

# Top 10 Safe Apps for Seniors

A simple guide to helpful and safe apps that can help older adults stay connected, healthy, and secure online.

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## 1. WhatsApp

Free calls, messages, and video chats with family and friends.

## 2. NHS App

Manage prescriptions, appointments, and health records safely.

## 3. Zoom

Easy video meetings for family gatherings and community groups.

## 4. BBC News

Reliable UK news in an easy-to-read format.

## 5. Google Maps

Helps with directions, buses, and finding nearby services.

## 6. Medisafe

Medication reminders to help avoid missed doses.

## 7. Calm

Relaxation, sleep support, and gentle meditation.

## 8. YouTube

Watch tutorials, hobbies, music, and exercise videos.

## 9. Truecaller

Identifies nuisance and scam callers.

## 10. Facebook Messenger

Simple messaging and video calls with family.

## Safety Tips

- Only download apps from the Apple App Store or Google Play Store.
- Never share passwords or bank details through apps.
- Ask a trusted family member before installing unfamiliar apps.
- Keep apps updated for better security.

*Prepared for [FreeCallsForSeniors.co.uk](https://www.FreeCallsForSeniors.co.uk) — Helping older adults stay connected safely.*