

## RECIPE - To do *anything* you want with a phone or tablet

### Ingredients

1 tablet such as an iPad, Fire or Galaxy Tab. This recipe also works well with smartphones such as the Lenovo, Galaxy or the iPhone.

1 enquiring mind

1 pair of eyes (with or without glasses)

1 finger



### Method

1. **Ask yourself what** are you trying to do? How would the people who design apps describe it? What words would they use?

2. **Look** for words and touchscreen buttons that could possibly get you nearer to achieving what you want to do. If you can't see anything you may need to go back to the home screen and open a new app.

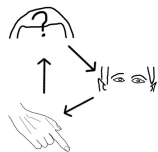
3. **Touch** a word or touchscreen button.

4. **Ask yourself what again**. How has what you just did added to your understanding of what you need to do? If you seem to be making progress, what do you need to do next? If you have clearly touched the wrong thing, how do you get back?

5. **Look again** for words and touchscreen buttons that could possibly get you nearer to achieving what you want to do.

6. **Touch again**

... and so on until you have done what you set out to do.



By applying this simple recipe you can learn to explore without the need to memorise long detailed instructions.

If you like this approach and you have an iPad, get "Explore your iPad - for seniors" by Andrew Monk as a **free** iBook or buy it as a printed Kindle Paperback from Amazon (£6). Search for "Andrew Monk" or visit [gadgets4seniors.org](http://gadgets4seniors.org)

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