

DEXIT

YOUR PHONE, YOUR POWER

*Apps That Make Your Life Easier —
Simple, Safe & Free*

 **21 Apps**  **Privacy Tips**  **Birthday Freebies**

All information verified June–July 2026





Did You Know? Seniors & Smartphones

78%

of adults 65+
own a smartphone

91%

of adults 50+
use 7+ tech devices daily

\$0

cost for most
apps on this list

5 min

to learn each
app on this list

Owning a phone and getting real value from it are two very different things. Today we close that gap.



Category 1: Communication — Stay Connected Anywhere in the World



WhatsApp

 Free

Free voice & video calls worldwide. Voice messages, press & hold mic, speak, release. Works on slow Wi-Fi.

HOW: Press & hold microphone → speak → release. Works like a walkie-talkie.



Google Meet

 Free

Video calls on ANY phone, iPhone or Android. Family sends a link, you tap it, no account needed to join.

HOW: Tap the link your family texts you → your face appears on screen → you're connected instantly.



Signal

 Free

The most private messaging app available. End-to-end encrypted calls, texts & video. No ads, no data collection.

HOW: Open app → tap new message → choose a contact → type or tap microphone to send voice message.



Video Call (Android Phone App)

 Free • Built-In

Many Android phones (Samsung, Google Pixel) have a built-in Video Call button in the Phone app, uses your carrier or Google Meet.

HOW: Open your Phone app → tap a contact → look for 'Video Call' button → tap it.



FaceTime

 Free

Video calls for iPhone users. Already on your phone, nothing to download. Crystal clear picture.

HOW: Open app → tap a contact → tap the video camera icon → your family appears on screen.



Google Messages (RCS)

 Free • Built-In

On Android, some text conversations include a video call option that launches Google Meet automatically.

HOW: Open a text conversation → tap the video camera icon in the top corner → call starts.



Category 2: Health & Medication



Medisafe



FREE — iPhone & Android

WHAT IT DOES

Reminds you to take every medication on time. Alerts a family member if you miss a dose. Reminds you when it is time to refill. Over 7 million users worldwide.

HOW TO USE IT

1. Have a family member set it up once
2. When you see the reminder — tap "Taken"
3. That's it. Nothing else to do.



Privacy: Handles medication data. Not HIPAA-covered unless linked to your doctor's office.



Category 3: Meditation, Relaxation & Mental Wellness — All Free

Research shows as little as 5 minutes of daily meditation can reduce stress, improve sleep quality, and lower blood pressure in older adults.

Insight Timer

Meditation + Sleep Sounds

★ Best Free Pick

💰 **FREE** — 250,000+ meditations · No paywall

The largest free meditation library on earth — 250,000+ guided sessions, sleep sounds, breathing exercises, and live classes from 18,000+ teachers worldwide. No subscription needed. Completely ad-free.

HOW: Open app → tap 'Explore' → choose a session length (try 5 min) → press play → close your eyes.

✅ Free forever. No credit card. No trial that expires.

Healthy Minds Program

Science-Based Mental Wellness

🔬 University Research

💰 **FREE** — No subscription ever

Built by neuroscientists at the University of Wisconsin-Madison. Proven to reduce stress by 70%, depression by 24%, and burnout by 27%. Guided lessons teach you the science behind why meditation works, not just how to do it.

HOW: Open app → tap 'Begin' → choose seated or active practice → listen to the lesson → follow along.

✅ Run by a nonprofit. Available by donation only — completely free.

Medito

Sleep, Anxiety & Breathing

🏠 Nonprofit App

💰 **FREE** — No ads. No paid tier. Ever.

A nonprofit meditation app with zero ads and no premium tier. Sessions for sleep, anxiety, stress, and breathing. Includes audio you can download and listen offline — no internet required once downloaded.

HOW: Open app → choose a topic (Sleep, Anxiety, Stress, Basics) → pick a session length → press play.

✅ Nothing is ever trying to sell you anything. Pure and simple.

YouTube — Free Sounds

Rain, Nature, Relaxing Music

📺 Already Installed

💰 **FREE** — Already on your phone

Search YouTube for 'rain sounds for sleep,' 'forest sounds,' 'peaceful piano music,' or '10-minute morning meditation.' Millions of free relaxation videos with no subscription. Can play with the screen off.

HOW: Open YouTube → tap Search → type 'rain sounds sleep' or 'gentle meditation music' → tap play → relax.

✅ No account needed to search and play. Works on any phone.



Category 4: Religious & Prayer Apps — Faith at Your Fingertips



YouVersion Bible App

 FREE

iPhone & Android

The world's most popular Bible app — 500+ translations, 100+ languages, daily devotionals, audio Bible, and reading plans. 650 million downloads.

HOW: Open app → tap 'Plans' → choose a devotional plan → read or listen each day.



Muslim Pro

 FREE (ad-supported)

iPhone & Android

Prayer times for your exact location, Quran with audio recitation, Qibla compass direction, Islamic calendar, and Adhan (call to prayer) notifications.

HOW: Open app → prayer times appear automatically based on your location → tap Quran to read or listen.



Digital Prayer

 FREE

iPhone & Android

Multi-faith prayer counter supporting Christianity, Islam, Judaism, Hinduism, Buddhism, Sikhism, and more. Tap to count prayers, track streaks, keep a spiritual journal.

HOW: Open app → choose your religion → tap the counter each time you pray → track your daily habit.



Category 5: Recipe Apps



Mealime

 FREE — iPhone & Android

Tell it what you can't eat, low-sodium, diabetic, gluten-free, and it suggests healthy meals with an automatic grocery list.

HOW: Open app → enter dietary restrictions → browse meals → tap 'Add to Grocery List' → shop.



Recipe Keeper

 Free (50 recipes) / One-time \$4.99 for unlimited

Save recipes, scales serving sizes automatically. Reads recipe steps aloud via Alexa so you never squint at your phone while cooking.

HOW: Open app → find recipe → Alexa reads each step aloud hands-free while you cook.



Category 6: Safety & Emergencies



Snug Safety

 **FREE** — iPhone & Android

One tap every morning to say you're okay. If you miss it, your emergency contacts get an alert automatically. Best for seniors living alone.

HOW: Open app every morning → tap the big green button → done. Your family knows you're safe.



DO THIS TODAY — MOST IMPORTANT



Medical ID

 **FREE** — Built into every phone

Stores allergies, blood type, medications & emergency contacts on your LOCK SCREEN — a paramedic reads it without unlocking your phone.

iPhone: Health app → Medical ID

Android: Settings → Safety & Emergency

**Takes 5 minutes.
Could save your life.**



Category 7: Getting Around



Uber or Lyft

💰 Per ride — no monthly fee · iPhone & Android

- 1 Family sets up the app once and saves a payment method
- 2 Type your destination — or tap a saved place like 'Doctor'
- 3 Tap 'Request' — you see a photo of your driver and their car
- 4 Wait at your door — the app shows exactly how far away they are
- 5 When you arrive, just get out — payment is automatic



Privacy: Both apps track your location and share it with advertisers. This is the tradeoff for convenient on-demand rides.



Free Medical Transportation for Seniors — Who Qualifies & Who to Call



Original Medicare (Parts A & B) does NOT cover routine rides to doctor appointments — most seniors don't know this.

Medicare Advantage (Part C)

WHO QUALIFIES

Seniors enrolled in a Medicare Advantage plan. About 1 in 4 plans include free rides to medical appointments.

WHAT YOU GET

Free rides to doctor, specialist, pharmacy & hospital. Number of trips per year varies by plan. No copay.

WHAT TO DO

Call the number on the BACK of your insurance card and ask:

"Does my plan include Non-Emergency Medical Transportation (NEMT)?"

Medicaid / NEMT (Best Free Option)

WHO QUALIFIES

Seniors on Medicaid OR both Medicare & Medicaid (dual-eligible). Many low-income seniors qualify without knowing it.

WHAT YOU GET

Free rides to ALL Medicaid-covered appointments — doctor, pharmacy, dialysis, mental health. In some states, family members who drive you receive gas reimbursement.

WHAT TO DO

Schedule at least 2 days before appointment.



NC Residents:
ncdhhs.gov/nemt
or call your Medicaid plan
(number on your card)

Original Medicare Only (Free Alternatives)

WHO QUALIFIES

Seniors with Original Medicare who do NOT have Medicaid. These programs fill the gap at no cost.

FREE RESOURCES — CALL NOW



Dial 211

Free local medical rides · Any phone · 24/7



1-800-677-1116

Eldercare Locator — federal helpline
for local volunteer driver programs



PACE Program

Age 55+ · Need nursing-level care
Want to stay home → free rides included



Always ask: 'I have Medicare — what free medical transportation exists in my county?' Also ask your doctor's office — many keep a local resource list.



Category 8: Saving Money on Prescriptions — 3 FREE Apps



GoodRx

 **FREE** · No account needed

 70,000+ pharmacies · Saves Up to 80% off · iPhone & Android

HOW: Search medication → show screen to pharmacist → instant savings.



SingleCare

 **FREE** · Completely free

 35,000+ pharmacies · Saves Up to 80–99% on generics · iPhone & Android

HOW: Search medication → get a card or show the app → use at checkout.



RxSaver

 **FREE** · No membership

 Major pharmacy chains · Saves Up to 80% off · iPhone & Android

HOW: Search medication → compare prices at nearby pharmacies → get coupon → show at counter.

 **Pro tip:** Check all three apps before filling any prescription — prices vary by pharmacy and app. Show the cheapest one at the counter.



Category 9: Navigation & Driving Directions



Apple Maps

 **FREE** — Built into iPhone

Landmark directions: 'turn left at the traffic light' — not confusing distances. Already on your iPhone. Strongest privacy of all nav apps.

HOW: Open Maps → type destination → tap Go → listen to the voice directions.



Google Maps

 **FREE** — iPhone & Android

Works on any phone. Save 'Home,' 'Doctor,' 'Pharmacy' once — then it's just 3 taps every time. Shows business hours, traffic, and nearby services.

HOW: Tap a saved place → tap Directions → tap Start → follow the voice.



Waze

 **FREE** — iPhone & Android

Community-powered traffic alerts. Knows about accidents, speed traps, and road closures faster than any other app. Best for city and highway driving.

HOW: Open app → type destination → tap Go → follow the voice. App warns you about hazards ahead.



Waze can be distracting with frequent alerts. Best for seniors already comfortable with navigation apps — not a first-timer app.



How to Share Photos With Family — Free & Already on Your Phone

✅ The best photo sharing app is the one your whole family will actually use. Start with what is already on your phone — it costs nothing.



Apple Shared Albums

💰 FREE

🍏 iPhone Only

Already built into every iPhone — nothing to download.

- 1 Open Settings (grey gear icon)
- 2 Tap your name at the top
- 3 Tap iCloud → Photos → turn on Shared Albums
- 4 Open the Photos app → tap Albums tab
- 5 Tap the + button → choose New Shared Album
- 6 Name it (e.g. 'Family 2026') → tap Next
- 7 Enter family members' phone numbers or emails → tap Create
- 8 They get an invitation → they tap Accept → done



Google Photos Shared Albums

💰 FREE

✅ iPhone & Android

Works for mixed families — iPhone AND Android together.

- 1 Download Google Photos if not already installed
- 2 Open the app → tap Sharing at the bottom
- 3 Tap the + button → choose Shared Album
- 4 Select photos to start with (or skip and add later)
- 5 Give the album a name → tap Share
- 6 Enter family email addresses → tap Send
- 7 They get a link by email → tap it → they're in
- 8 Everyone can now add their own photos to the album



Category 11: Genealogy — Discover Your Family History



FamilySearch



100% FREE — No subscription ever · iPhone & Android

WHAT IT DOES

Discover your family history for free. Search billions of ancestor profiles, census records, birth and death certificates, immigration files, and historical photographs. Run by a nonprofit organization — no subscription required, ever.

WHY IT STANDS OUT

1. 6+ billion historical records — completely free to search
2. AI-powered handwriting recognition launched January 2026 — finds records that were previously unsearchable
3. Provides 70–80% of what paid Ancestry.com offers at zero cost

HOW: Open app → tap Search → type a family member's name → browse records and build your family tree.



Category 12: Gardening — Free Apps to Know Your Plants



PlantNet (Pl@ntNet)

 **100% FREE** — No subscription · iPhone & Android

Point camera at any plant → instant identification. A citizen science project with a global community of botanists verifying results. Works completely offline.

HOW: Open app → tap camera → point at plant → tap identify → see the plant name and details in seconds.



Seek by iNaturalist

 **100% FREE** — No account required · iPhone & Android

Identifies plants, animals, insects, and fungi from one photo. No account needed. Works on a nature walk or in your garden. Backed by millions of community-verified observations.

HOW: Open app → point camera at anything in nature → tap identify → see the name instantly.



Both apps are completely free with no hidden costs, no account required for Seek, and no subscription — ever.



Category 13: Audiobooks — Listen While You Do Anything



Libby

FREE — Library card required (free to get)

Borrow audiobooks and ebooks FREE from your local library. No late fees — books return automatically after 21 days. Thousands of titles.

HOW: Download app → enter library card number → search book → tap Borrow → tap Listen.



Amazon Prime Reading

Included with Prime (\$14.99/mo or \$139/yr)

Amazon Prime members can access 1,000+ rotating ebooks and some audiobooks free through Prime Reading. Look for the headphones icon on titles — those include free audio narration.

HOW: Open Kindle app or Amazon app → tap Prime Reading → browse → tap titles with headphones icon to listen free.



Audible

\$14.95/month — 30-day free trial (2 free books to keep)

World's largest audiobook library — 750,000+ titles. One credit per month. Books are yours to keep forever even if you cancel. Works without internet after download.

HOW: Open app → search a title → tap Get with Credit → tap Play. Books download automatically for offline listening.



Important: Audible is NOT free with Amazon Prime. Prime Reading offers some free titles, but Audible is a separate subscription.



Category 14: Entertainment — Free TV & Movies (No Cable Bill!)

✅ All 3 apps below are 100% free. No credit card. No subscription. Just open and watch — like free TV with ads.



Tubi

💰 **FREE** — No account needed

iPhone & Android

250,000+ free movies and TV shows — westerns, classic films, Hallmark-style movies, documentaries, old TV series. No signup required. Just open and press play.

HOW: Open app → tap any movie or show → press play. That's it. No account, no credit card, nothing.



Pluto TV

💰 **FREE** — No account needed

iPhone & Android

425+ live themed channels — just like cable TV. Flip between 'Classic Westerns,' '90s TV,' 'True Crime 24/7,' 'Comedy,' and newschannels. Feels exactly like channel surfing.

HOW: Open app → browse channels on the left → tap one → it plays immediately. Same as a TV remote.



Kanopy

💰 **FREE** — Library card required

iPhone & Android

Free movies and documentaries from your public library — no ads at all. Classic films, PBS Frontline, foreign films, and educational content. 100% ad-free.

HOW: Open app → enter library card number → search a title → press play. No ads ever.



Category 15: Entertainment — Free Games Seniors Actually Enjoy



All games below are free to download. Some offer optional in-app purchases — see the next slide to turn those off on your phone.



Solitaire for Seniors ★

FREE — No in-app purchases

Solitaire built specifically for seniors — extra-large cards, large fonts, color-blind mode, 21 difficulty levels, unlimited hints and undo. No frustration, no rush.

HOW: Open app → choose Klondike or Spider → tap cards to move them → unlimited hints if you get stuck.



Microsoft Solitaire Collection

FREE — Ads only

The exact solitaire most seniors already know from their computer. Klondike, FreeCell, Spider, Pyramid, and TriPeaks — all in one clean app. Works offline too.

HOW: Open app → tap the game type you know → play. Identical to the solitaire on your Windows computer.



Words With Friends 2

FREE — Ads only

Scrabble-style word game — play with family and friends at your own pace. No timer. Someone takes a turn, you get notified, you respond whenever you're ready.

HOW: Open app → invite a family member by name or email → take turns placing letter tiles to make words.



Trivia Crack

FREE — Ads only

Fun trivia in 6 categories — history, science, sports, entertainment, art, and geography. Every senior finds something they're great at. Play alone or challenge family.

HOW: Open app → tap Play → spin the wheel → answer a trivia question in your category. Simple and fun.

Category 16: Entertainment — Free Music & Podcasts



Pandora

iPhone & Android

 FREE — Ads only

Type one artist or song you love — Pandora builds a free radio station and plays similar music automatically forever. No playlists to build. No decisions to make.

HOW: Open app → type 'Frank Sinatra' or 'Elvis' or 'Gospel Music' → music plays automatically. That's it.



iHeartRadio

iPhone & Android

 FREE — Ads only

Your local radio stations — the exact ones you hear in the car — now on your phone anywhere. AM talk radio, gospel stations, country, news. Zero new content to learn.

HOW: Open app → tap 'Stations' → search your local station name → tap it → listen.



Spotify Podcasts

iPhone & Android

 FREE — Podcasts are ad-free

Millions of free podcasts on every topic — true crime, history, faith, gardening, health, cooking, local news. No subscription needed for podcasts. Just search and listen.

HOW: Open app → tap Search → type a topic you love → tap Podcasts → choose one → press play.



Apple Podcasts

iPhone only

 FREE — Already on iPhone

Every podcast in the world, free, already installed on every iPhone. No download, no account, nothing new to set up. If you have an iPhone — you already have this.

HOW: Tap the purple podcast icon on your iPhone → search a topic → tap a show → press play.



Protect Your Wallet: How to Turn Off In-App Purchases

⚠️ Free games can ask you to spend real money on coins, lives, or boosters. One accidental tap can charge your credit card. Do this now to protect yourself.



iPhone — Step by Step

- 1 Open the Settings app (grey gear icon)
- 2 Tap Screen Time
- 3 Tap 'Turn On Screen Time' if not already on
- 4 Tap Content & Privacy Restrictions
- 5 Toggle the switch ON (turns green)
- 6 Tap iTunes & App Store Purchases
- 7 Tap In-App Purchases
- 8 Select Don't Allow
- 9 Done ☒ — no game can charge you now



Android — Step by Step

- 1 Open the Google Play Store app
- 2 Tap your profile photo (top right corner)
- 3 Tap Settings
- 4 Tap Family
- 5 Tap Parental Controls
- 6 Toggle Parental Controls ON
- 7 Create a PIN (write it down somewhere safe!)
- 8 Tap Apps & Games → choose 'All ages blocked'
- 9 Done ☒ — purchases now require the PIN



Privacy: What Every Senior Should Know



Check permissions before downloading

If an app asks for your camera, microphone, or location and doesn't need it to work — that's a red flag. Don't approve it.



Search privacy policy for two words

Search 'sell' and 'third party.' If you see them, your data may be shared with advertisers without you knowing.



Free apps often collect your data instead

If an app is free, ask: how do they make money? Often the answer is: by collecting and selling your information.



Health apps are NOT automatically private

Medication, food, and fitness apps are NOT covered by HIPAA unless connected to your doctor's office directly.



Never click links from SSA or Medicare texts

Always type the government website directly into your browser. Scammers copy these messages exactly.



Safest apps on this list

Medical ID (built-in), Libby (library), Snug Safety (minimal data), Apple Maps (no ad profile), Signal (encrypted).



3 Rules to Remember

1

Start with ONE app — not twenty-one.

Pick the one that solves your biggest daily problem. Learn that one first. Add more when you're ready.

2

Set up Medical ID today — before you leave.

Takes 5 minutes. Stores your medications, allergies, and emergency contacts on your lock screen. A paramedic can read it without unlocking your phone.

3

If you have a library card, download Libby tonight.

Free audiobooks. No late fees. Books return automatically. There is absolutely no reason not to.

Birthday Freebies & Senior Discounts — Food

 Sign up for rewards programs 2–4 weeks before your birthday. Most require advance registration. Always verify with your local location.

Restaurant	Birthday Freebie	How to Get It	Notes
 IHOP	Free birthday meal	Join MyHop rewards	55+ senior menu
 Denny's	Birthday special	Join Denny's Rewards	10–20% off w/ AARP
 Olive Garden	Free dessert	Walk in or join eClub	Open to all ages
 Dunkin'	Free drink	Join DD Perks	55+ possible 10% off
 Einstein Bagels	Free bagel + shmear	Join the Club	60+ 10–15% off
 Benihana	\$30 gift certificate	Join Birthday Club	Most generous freebie
 Black Bear Diner	Free breakfast entrée	Join Birthday Club	No age requirement
 Friendly's	Free 3-scoop sundae	Join BFF Club	60+ discounted breakfast
 Taco Bell	Free drink + 5% off	YUM-owned locations	65+ age requirement
 Burger King	Free coffee	Show AARP card	AARP membership req.
 Sonic	Choose-your-own reward	Join Sonic Rewards	No age requirement
 Smoothie King	Free birthday smoothie	Join Healthy Rewards	No age requirement



Senior Discounts — Retail, Travel & More

Store / Service	Discount	Age	When / How
 Kohl's	15% off	60+	Every Wednesday in-store
 Michaels	10% off	55+	Every day (join rewards)
 Ross Stores	10% off	55+	Every Tuesday in-store
 JOANN	20% off	55+	Senior Discount Day (ask locally)
 Walgreens	20% off	55+	First Tuesday of month (myWalgreens)
 Goodwill	10–30% off	55+	Tuesday or Wednesday (varies)
 Pep Boys	10% off	55+	Any day in-store
 Amtrak	10% off	65+	Select fares — choose 'Senior 65+' at booking
 United Airlines	10–15% off	65+	Select flights — choose 'Senior 65+' at booking
 AMC Theatres	\$1–\$4 off	60+	Varies by showtime
 Hertz	20% off	50+	Join Hertz 50 Plus Program
 National Parks	\$20/yr or \$80 lifetime	62+	Any park entrance or recreation.gov



Most stores DON'T post senior discounts. Simply ask: 'Do you offer a senior discount?' — the worst they can say is no.



Complete App Reference — All 21 Apps at a Glance

Category	App	Cost	Simplicity
Communication	WhatsApp	Free	★★★★★
Communication	Signal	Free	★★★★★
Communication	FaceTime	Free — iPhone only	★★★★★
Communication	Google Meet	Free	★★★★★
Communication	Video Call (Android)	Free — built-in	★★★★★
Health	Medisafe	Free	★★★★
Brain & Wellness	AARP Games	Free	★★★★★
Religious	YouVersion Bible	Free	★★★★★
Religious	Muslim Pro	Free (ad-supported)	★★★★
Religious	Digital Prayer	Free	★★★★★
Recipe	Mealime	Free	★★★★
Recipe	Recipe Keeper	Free / \$4.99 one-time	★★★★
Safety	Snug Safety	Free	★★★★★
Safety	Medical ID	Free — built-in	★★★★★
Getting Around	Uber / Lyft	Per ride	★★★★
Prescriptions	GoodRx / SingleCare / RxSaver	Free	★★★★★
Navigation	Apple Maps	Free — built-in iPhone	★★★★★
Navigation	Google Maps	Free	★★★★★

Questions?

Thank you for your time today.

- ✓ Set up Medical ID before you leave today
- ✓ Download Libby with your library card — it's free
- ✓ Ask for the senior discount everywhere you go
- ✓ Start with ONE app — you've absolutely got this

All information verified June–July 2026
Sources available upon request

