

Tips for Using an iPhone with Parkinson's

How to set your iPhone up to maximize support for you

Trudy Downs, April 30, 2026

Use Your Voice

Speak Commands

- Not necessary to use phone in your hands — put it down on a flat surface & use your voice.
- Using your voice has two benefits — you don't need to worry about touching the screen inadvertently and getting things you don't want AND
- It is good exercise for you to use your voice and make sure your volume is sufficient for your phone and your friends and family to hear.



iPhone – for use in Emergencies

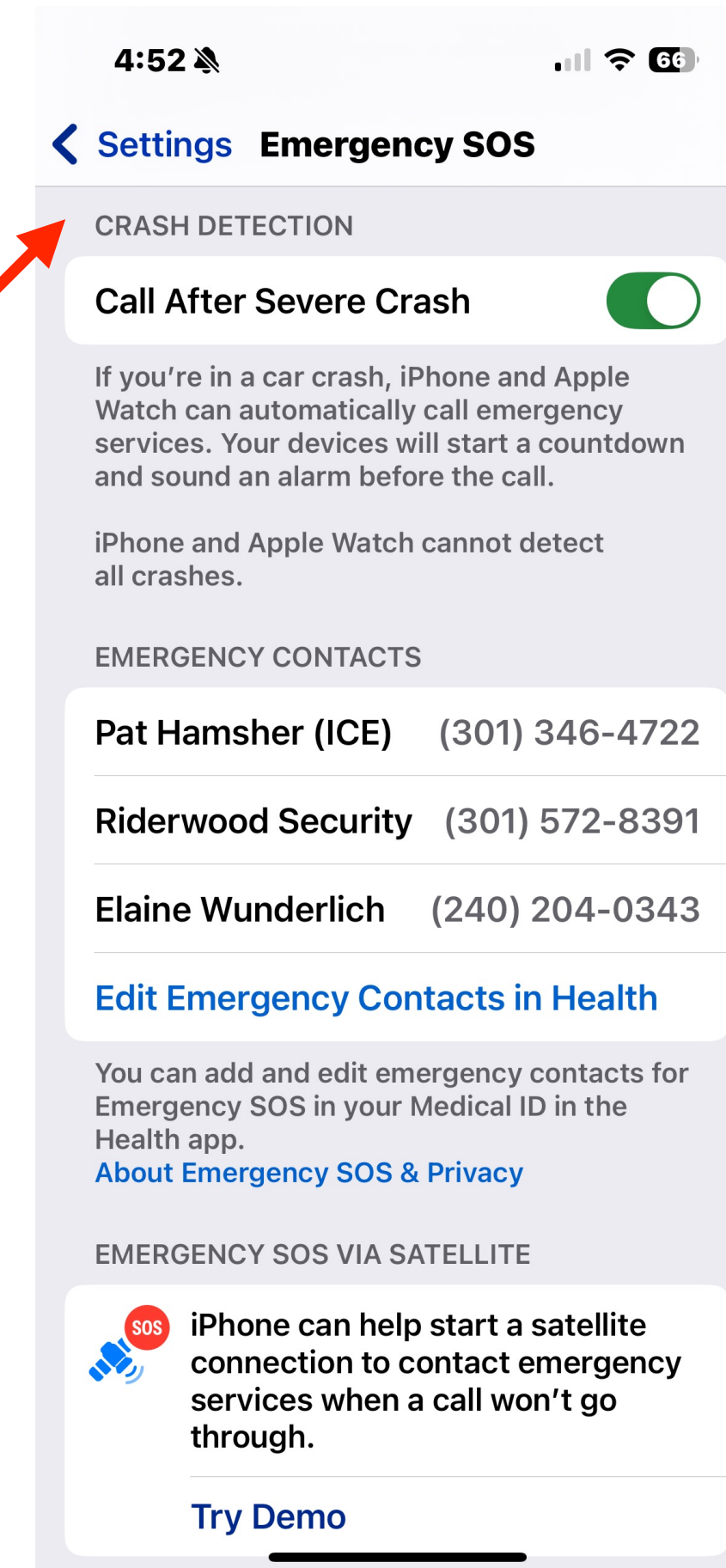
- You can use your iPhone to summon help (if you are conscious).
- Set up features must be defined:
 - Riderwood Emergency phone number must be in Contacts
 - Siri must be setup on your phone
 - Phone must listen for “Hey Siri” or “Siri” at all times, set in Accessibility
- In case of emergency when you can’t reach a pull cord, you say “**Hey, Siri call Riderwood Security on Speaker.**”

Instructions

- 1. Make sure Riderwood Security (301-572-8391) is in your contacts.**
- 2. Follow the instructions for various Settings in your iPhone Settings application as shown on the following slides.**

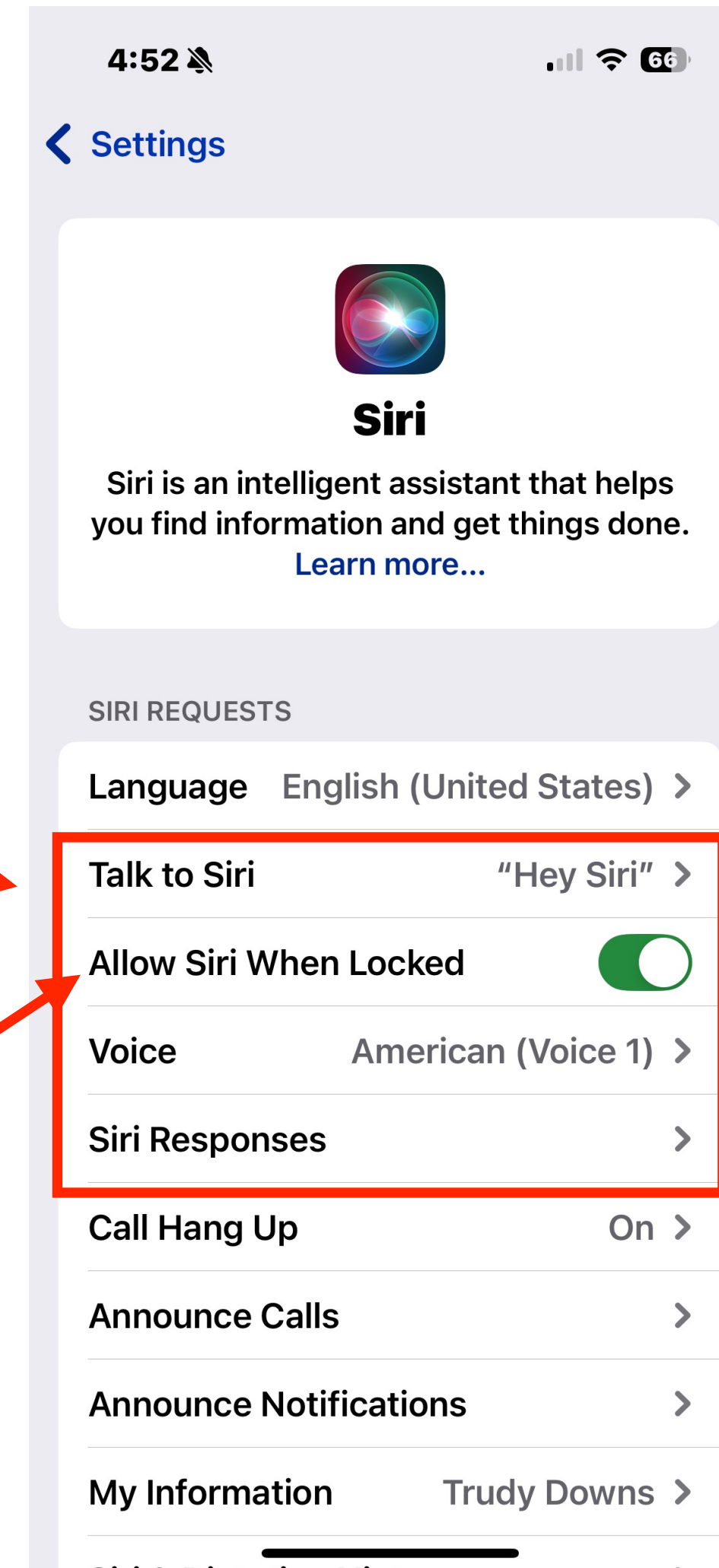
Settings/Emergency SOS

1. On your iPhone, go to Settings:
2. In Settings, go to Emergency SOS
3. Tap Emergency SOS
4. In the expanded Emergency SOS window
5. Scroll down through the options and at the Heading “Crash Detection” touch the slide button to turn on this feature.



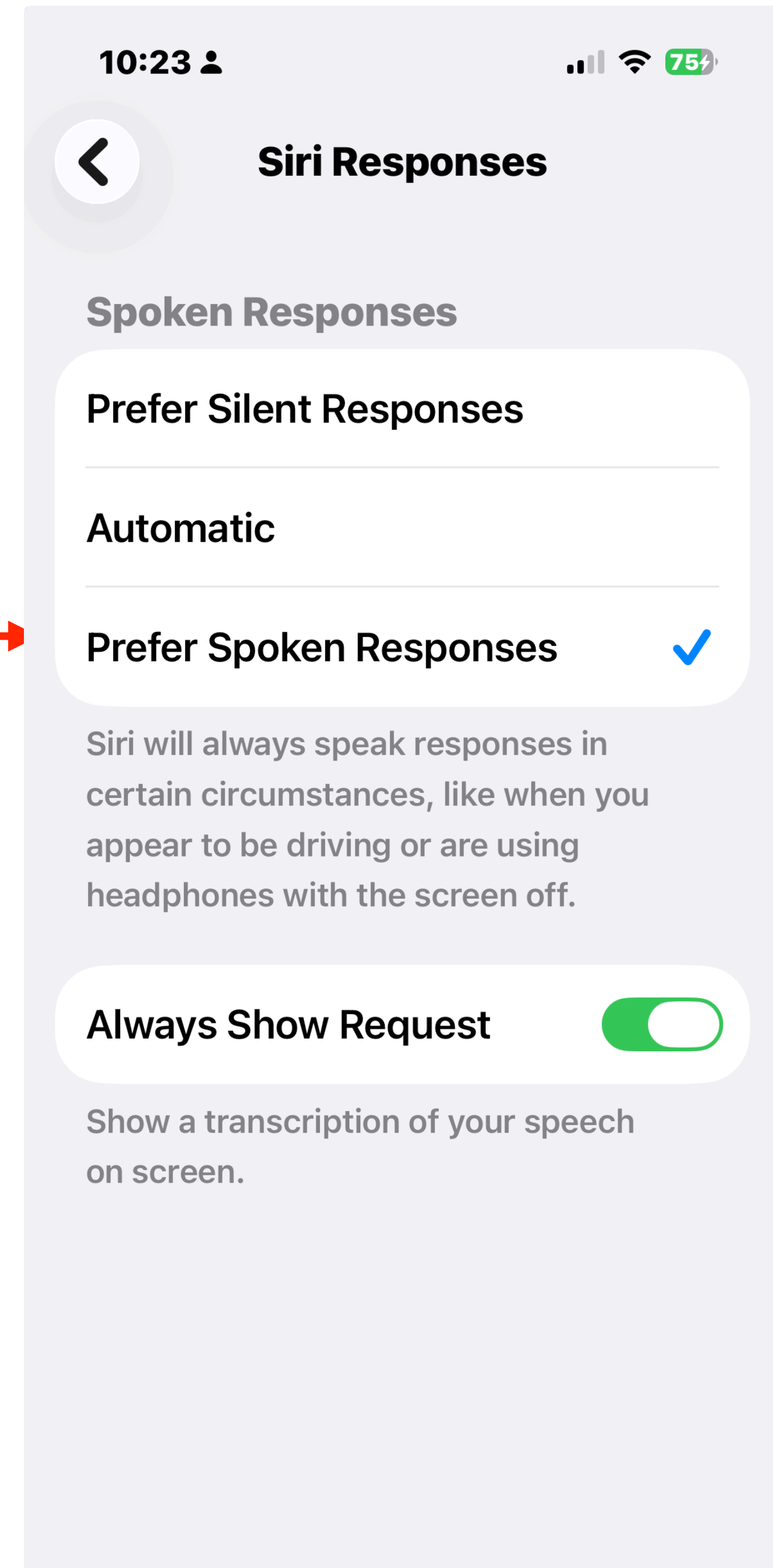
Settings/Siri

1. On your iPhone, go to Settings:
2. In Settings, go to Siri (on newer models “Artificial Intelligence & Siri”)
3. Tap Siri
4. In the expanded Siri window, look for “Talk or (Talk/Type) to Siri”
5. Touch the arrow to be sure Siri is not Off
6. Be sure Siri shows “Hey Siri” or “Siri” if not you need to setup Siri.
7. Turn On the button for “Allow Siri When Locked”



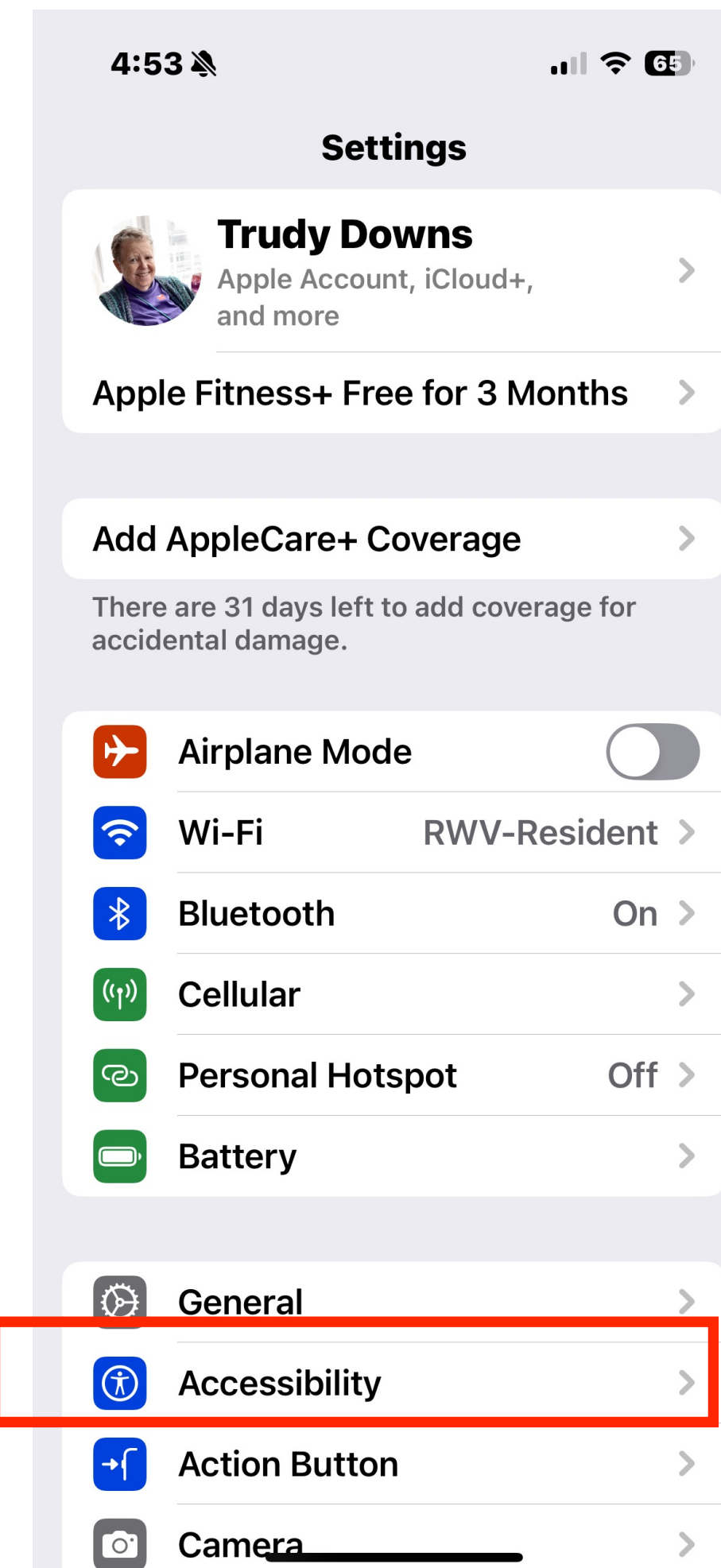
Siri Responses

1. While on the Siri Settings Page, go to the Heading “Siri Responses” and tap.
2. You can choose from from:
“Prefer Silent Responses”
“Automatic”
Or “Prefer Spoken Responses”
3. Choose “Prefer Spoken Responses” and you should see a check mark on that response.
4. The reason for doing this is to make sure Siri heard your request and is responding accurately.
5. Make sure the “Always Show Request” is turned on.



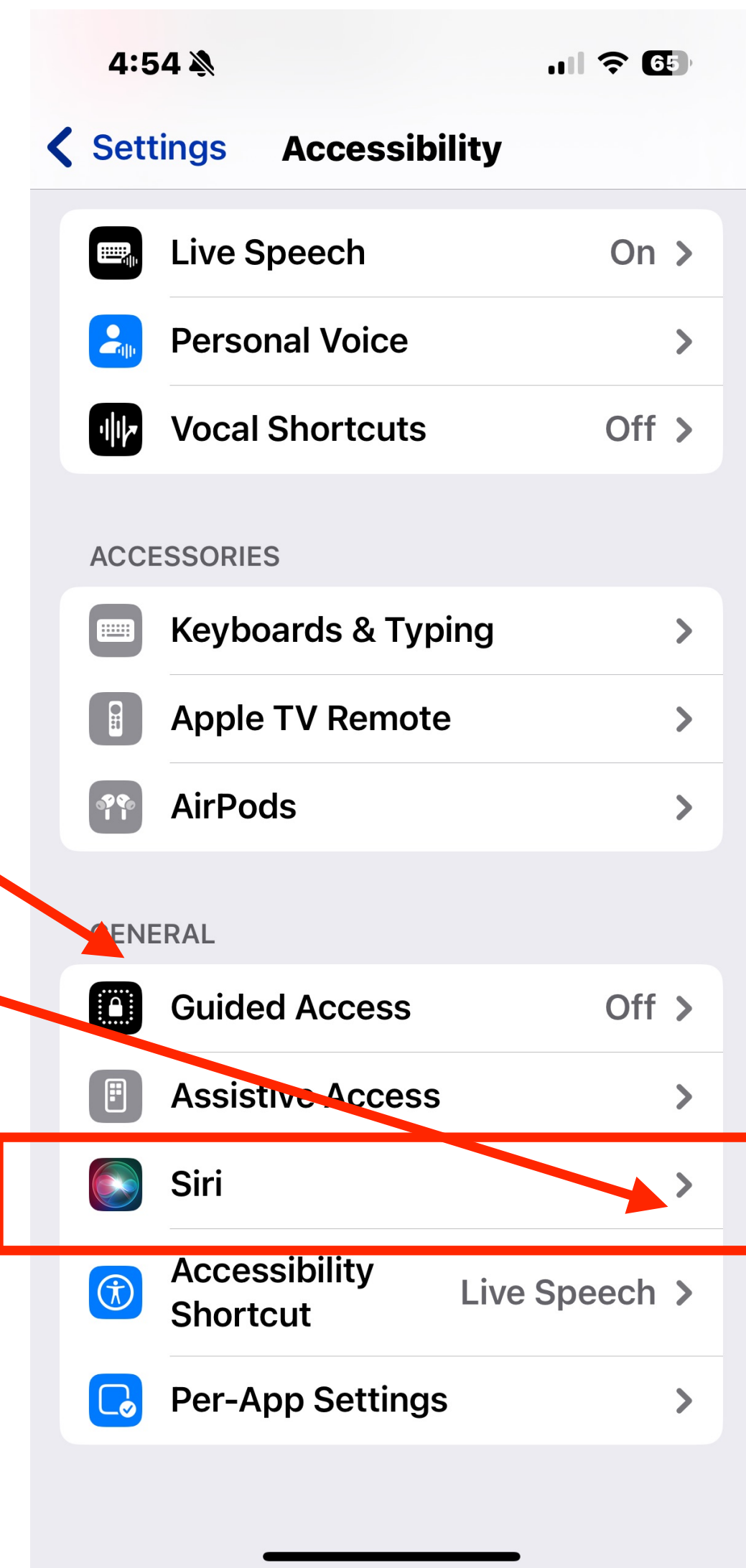
Settings/ Accessibility

Go to Settings/
Accessibility.



iPhone Accessibility Settings/Siri

1. Go to Settings/
Accessibility and scroll to
the very bottom where
you see General.
2. Go to "Siri" and click on
the right pointing arrow.

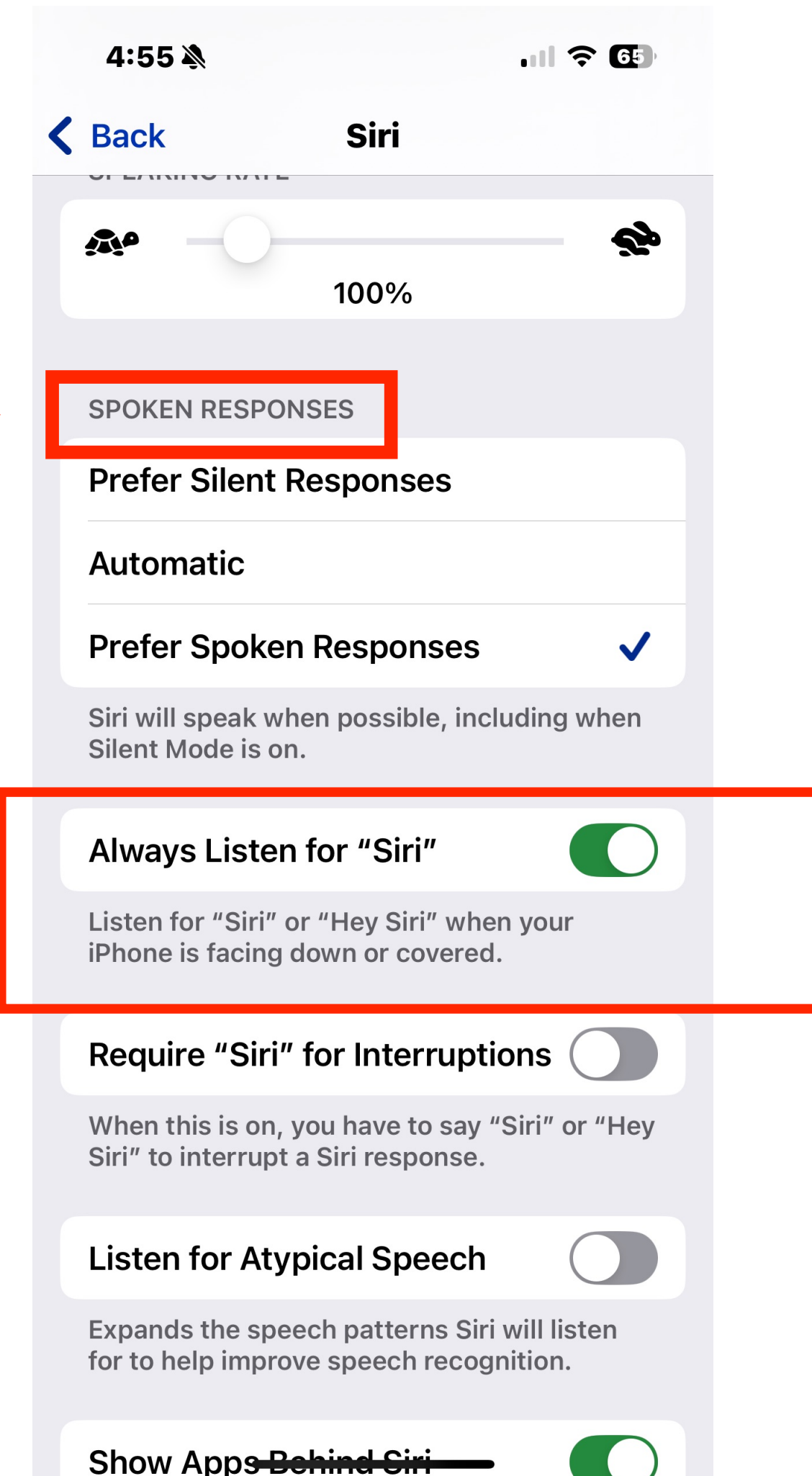


Settings/ Accessibility/ General/ Siri

In the General Section under Accessibility, go to Heading Spoken Responses.

Make sure “Always Listen for “Siri” “ is turned ON.

This means whenever Siri is called even if in your pocket, or your handbag or your walker basket, Siri will respond to your command.



Another Important App for Security & Safety

Use your Health App  and complete the information required for Medical ID.

Also complete the Health Details section in the Health App.

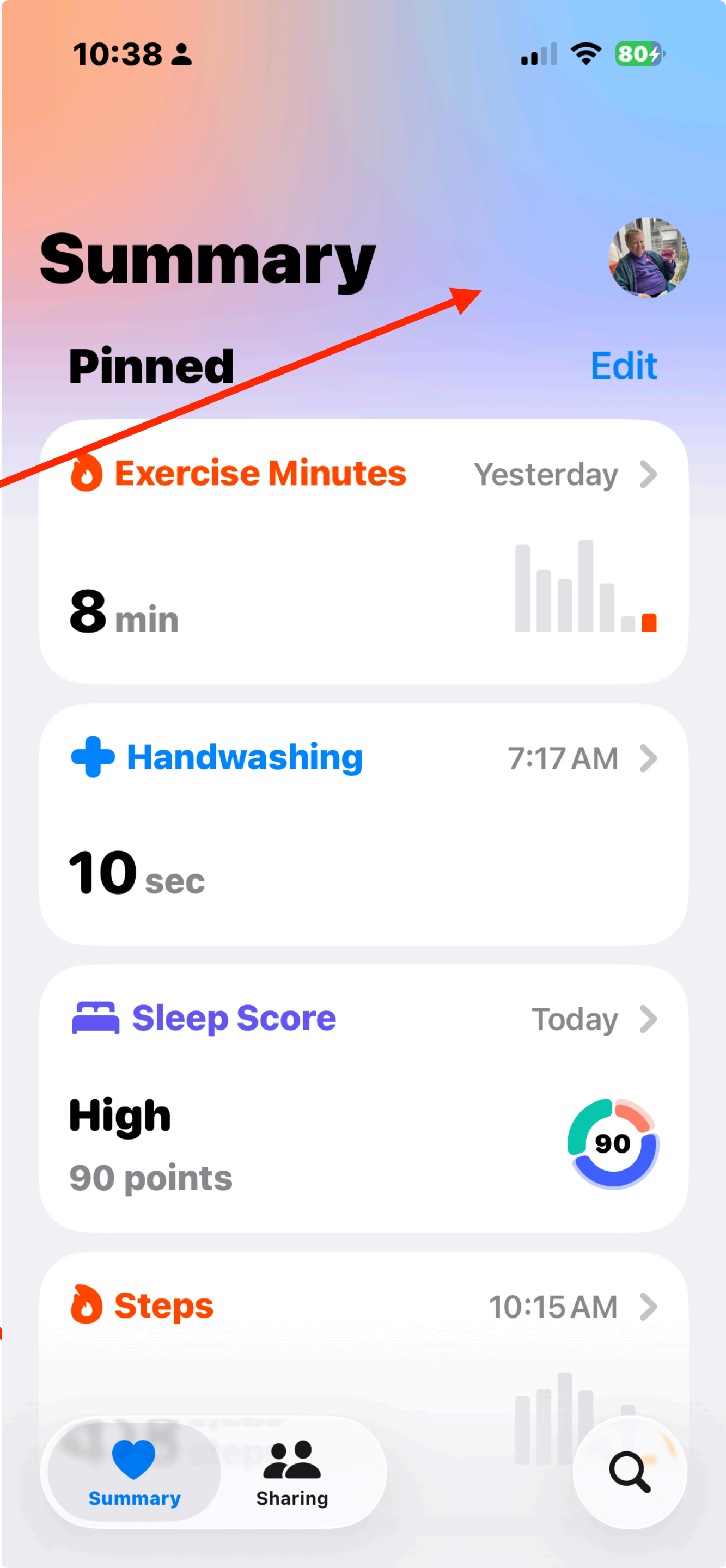
Both of these are found in the Health App on the Summary Page by touching the Profile picture on the right hand side of the Summary page. See following slides for specifics on the Health Details section.

Health/Summary Medical ID Info

Open Health App . Be sure you are in Summary tab (at the bottom of the screen).

Tap profile picture in the upper right corner.

.

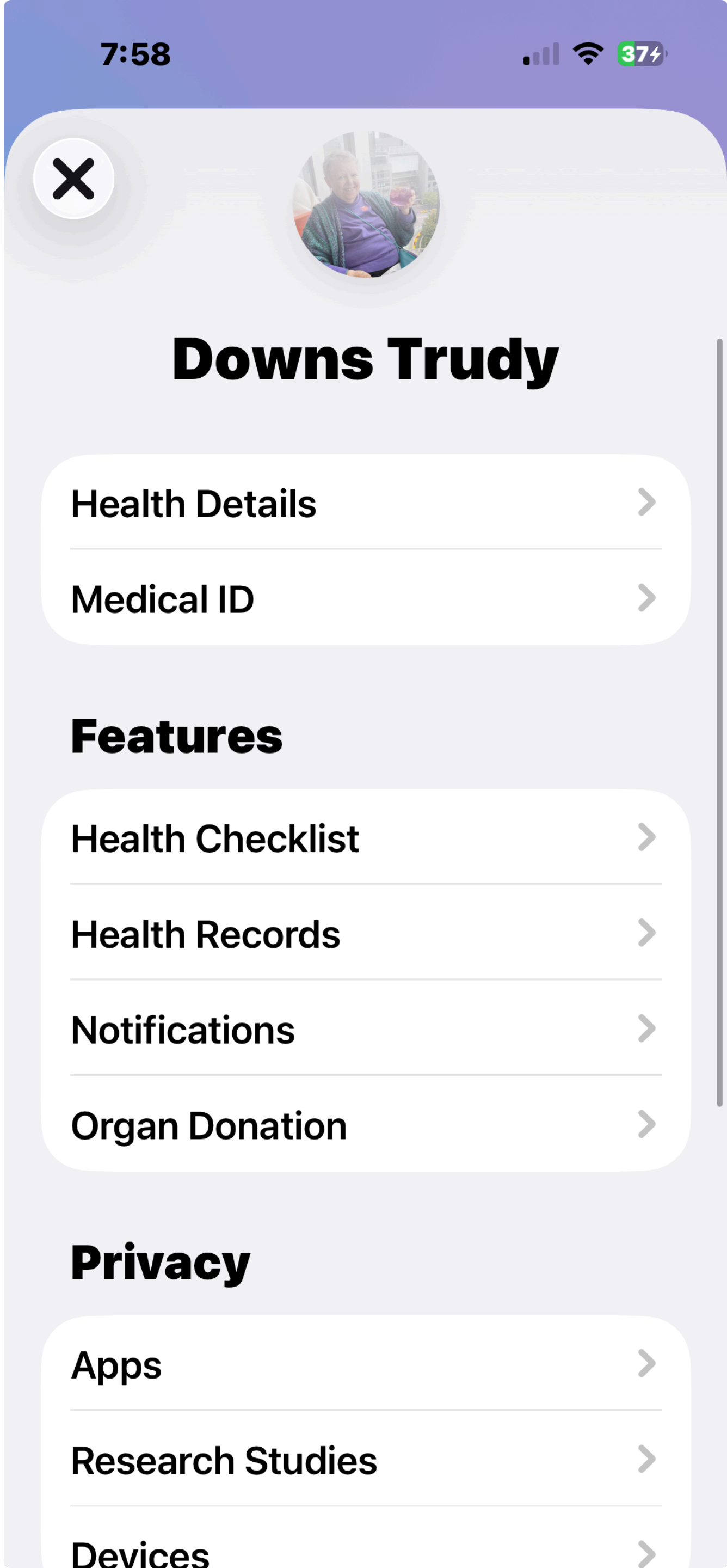


When You Tap the
Profile you see

Health Details. >

Medical ID. >

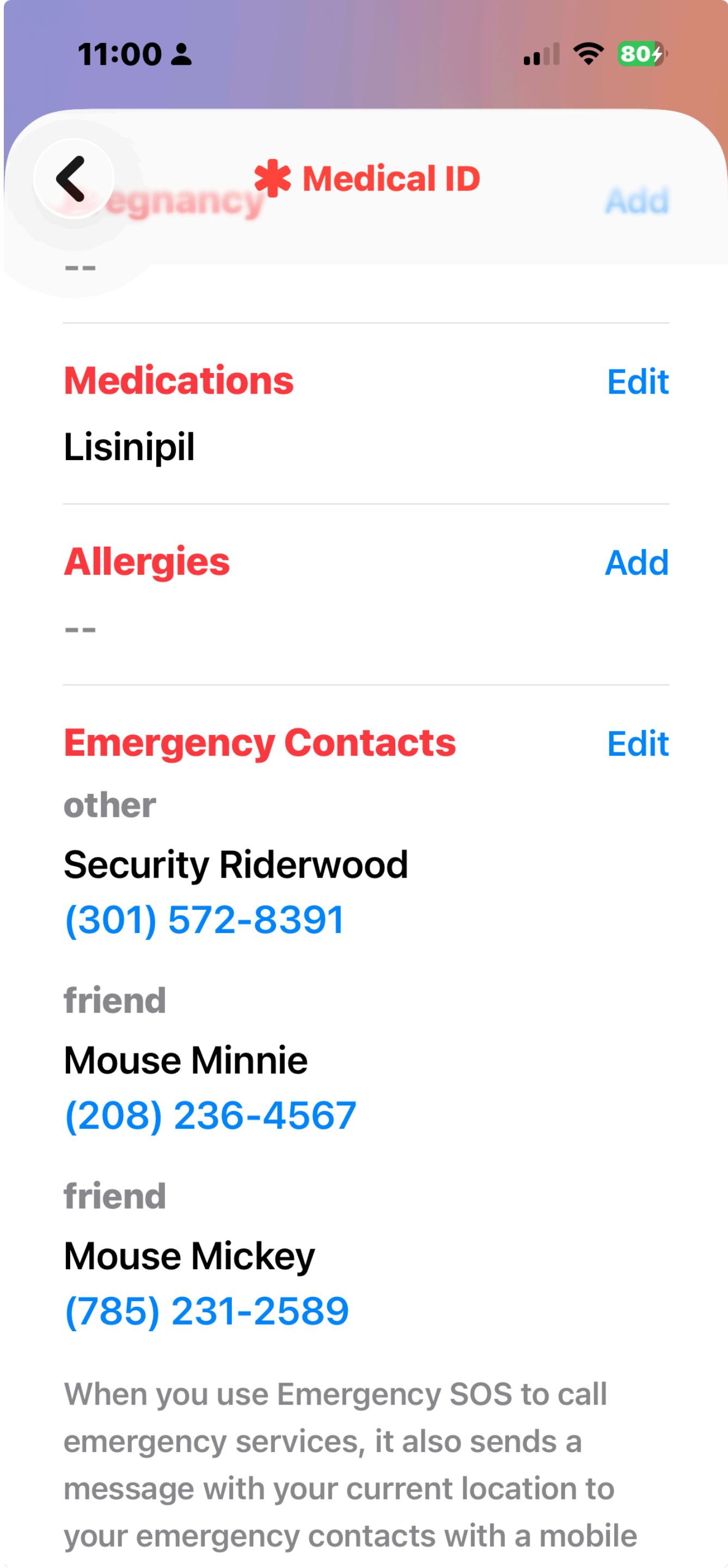
Tap Medical ID



On Medical ID Page

Enter Health information like date of birth, allergies, and blood type.

Add **Emergency Contacts** - to do this tap **Edit** and then enter cell phone numbers from your contacts app.



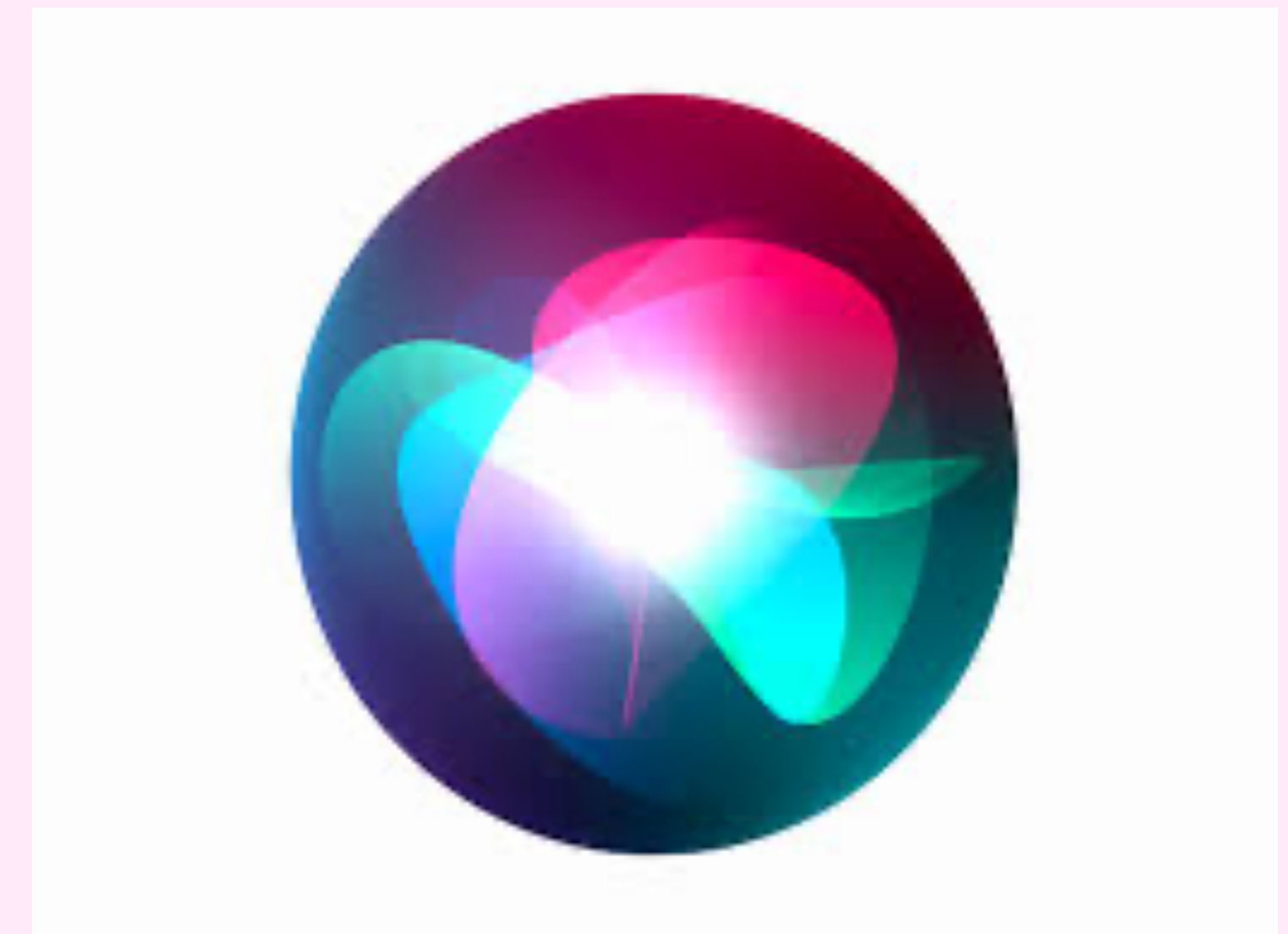
Practice Making Phone Calls with Your Voice Rather than Touch

- So that using your voice to call Siri is not something you only do in case of Emergency, **practice**.
- The best way to do this is never pickup your phone when making a call.
- Just say “**Hey, Siri**, call Good Friend on **Mobile Number** on **Speaker**.”
- If this is the way you make a phone call regularly you won’t have to think about how to do it when you need help from Security.

Use Siri to Work for you

Tasks

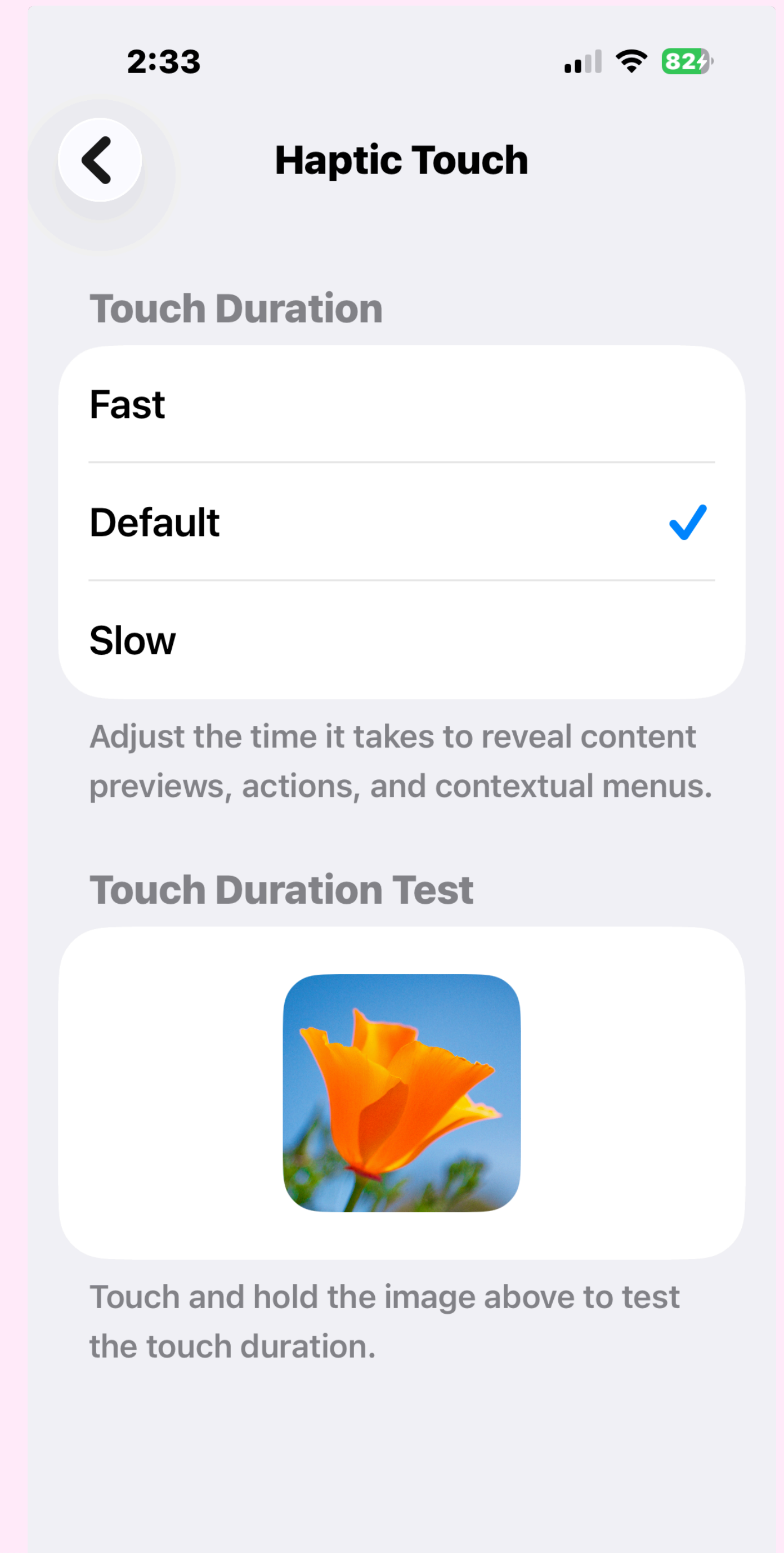
- Make phone calls - we covered this in Emergency Uses just now and you should practice using your voice for phone calls.
- Send an email
- Send a text message
- Play music or a podcast
- Read a book



Accessibility Features

Touch Features

- Go to Settings Menu
- Select Accessibility
 - Go to Physical and Motor
- Go to Touch
 - Haptic Touch - tap to open
 - Adjust tap duration



Accessibility Features

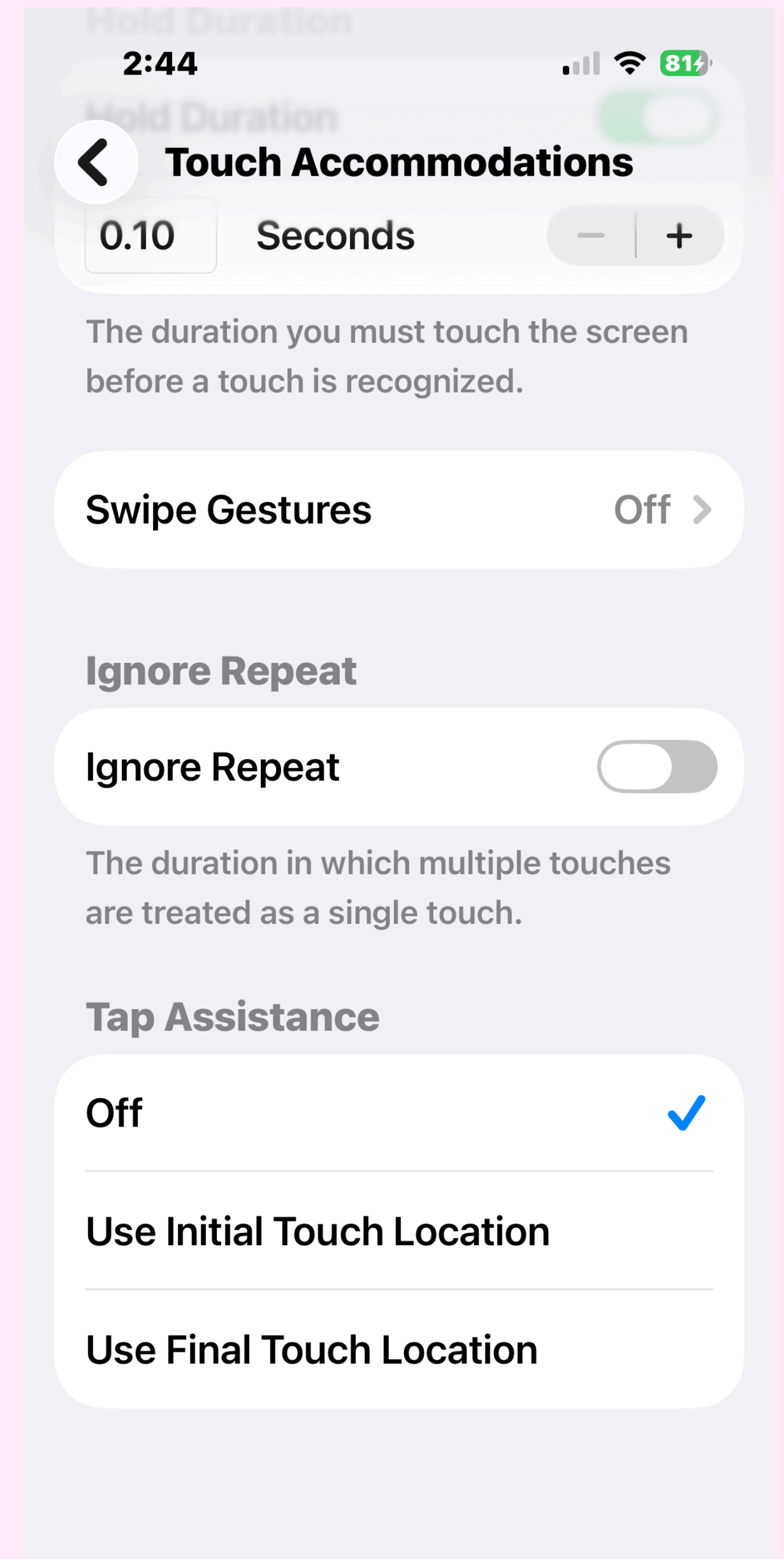
Accessibility Options That Might Prove Useful

- Vision
 - Display & Text Size - use this feature to increase font size
 - Speak Screen- use this feature to read text when in full screen view, swipe down from the top with two fingers to hear content. Icon comes up so you can control and turn off when you are finished having material read to you.

Accessibility Features

Touch Features -Continued

- Touch Accommodations
 - Turn on Touch Accommodations (triple click side button to turn this feature on/off once set)
 - Hold Duration - set how long you hold a touch before iPhone recognizes it
 - Swipe Gestures - can ignore hold duration and activate with swipe touch
 - Ignore Repeat - if you tend to repeatedly touch your screen you can turn this on and that will be considered a single touch.
 - Tap Assistance - initial or final touch location



Hardware

- Choose larger screen smart phones
- Use a stylus instead of your finger to navigate the screen



Use Special Apps

- **Assistive tools** — Apps that offer support for voice and tremor issues, such as **Whispp**, which converts **low-volume and impaired speech** into clearer speech during phone calls
- **Symptom trackers** — Apps that monitor Parkinson's symptoms like tremors, such as **Steady Hands** and **StrivePD**
- **Therapy** — Apps that offer speech and other types of therapy, such as **Beats Medical**, **SingFit**, **SingApp: Parkinson's**, **Scrolling Therapy**, and **Neuro ProActive**
- **Movement and mobility** — Apps that focus on improving gait (your way of walking) and overall mobility, such as **Walking Tall** and **mKinetikos**
- **General well-being and health** — Apps that offer self-care routines and fitness classes for those with Parkinson's, such as **PD Buddy** and **We Are Undefeatable**

Questions

- Tutoring help on your iPhone available - go to MyErickson/Activities/search for Trudy Downs and you will find entries with various times for help on your iPhone/iPad
- Or, go to Google and ask a question in the following format:
 - On my iPhone #nn, with iOS 26, how do I ...
 - Ex. On my iPhone 14 with iOS 26, how do I make the phone require a longer touch to activate an action
 - You will get an AI answer with a summary, click on See More and you get step-by-step instructions