

Make an iPhone Simple & Easy to Use

A pictorial setup guide for an older person — prepared by an Occupational Therapist.

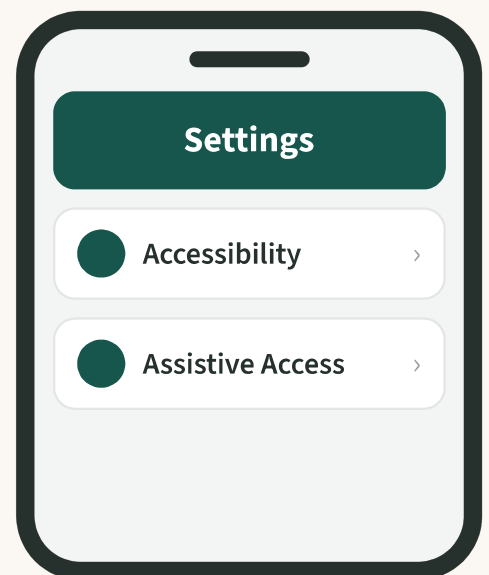
Assistive Access

This changes the iPhone into a much simpler interface with large buttons, fewer choices, and only the apps the person needs.

1 Open Assistive Access

Settings → Accessibility → Assistive Access → Set Up Assistive Access

Sit with the person while you do this. Allow about 20 minutes, and have their Apple ID password handy before you start.



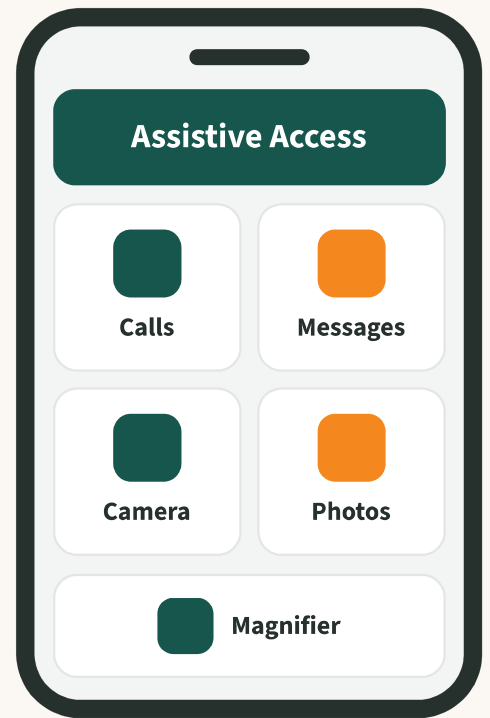
2 Choose what they see

Choose a large **Grid** or simple **Rows**. Add only the apps the person actually uses.

Keep the first screen very small: Calls, Messages, Camera, Photos and Magnifier are often enough. Add other apps only when they are genuinely useful.

3 Make the Home Screen obvious

Use a small number of large, clearly labelled apps. The Grid layout is especially visual, and is usually the easier of the two.



Suggested setup

- **Calls** — favourite people first
- **Messages** — only if they text
- **Camera + Photos** — keep familiar functions
- **Magnifier** — for labels, menus and print
- **Remove clutter** — shopping, utilities, unused apps
- **Contact photos** — for important people

4 Make everything easier to see

Settings → Accessibility → Display & Text Size

- Turn on **Bold Text**
- Increase **Larger Text** to a comfortable size
- Consider **Increase Contrast**
- Turn on **On/Off Labels** if switches confuse

5 Reduce visual distraction

Settings → Accessibility → Motion

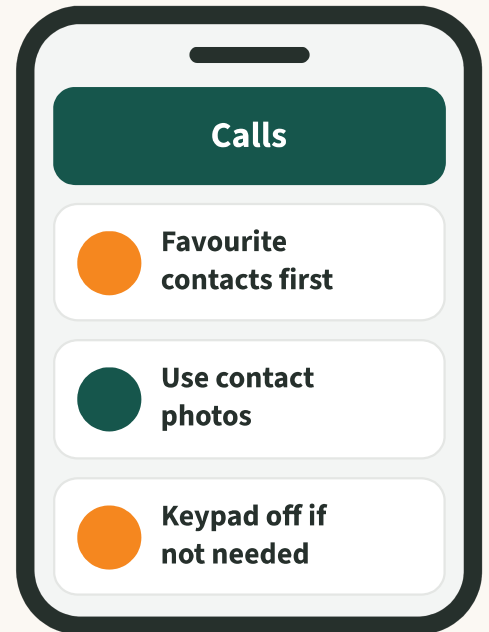
Turn on **Reduce Motion** if animations are distracting or disorienting.

Avoid adding accessibility features unless they solve a specific problem — too many can make the phone *harder* to use.

6 Make calling as easy as possible

Assistive Access → Calls

- Put the most important people in **Favourites**.
- Add clear **contact photos** where possible.
- If the person only calls known people, consider leaving the **keypad off**.
- Keep **Speaker** available if hearing or handset positioning is difficult.



Use Face ID or Touch ID

Easier than remembering and entering a passcode.

Choose a plain wallpaper

Avoid busy photos behind icons or text.

Keep notifications quiet

Turn off non-essential alerts so important calls and messages stand out.

Set up Medical ID

Emergency contacts and health information available when it matters.

Practise 3–4 key tasks

Answer a call, call family, read a message, take a photo.

Write down the exit passcode

The supporter should keep the Assistive Access passcode somewhere safe.

IMPORTANT

Assistive Access is a major simplification. Set it up *with* the person, not just *for* them — keep the features that matter to their routines and independence.

NOTES FOR THE SUPPORTER
