**BiteSize Basics - emergency contacts**

Welcome to your bite sized basic session designed for seniors to improve your digital skills, brought to you by Ability Net in partnership with the BT Group. I'm Lizzie Green. I'm the Workplace and Education Inclusion Consultant at the charity Ability Net. This is a short video focused on how to set up emergency contacts on your phone.

Let me introduce you to Ability Net. At Ability Net we're a charity passionate about digital inclusion, ensuring that no one is left behind in the digital world. We help people age 65 plus improve their digital skills in partnership with the BT Group. At Ability Net we support older people and disabled people with technology. We have a helpline on 03 hundred 180028 where anyone, older or disabled, can call for advice on technology. We have an amazing team of over 450 tech volunteers across the UK. They give up their free time in order to help older and disabled people at home with their technology.

In partnership with BT we are offering digital skills training in selected regions across the UK and we also have a whole host of free online resources to help you make the most of the digital world.

These include fact sheets, free webinars, and a handy tool called My Computer Myway that has a library of over 500 guides offering step by step instructions to make your device easier to use.

Setting up emergency contacts on your phone will allow people to access the details of your emergency contact without having to unlock an access your phone itself. This means that in an emergency, if you're not able to open your phone and call someone yourself, the emergency services or people around you will be able to access the information you have provided and a phone number to that contact. To set up your emergency contacts on an Apple iPhone, you first need to open Settings,

Scroll down and select Health and select Medical ID. Within here, you can then list any of your important medical information that you'd like to share, and you can select someone from your contacts to become that emergency contact. You will need to make sure that you have selected enable information on the home screen to allow that access for people without unlocking your phone. I'll now show you a short video demonstrating where to find these options.

So open Settings, Scroll down till you find health, open health and then select Medical ID. You need to select the edit button in here to open up the page to input any information that you would like. An emergency contacts is there in the middle and then you can open up your phone book and select your contact. Then when your phone is locked, they will see that medical ID and they will be able to access that information. Remember, you can watch this video back to just go through those steps again and make sure you're looking in the right place.

To set up your emergency contact on an Android phone, first you open the settings, Scroll down to Safety and Emergency and select Emergency Contacts again. You can then select someone from the contacts in your phone book to be that emergency contact and you will need to make sure here you have enabled Show or lock screen. Then the people will be able to access those contact information again without unlocking your phone. So again, we have a video demonstration here.

So open up the settings, find Safety and Emergency and then Emergency contacts. You can select someone from your phone book and make sure that that Enable show on lock screen is highlighted. So that brings us to the end of our mini bite sized session brought to you by Abilitynet in partnership with BT. If you need any further digital skills support, please do call the helpline on 0300-180-0028 or e-mail enquiries@abilitynet.org.uk. Thank you.