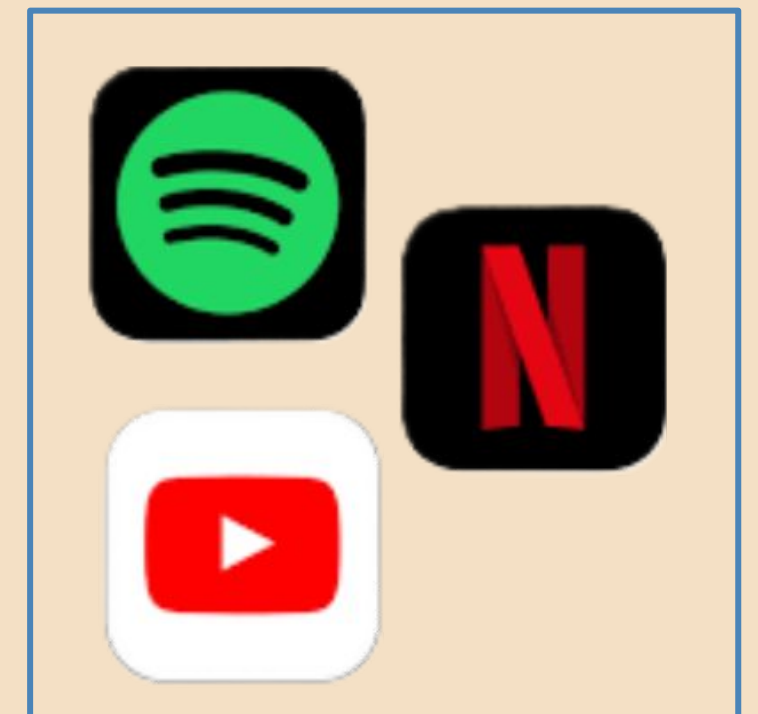
## 05. Accessing Information

→ Use browsers for news, topics of interest and navigation apps like Google Maps.



## 06. Entertainment

→ Stream music/videos on Youtube or play games and puzzles.





## **07. Health and Safety**

- **Track health metrics, set medication reminders, and book medical appointments using health apps.**



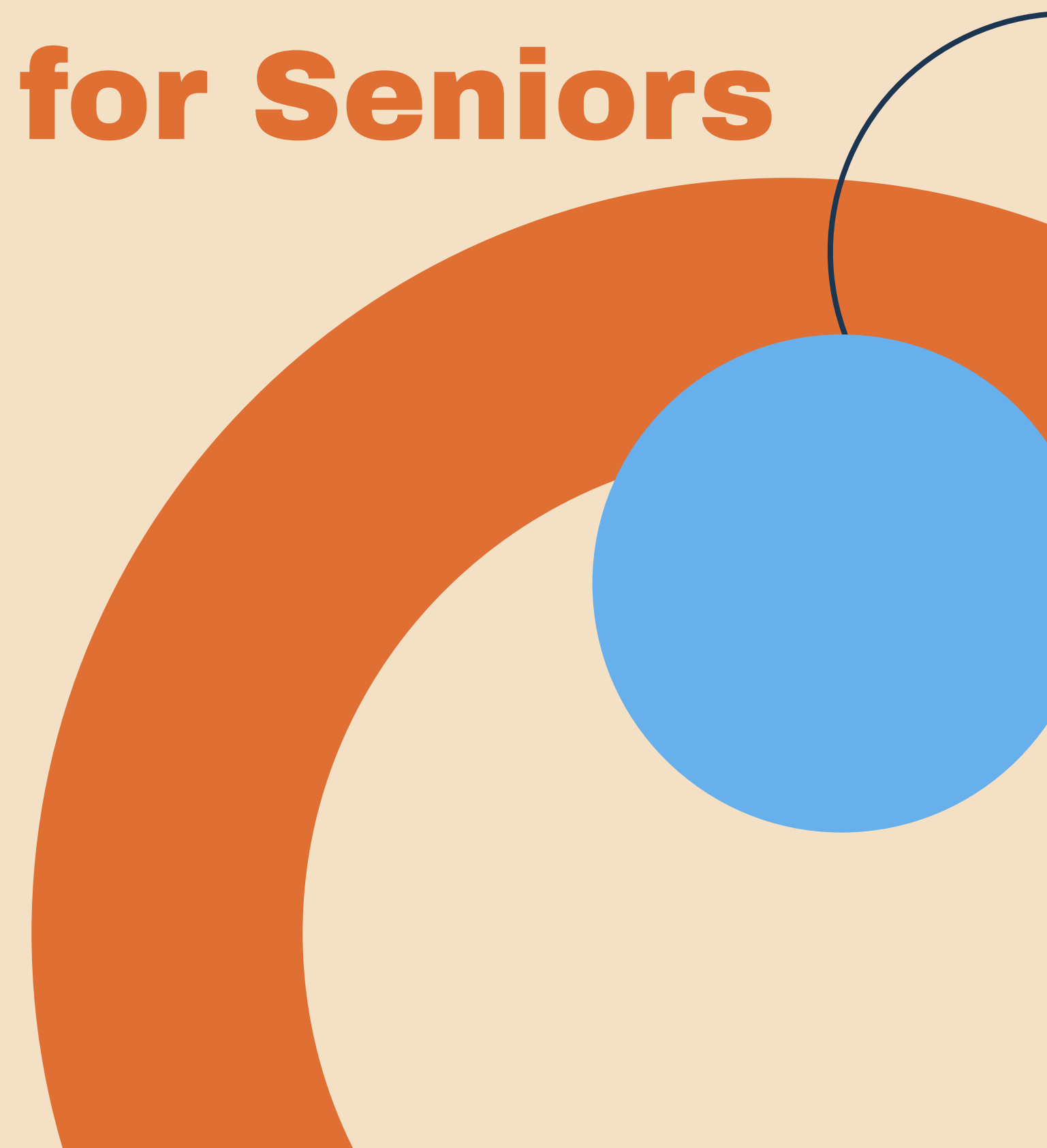
## **08. Continuous Learning**

- **Watch instructional guides and utilize tech support for seniors to master new features.**



# Digital Health Guide for Seniors

In today's fast paced world, digital health tools make life easier for seniors by providing seamless healthcare access.





# Here's a quick guide:

**Telemedicine & virtual consultations:**  
consult doctors online, no more long waits!



**Health monitoring devices:**  
smartwatches track vitals & send alerts.



**Wellness apps:**  
book appointments, set medicine reminders & track fitness.

**Online health records:** Store medical history securely for easy access.



**Stay informed & connected:** join online health communities & stay updated!

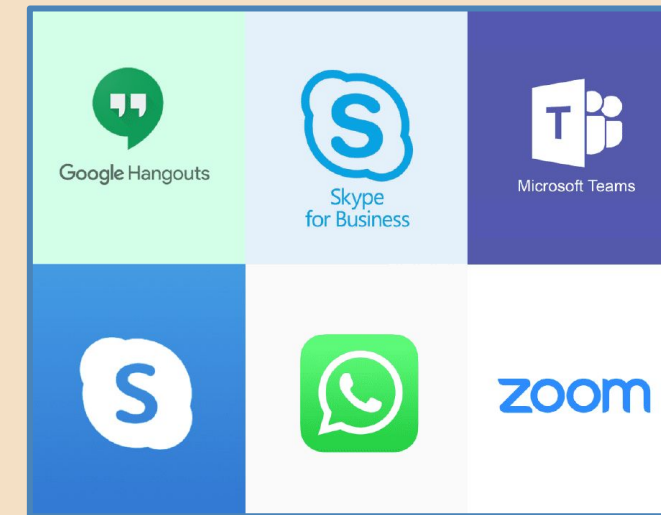
# Video Calling- made easy for seniors

Stay connected with family, friends & caregivers with easy videos calls! Here's a quick guide!

**1. Choose a device- smartphones (portable), tablets (bigger screen), or computers (best for long calls).**



**2. Pick an App- zoom, skype, facetime, or google meet.**



**3. Set up & call- download the app, sign up, add contacts & press the video call button!**

**4. Pro tips- speak clearly, check camera & mic, and ensure good lighting.**



**5. Stay safe- only call trusted people & avoid sharing personal info.**

# Online Banking- made easy for seniors

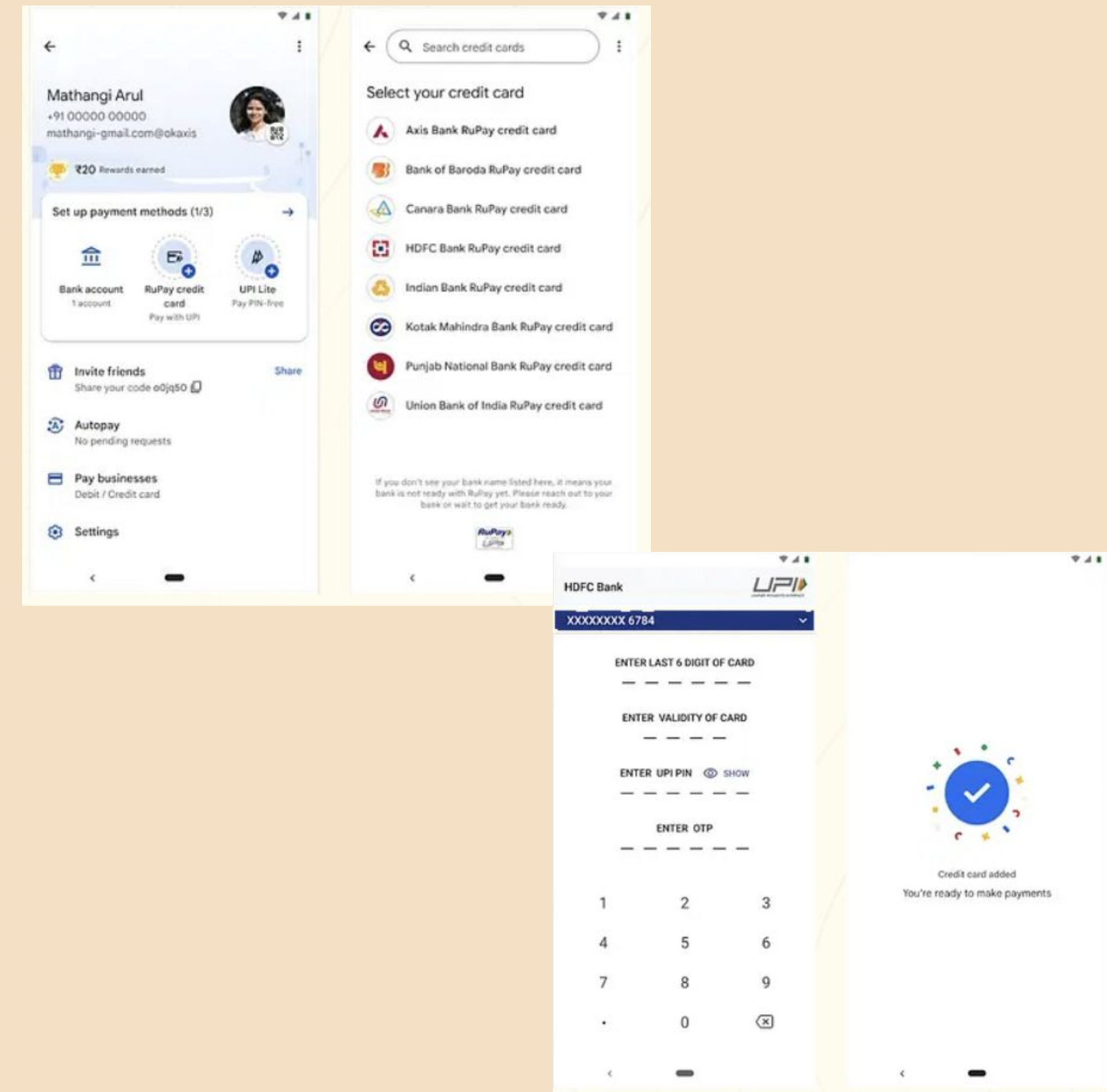
Manage your money securely from home with online banking! Here's a quick guide!

**Get started:** register with your bank's online services & set up a strong password.

**Key features:** Check balance, transfer money, pay bills & download statements anytime.

**Stay safe:** use strong passwords, enable two-factor authentication & avoid public Wi-Fi.

**Need Help?:** Contact your bank, attend free training workshops, or ask a trusted family member.



# Internet Browsing- made easy for seniors

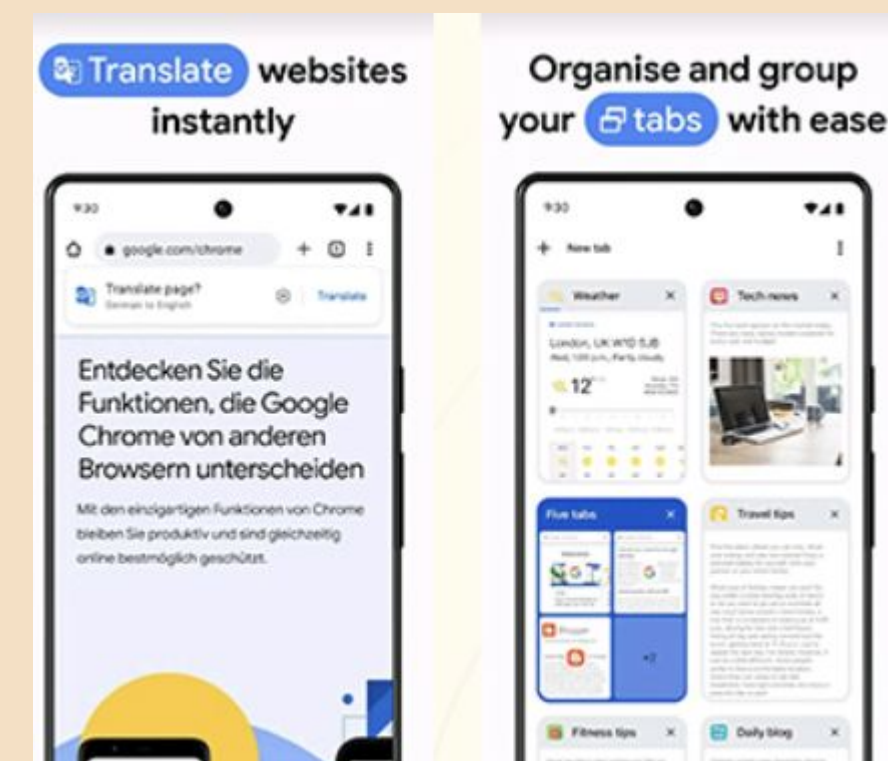
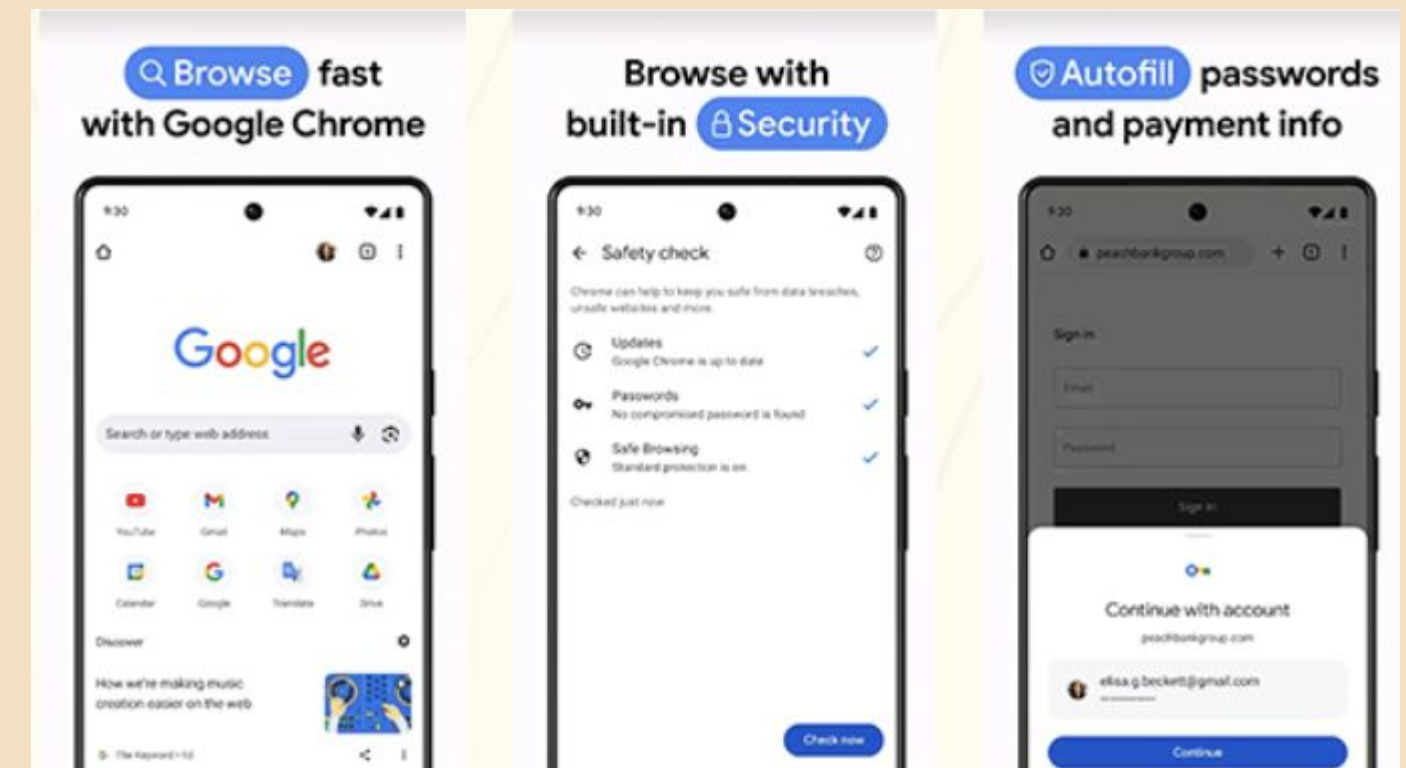
Stay informed, connected & entertained with safe internet browsing! Here's a quick guide!

**Best browsers:** Use chrome (fast & user-friendly) or Edge (easy for Window users)

**Make browsing easy:** Increase text size, enable reader mode & use voice search.

**Stay safe:** avoid suspicious links, use strong passwords & enable two-factor authentication.

**Helpful websites:** Stay updated with google news, learn on youtube & udemy, and connect via facebook & zoom.



# **Social Media- made easy for seniors**

**Stay informed, connected & entertained with these essentials! Here's a quick guide!**

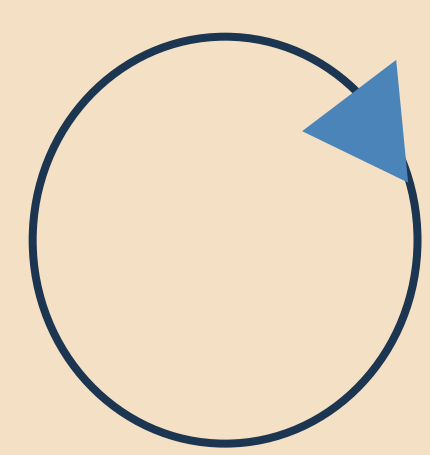
**Choose your platform-  
stay in touch on  
Facebook, share  
memories on Instagram,  
chat on Whatsapp, learn  
on Youtube, and explore  
hobbies on Pinterest.**

**Stay safe- avoid  
suspicious links, use  
strong adjust privacy  
settings.**

**Engage & explore- post  
updates, join  
communities & video call  
loved ones.**

**Learn more- watch free  
youtube tutorials &  
attend senior-friendly  
social media classes.**





# Avoiding Scams- made easy for seniors

Stay stay with these scam guidelines. Here's a quick guide.

## Common Scams:

- Government impersonation scams
- Tech support scams
- Emails/texts impersonating companies
- Fake charity/money requests
- Lottery winning scams

## Tips to avoid scams:

- Never share personal information over the phone/text/email unless you initiated contact
- Verify the identity of callers claiming by calling back the official numbers of the companies they “represent”
- Be cautious of offers that seem too good to be true
- Use spam filters and antivirus softwares to protect your devices
- Regularly check bank statements for unauthorized transactions



# Avoiding scams- made easy for seniors

## Examples of scams in India

### Asking for Aadhaar or PAN verification

Official government agencies will not ask for this information over the phone. This can lead to identity theft.

### Winning a prize through a random lottery draw in KBC

There are not random lotteries in which you win without putting a number. Do not pay any amount.

### Getting a request for money through UPI apps like GPay or Paytm

These scammers trick users by requesting rather than sending money. Do not accept unknown requests.

### Posing as tech support from companies like Microsoft and asking for access to devices

These scammers steal data or install viruses on your devices. Do not give access to any devices.

### Impersonating banks like SBI or HDFC and asking for financial information through email/text

These scammers try to steal your financial information. Official banks will only ask for these details in person.

### Selling products online at very low prices through Facebook Marketplace, etc.

These scammers take your money and never send any products. Verify that you are buying from official websites/companies.

**Enable your security settings and install antivirus software for extra scam protection**

# Tech troubleshooting- made easy

Helping seniors solve common tech issues with simple steps!

**Wi-Fi not working?**

Restart the router and  
check connections.

**Device won't turn on?**

Charge it & hold the  
power button.

**Forgot password?**

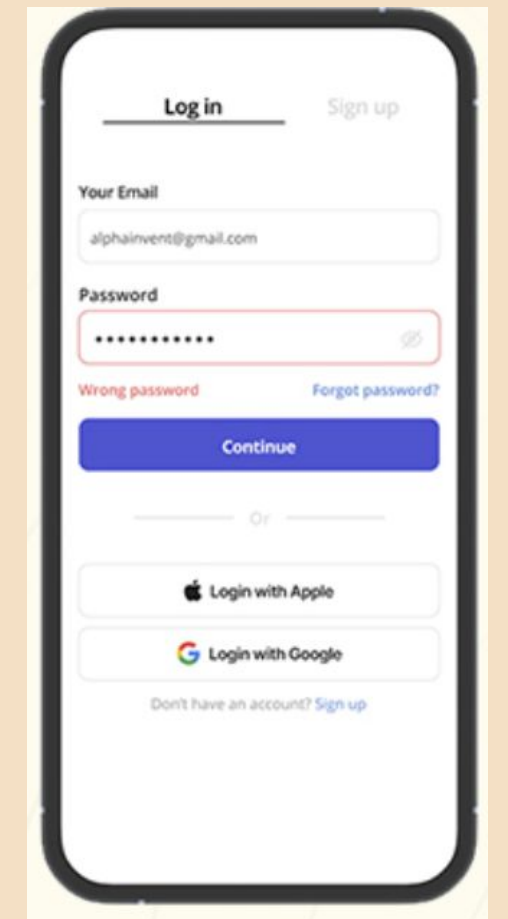
Use 'Forgot Password'  
to reset and restore  
safely.

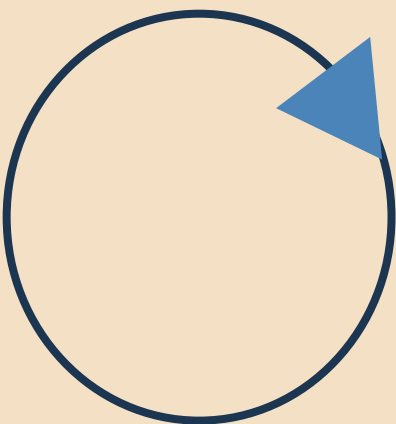
**Slow device?**

Close apps, delete  
unnecessary apps &  
update software.

**No sound?**

Check mute, restart, or  
try headphones.





# Tech FAQ for Seniors

Got tech questions? Here are quick answers!

## Turn Device on/off

Hold the power button

## Connect to Wi-Fi

Settings> Wi-Fi>  
select & enter  
password

## Increase text size

Settings> Display>  
text size

## Update device

Settings> software  
update

## Take a screenshot

iPhone: Power+ Volume up  
Android: Power+ Volume down  
Windows: PrtScn/ Win+Shift+S  
Mac: Cmd+Shift+3 or 4

## Speed up a slow device

Restart, close  
apps, free up  
space.

## Fix internet issues

Restart router,  
move closer,  
contact provider

## Create email

Sign up on  
Gmail/Outlook &  
follow steps

## Block spam emails

Click 'Report  
Spam' or 'Block  
Sender'

## Create strong passwords

Use letters,  
numbers &  
symbols