THE PROOF SERIES

# iPhone Proof

*A Senior's Simple Guide to Your iPhone*



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## FREE SAMPLE CHAPTER

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MEET YOUR IPHONE

# The parts you can touch

Before tapping the screen, learn the few physical parts that never hide.

Side button › Volume › Silent/Action › Charging port

1. Find the Side button on the right. A short press wakes or locks the screen.

2. Find the Volume buttons on the left. Press the top for louder and the bottom for quieter.

3. Notice the Ring/Silent switch or Action button above the Volume buttons, depending on model.

4. Locate the charging port, cameras, speakers, and microphones. Do not poke tools into holes.

! **Good to know:** A case can make buttons harder to see. Run a fingertip along the edges.

TALE

IPHONE PROOF STORY

### A familiar moment

Margaret once pressed Volume Up twelve times and wondered why the iPhone would not wake. It was fine - merely impressed by her enthusiasm.

MEET YOUR IPHONE

# Charge without guesswork

A steady charging routine prevents most low-battery surprises.

**Cable** › **Wall adapter** › **Battery symbol**

1. Plug the cable firmly into the iPhone. Newer models use USB-C; some older models use Lightning.
2. Connect the other end to a compatible wall adapter, then plug it into the wall.
3. Look for the lightning bolt in the battery symbol or the charging message.
4. Unplug by holding the connector, not pulling on the cable.

! **Good to know:** The iPhone can also charge on a compatible wireless charger; line up the back carefully.

**Take care:** Do not use a damaged, wet, frayed, or unusually hot cable or charger.

MEET YOUR IPHONE

# First-time setup

The setup assistant connects your language, network, account, security, and data.

Language › Wi-Fi › Apple Account › Passcode

1. Hold the Side button until the Apple logo appears.
2. Choose your language and country or region. Turn on accessibility help if needed.
3. Connect to trusted Wi-Fi, then follow the Quick Start or manual setup prompts.
4. Create or sign in to your Apple Account, set a passcode, and choose Face ID or Touch ID if offered.

! **Good to know:** You can return to most optional services later in Settings. You do not have to decide everything at once.

TALE

IPHONE PROOF STORY

### A familiar moment

Setup can feel like a long airport form. Read one screen, make one choice, and ignore the impatient imaginary queue.

MEET YOUR IPHONE

# One Apple Account, many services

Your Apple Account connects the App Store, iCloud, FaceTime, Find My, and more.

**Settings** › **Your name** › **iCloud** › **Recovery info**

1. Open Settings. Your name appears at the top when an Apple Account is signed in.
2. Tap your name to review sign-in, personal information, payment, subscriptions, and devices.
3. Tap iCloud to choose what syncs, such as Contacts, Photos, Notes, or passwords.
4. Keep trusted phone numbers and account recovery information current.

! **Good to know:** Apple ID is now called Apple Account in newer wording. It is the same sign-in idea.

**Take care:** Never give anyone your password or a verification code. Apple Support will not ask you to read a code aloud.

MEET YOUR IPHONE

# Lock it with a passcode and biometrics

A passcode protects the iPhone; Face ID or Touch ID makes unlocking easier.

Passcode › Face ID or Touch ID › Lock › Practise

1. Open Settings, then Face ID & Passcode or Touch ID & Passcode.
2. Choose Turn Passcode On and create a code you can remember but others cannot guess.
3. Follow the on-screen scan to set up your face or fingerprint on supported models.
4. Lock and unlock the iPhone three times. The passcode remains the backup key.

! **Good to know:** The iPhone requires the passcode after restarting and in some security situations.

**Take care:** Avoid 123456, birthdays, addresses, and phone-number digits.

TALE

IPHONE PROOF STORY

### A familiar moment

A birthday passcode is like hiding a spare key under the doormat - comforting, but not very secret.

TOUCH AND IOS

# Four finger moves

Taps and swipes are the iPhone's basic vocabulary.

Tap › Touch and hold › Swipe › Pinch

1. Tap once to choose. Use a light, quick touch.
2. Touch and hold for about one second to reveal more choices.
3. Swipe by touching, moving, and lifting in one smooth motion.
4. Pinch two fingers together to zoom out; spread them apart to zoom in.

! **Good to know:** If nothing happens, lift your finger and try again. Pressing harder rarely helps.

TALE

IPHONE PROOF STORY

### A familiar moment

An iPhone is not a stubborn jar. Extra force does not open it; it only gives your thumb a workout.

TOUCH AND IOS

# Use a Home button model

Older iPhones and iPhone SE models may have a round Home button below the screen.

**Home once** › **Home twice** › **Touch ID** › **Lock button**

1. Press Home once to leave an app and return to the Home Screen.

2. Press Home twice quickly to see recently used apps.

3. Rest a registered finger on Touch ID to unlock; press only when needed.

4. Press the Side or top button to lock the screen.

! **Good to know:** On a Home button model, Control Centre usually opens by swiping up from the bottom edge.



TOUCH AND IOS

# Use gestures on Face ID models

Newer iPhones replace the Home button with simple movements from the screen edges.

**Swipe up: Home** › **Up + pause: Switcher** › **Top-right: Controls**

1. Swipe up from the bottom edge to go Home.

2. Swipe up and pause in the middle to see the App Switcher.

3. Swipe right or left along the bottom edge to move between recent apps.

4. Swipe down from the top-right corner to open Control Centre.

> ! **Good to know:** Practise one gesture at a time. Start with the finger touching the very edge.

TALE

IPHONE PROOF STORY

### A familiar moment

Ray missed the edge five times, then got it. The iPhone did not issue a scorecard, so Ray won.

TOUCH AND IOS

# Make the Home Screen yours

The Home Screen should hold the apps you use most, not every app you own.

9:41 Wi-Fi 82%

Phone Messages Camera

Photos Settings Store

Home Screen - icons may look different on your iPhone.

1. Swipe left or right to move between Home Screen pages.

2. Touch and hold an empty area until the icons jiggle.

3. Drag an app to a useful spot or onto another app to make a folder.

4. Tap Done, or tap an empty area, when the arrangement feels right.




Time, Wi-Fi signal, battery charge.

! **Good to know:** Keep Phone, Messages, Camera, and Photos on the first page or in the Dock.

TOUCH AND IOS

# Find every app

The App Library and Search find apps that are not on the Home Screen.

Home Screen › Swipe left › App Library › Search

1. Swipe left past the last Home Screen page to open App Library.
2. Tap the search field at the top and type part of the app name.
3. Tap the app to open it.
4. To add it to Home, touch and hold the app, then drag it left or choose Add to Home Screen when offered.

! **Good to know:** From any Home Screen, swipe down in the middle to open Search.

TALE

IPHONE PROOF STORY

### A familiar moment

If an app seems to have vanished, it is usually in App Library, having a quiet cup of tea.

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