Mystic Valley Elder Services

Made in partnership with Tufts University

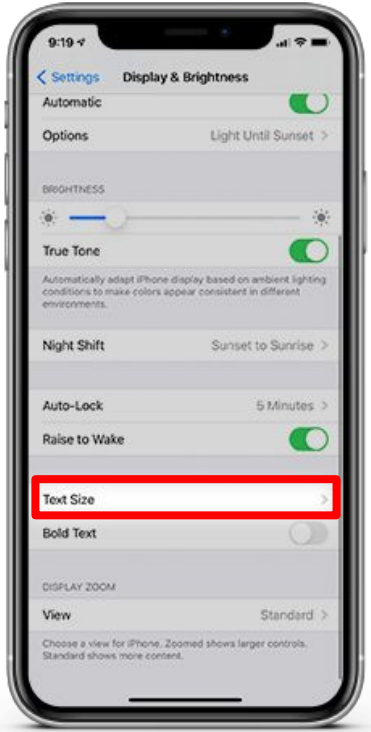
iPhone Safety, Emergencies and Accessibility Tips

Larger Text Size

Increasing the text size on your phone can improve readability and help make using your phone easier!

Find the **Settings** app on your phone's homepage and open it

Find the **Display and Brightness** section and open it



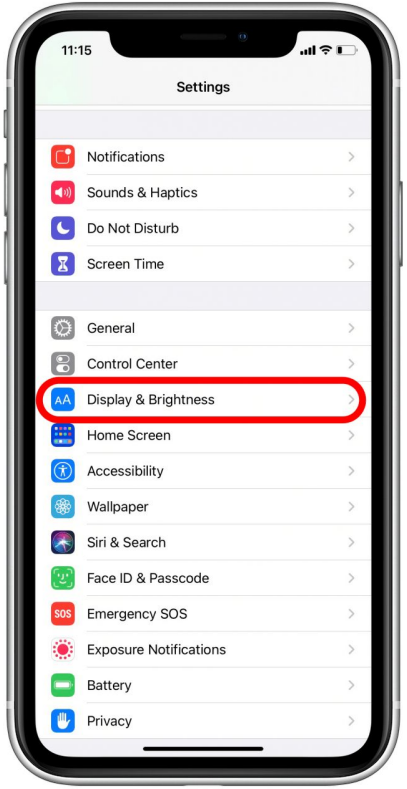
Find the **Text Size** section and open it

Hold and drag the **white dot** on the bottom of the screen to adjust the size of the text.

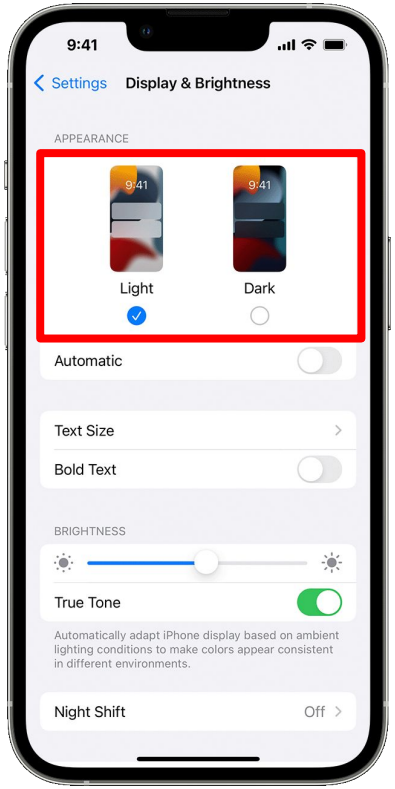
iPhone Brightness & Screen Settings

Changing the brightness levels of your screen can make everything easier to read.

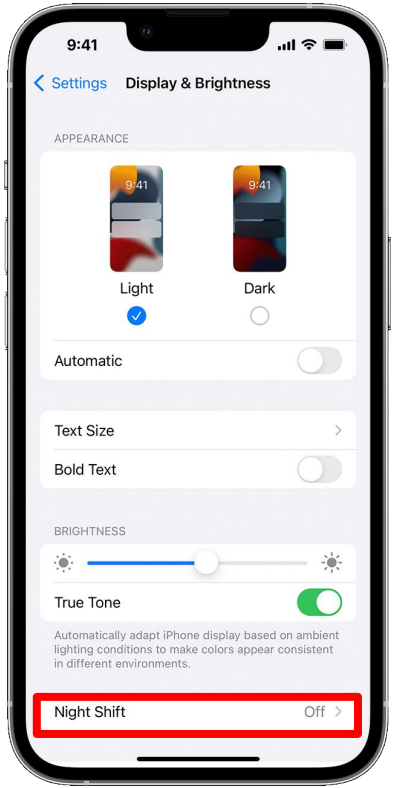
Find the **Settings** app on your phone's homepage and open it



Find the **Display and Brightness** section and open it



Changing your iPhone's appearance can help ease eye strain



Enabling **Night Shift** will protect your eyes at night

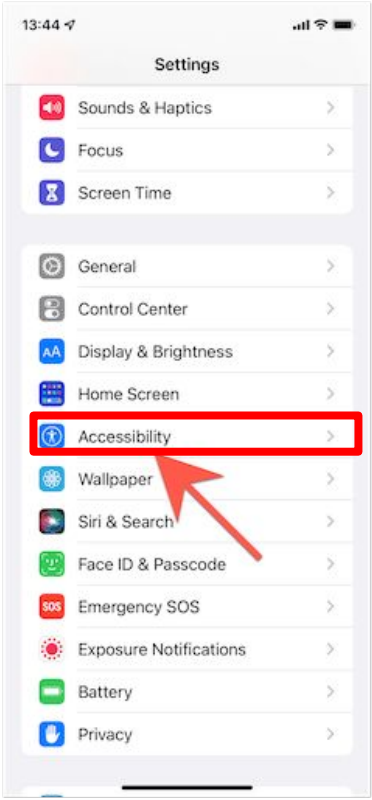
Have Your iPhone Read Aloud To You

Spoken Content

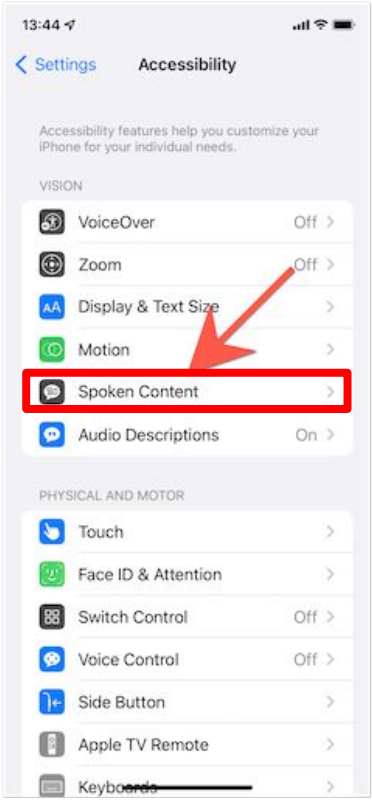
With Spoken Content, your iPhone can read any text on your screen out loud to you. It's useful if text isn't legible on the screen, or you want to listen instead of look at your screen.

Find the **Settings** app on your phone's homepage and open it

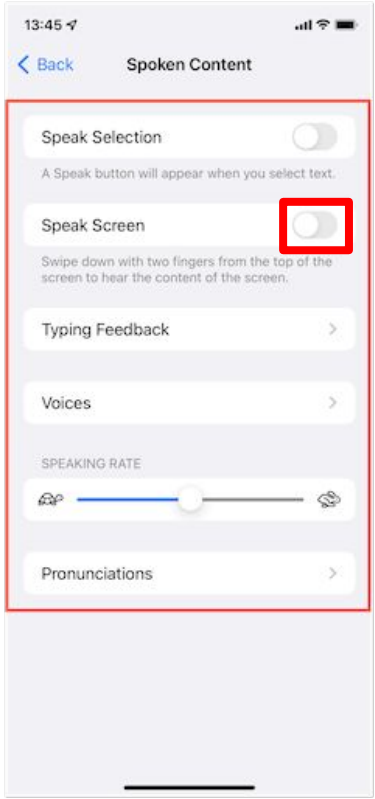
Scroll down in the Settings



Find the **Accessibility** section and open it



Find the **Spoken Content** section and open it



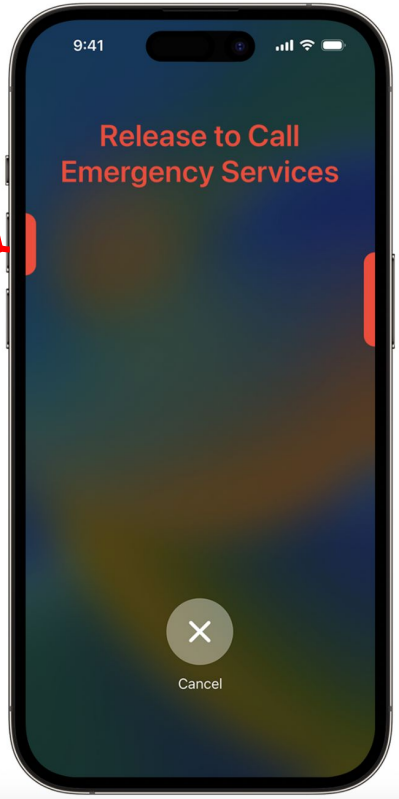
Enable the **Speak Screen** by selecting the grey button

After turning **Speak Screen** on, if you take two fingers and drag them down from the top of the screen, your phone will read out the contents of the screen for you. You can use this for any app or page on your screen that has text.

Making an Emergency Call

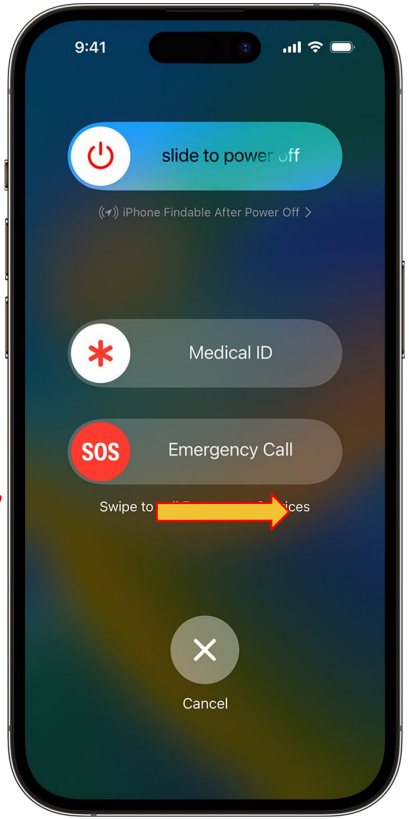
When you make an emergency call, your phone will call the **local emergency number** and alert your **emergency contacts** via text message and **share your location** with them. This is important because it makes it easier to alert all necessary people at once.

How to make an emergency call

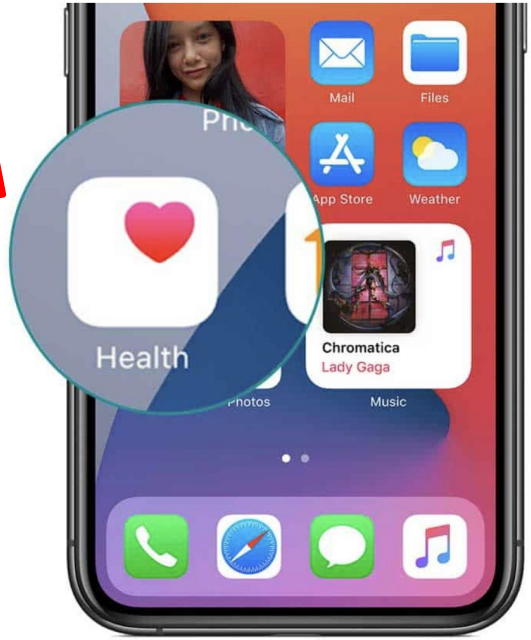


1. Press and hold the top volume button and the right side button at the same time

2. Swipe the red SOS button from left to right

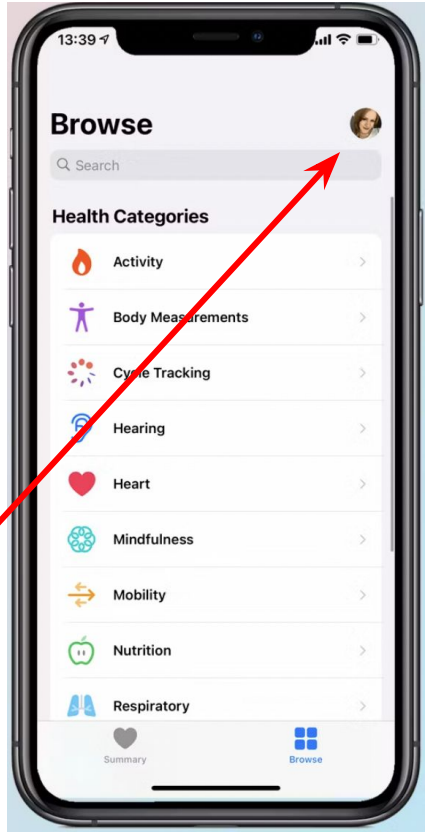


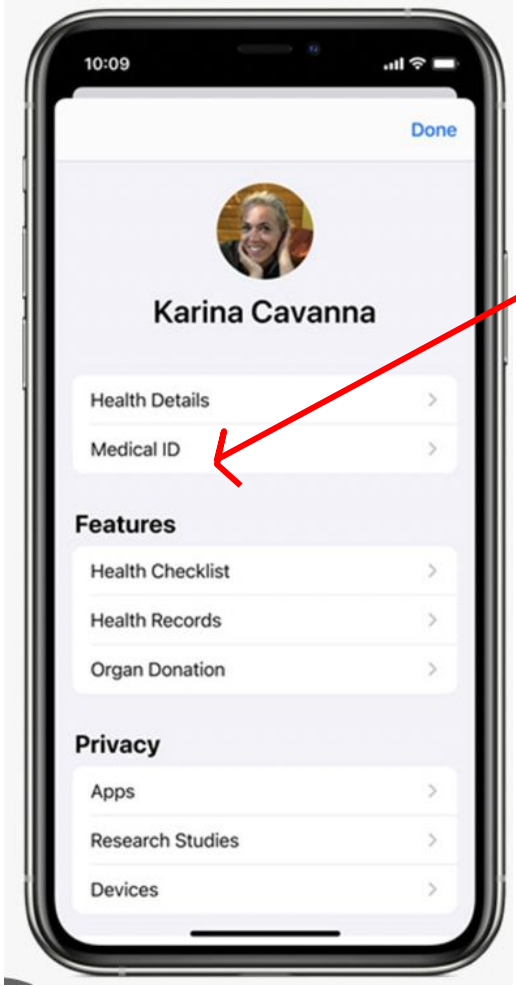
How to add emergency contacts



1. Open the **Health app** from your home screen

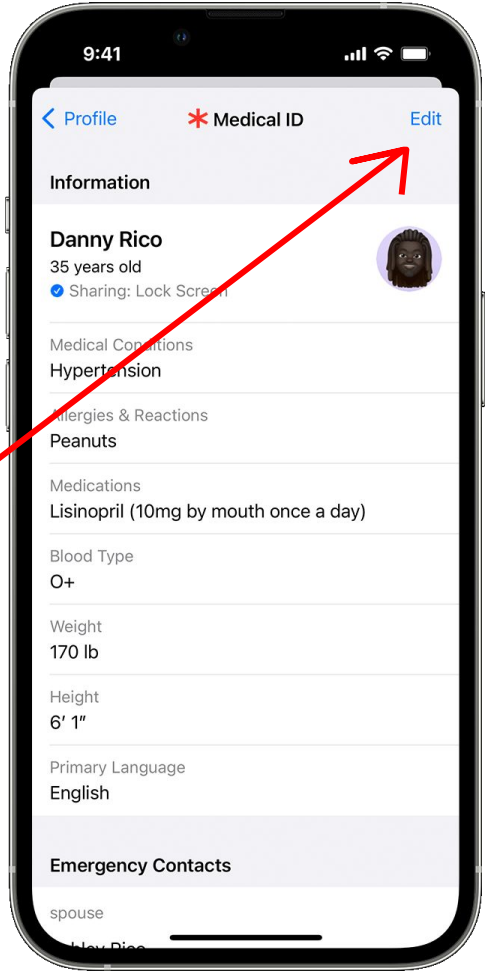
2. Click on your profile in the top right corner

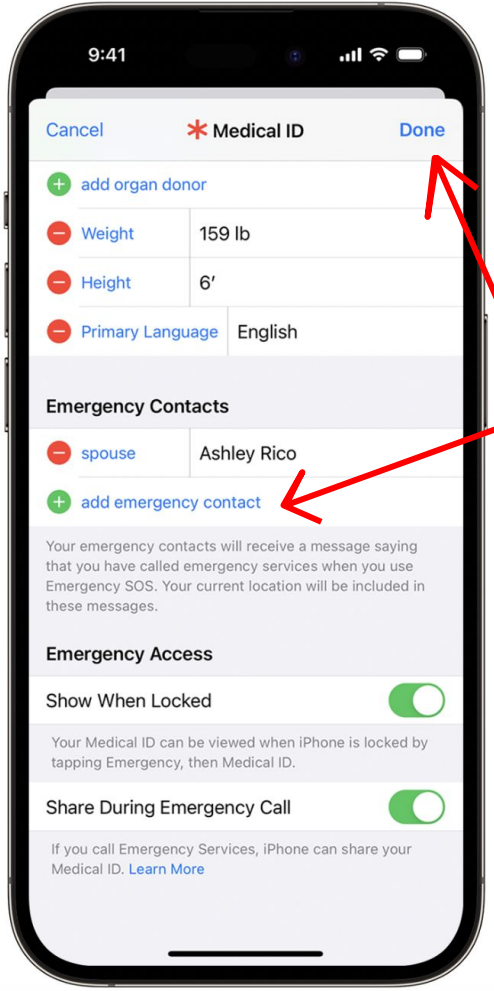




3. Click on **Medical ID**

4. Click **Edit** in the top right corner





5. Click **add emergency contact** and enter their information

6. Then click **Done**

Once you add your emergency contacts, you are all set! If you make an emergency call, they will be contacted and your location will be shared with them.