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iPhone’s touchscreen icons, optimizes the layouts of several key apps, and makes an iPhone all-around easier to use. To learn more about the features of Assistive Access and how to set it up on a phone, read our full guide to iPhone Senior Mode. Before you choose a provider, you may want to familiarize yourself with the types of cell phone plans available for seniors: talk and text, unlimited, or prepaid. Talk-and-Text Cell Phone Plans A talk-and-text cell phone plan provides a limited number of minutes and texts per month. They have mostly fallen out of favor, which means you probably won’t have to worry about exceeding a talk or text limit. With most providers, talking and texting over Wi-Fi is unlimited. If you don’t use your phone very much, choosing a talk-and-text plan could save you money. One provider that still offers the plans is Straight Talk. With its Basic Phone plan, you can get 1,500 minutes of talk time and unlimited texts for \$30 per month. Consumer Cellular also offers a basic plan with 300 monthly minutes for \$13, but you’ll have to call the company to subscribe to the plan. Unlimited Cell Phone Plans Unlimited cell phone plans have no limits on talk, text, or data, so you can use as much data as you want without getting charged overages. Many people choose unlimited plans so they don’t have to worry about how much data they’re using, but you can save money by choosing a prepaid plan. Every major provider on this list except FreedomPop offers unlimited plans, and they usually come with the most perks, such as streaming services, shopping subscriptions, and mobile hotspots. Prepaid Cell Phone Plans With a prepaid plan, you’ll have a limited amount of data — typically 5 GB, 10 GB, or 20 GB per month — but talk and text over Wi-Fi are usually still unlimited. Prepaid plans cost less than unlimited plans, but you may be charged fees or forced to upgrade if you go over your data limit. So which plan to choose? Remember to take into account the following factors: Budget: You can pay anywhere from \$10 to \$100 a month for your cell phone, and most unlimited data plans cost roughly \$50 per month. Determine your maximum budget so you may be able to eliminate some providers automatically. Number of lines: Take into account the number of lines you’ll need when you calculate the cost. The more lines you need, the more it will cost — although you may be able to get a per-line discount with some providers, such as AT&T and Verizon. Data needs: We generally recommend unlimited data plans if you use your phone for email, streaming, or gaming. Streaming one hour and 20 minutes of video requires approximately 1GB of data. Availability: Check your provider’s coverage map to see how well it works in your area. Most providers offer maps on which you can type in your address and see the coverage. Especially if you’ve never had one before, choosing a cell phone plan can be overwhelming. Hopefully we’ve provided some clarity, so you can benefit from our vast experience with these companies. If there’s a question we didn’t get to, keep reading for some frequently asked questions below. Who has the best cell phone plans for seniors? Consumer Cellular and Lively have our favorite plans for seniors. Each of them offers plans with unlimited talk and text for \$20 per month. Which cell phone carriers have senior discounts? AT&T, Consumer Cellular, Mint Mobile, T-Mobile, and Verizon all offer discounts or special plans for seniors. Does AT&T have a phone plan for seniors? Yes, AT&T has a phone plan for seniors. The offer is for either one line for \$40 or two lines for \$70 per month. The lines both include unlimited talk, text, and data throughout the U.S. and Mexico, spam blocking, 5G, and unlimited texting to over 200 countries from the U.S. What is the most reliable cell phone company? While “reliability” will vary largely by a user’s location, J.D. Power found in 2024 that T-Mobile ranked the highest in terms of customer satisfaction among the big three networks.2 Which is better for seniors: Verizon or T-Mobile? T-Mobile is better for seniors than Verizon. At T-Mobile, people 55 and older can get one line of unlimited data for \$45 per month or two lines for \$60 total. Verizon, on the other hand, offers unlimited data starting at \$65 with auto pay. The company claims it has a discount for seniors in Florida, but it’s actually more expensive than both Verizon’s regular pricing and T-Mobile’s pricing. What is the cheapest phone plan for seniors? The cheapest phone plan for seniors is Mint Mobile. Adults ages 55 and older can get 5 GB of data, plus unlimited talk and text, for \$15 per month if they sign up for a three-month package. They’ll also get three free months. Even unlimited data costs only \$30 if you sign up for three or 12 months, or \$35 if you sign up for six months. It’s the lowest price for unlimited data on the market.

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