

The Senior Phone Setup Wizard

A simple, one-time checklist to set up an older parent's phone so it's easy to see, easy to hear, and ready for the day. Print it, work through it together, and check off each step.

You don't need to be "techy" to do this. Each step below takes a minute or two. Most are found in your phone's **Settings** app (the gear icon). Do them once, and the phone quietly works better every day after.

1 Make the screen easy to see



Turn up the text size.

Settings → Display & Brightness → Text Size. Slide it larger until it's comfortable to read at arm's length.



Turn on Bold Text.

Same Display menu. Thicker letters are far easier on older eyes.



Raise the brightness.

Brighter screens are easier to read, especially near windows.



Set the screen to stay on a little longer.

Display → Auto-Lock → choose a longer time so it doesn't go dark mid-task.

2 Make it easy to hear



Turn the ringer volume up.

Press the volume buttons on the side while no music is playing, or Settings → Sounds.



Pick a loud, clear ringtone.

Choose one that's easy to notice from another room.



Turn on vibration too.

A buzz plus a ring means missed calls happen less often.



Turn off "Silent" or "Do Not Disturb" if it's on by accident.

Look for a small moon or bell icon at the top of the screen.

3 Set up the people who matter



Add close family to Contacts with clear names.

Use "Sarah (daughter)" instead of just "Sarah" so it's never confusing.



Add a few favorites for one-tap calling.

In the Phone app, tap a contact → Add to Favorites. Now they're one tap away.



Set up the emergency contact.

Most phones let you list a person who can be reached even from the lock screen.
Check Settings → Emergency SOS or the Health app.



Write the most important number on paper too.

A card in the wallet is a calm backup if the phone is ever lost.

4 Set up gentle daily reminders

This is the heart of a reliable day — gentle nudges for the things that matter, like pills, meals, and calls.

☐ **Decide the 3–5 things worth a daily reminder.**

Common ones: morning pills, lunch, an afternoon walk, evening pills, a call to family.

☐ **Pick a tone that's easy to notice but not jarring.**

Calm and clear works better than loud and startling.

☐ **Use a reminder app built for this.**

DayAnchor was made for exactly this — large, friendly reminders for older adults, with no clutter. See the last page.

☐ **Test one reminder today.**

Set it for five minutes from now and watch it appear. Seeing it work builds confidence.

A note on dignity: the goal isn't to watch over someone — it's to help the day hold together so they can stay independent and confident. Set things up *with* your parent, not just *for* them.

5 Quiet the noise & stay safe

☐ **Turn off notifications from apps that don't matter.**

Fewer pop-ups means the important ones don't get lost. Settings → Notifications.

☐ **Be cautious with unknown calls and texts.**

Agree on a simple rule: "If you don't know the number, let it go to voicemail and ask me."

☐ **Never share codes sent by text.**

Real companies never ask for them. This one rule prevents most scams.

☐ **Save where help lives.**

Bookmark or note the phone's built-in help, and keep your own number easy to find.

6 Make it last

☐ **Set up charging in a consistent spot.**

Same place every night — by the bed or a favorite chair — so the phone is always ready.

☐ **Turn on automatic updates.**

The phone keeps itself current without anyone thinking about it.

☐ **Do a five-minute check-in every few weeks.**

Volume still up? Reminders still working? A quick look keeps small problems small.

Ready to make the daily reminders effortless?

DayAnchor is a calm, simple daily routine companion built for older adults — gentle reminders for pills, meals, and calls, without making anyone feel watched.

Free to try · dayanchor.app

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