

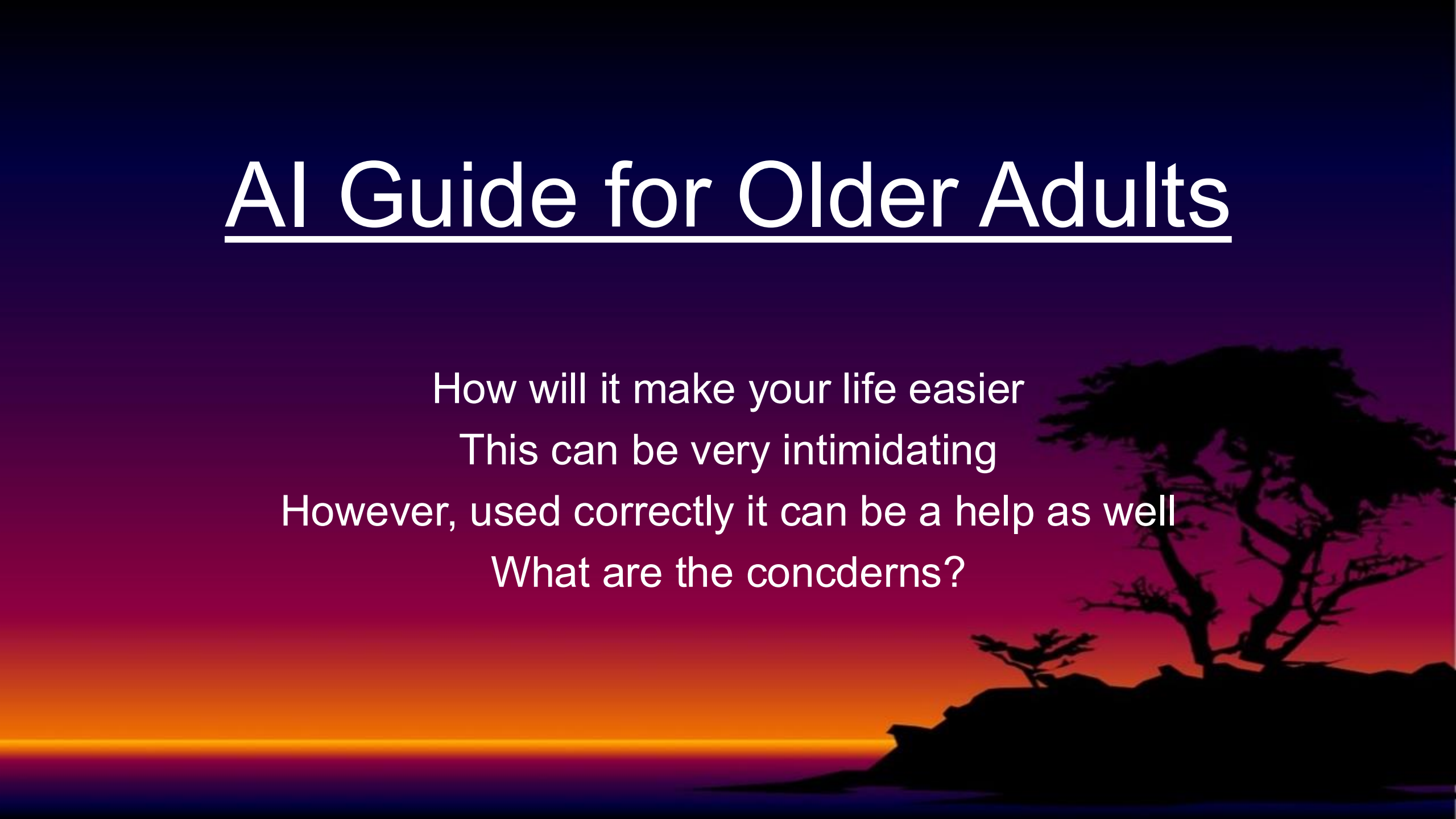
# AI Guide for Older Adults

How will it make your life easier

This can be very intimidating

However, used correctly it can be a help as well

What are the concerns?





# Introduction: What is AI (the digital helper)

- **The Concept:** AI is not a "robot takeover," but it is a digital assistant that can listen, learn your preferences, and help with tasks.
- **The "Why": Independence.** AI isn't here to replace people; it's here to make staying in your own home safer and more enjoyable.
- **Relatability:** It is like a more advanced version of a TV remote or a librarian who knows your favorite books.

-

# Staying Safe and Healthy

- **Fall Detection and Safety.** There are smart watch or home sensors that can detect if someone falls and call for help automatically. No need to reach for the phone or a button.
- **The Memory Bank:** It is time for your blue pill or Don't forget your 2 pm appointment with your Dr.
- **Health Tracking:** Wearable devices that monitor heart rate or sleep patterns and can send the report directly to your Doctor

# Easing Daily Tasks

- **Voice Control:** the “no buttons” revolution. You can simply speak to turn on lights, adjust thermostat or plan music without fiddling with small dials or apps.
- **Managing Paperwork:** AI can summarize long, confusing medical bills or insurance letters into bullet points.
- **Cooking & Shopping:** Ask it to use 3 items in your fridge and give me a recipe. Add milk to my grocery list.

# Fighting Loneliness & Staying Connected

- **Preserving Loneliness & Staying Connected:** AI can help you write your memories. You can dictate stories about your youth and AI will organize them into a narrative for your grandkids.
- **Video Calls Made Ease:** Voice activated calls that connect you to family instantly, “call Norm on video.”
- **AI Companion:** There are tools which are designed specifically for older adults to provide conversation, trivia and news updates throught the day.

# Fun & Brain Health

- **Cognitive Stimulation:** Playing Bridge, chess or trivia against an AI that adjusts to your skill level.
- **Learning New Hobbies:** Whether it's identifying a bird in the backyard from a photo or learning history of a specific era.
- **Photo Restoration:** Using AI to fix old, faded family photos, bringing back the color and clarity of their wedding day or childhood.

# The Elephant in the Room

## Privacy and Scams

- You should be careful.
- Tips for Safety: Never give personal banking information to a voice on the phone.
- If a relative calls asking for money, hang up and call them back on their known number (AI can mimic voices so Verification first is the new rule).
- Takeaway: AI is just a tool, like a washing machine or microwave. It takes a little learning, but once you use it, you will wonder how you lived without it.

# Concerns You May Have About AI

- Security and Fraud...Safety
- The “Human Touch” Vs. Automation...Social
- Privacy and Data Governance...Technical
- Technical Barriers & Design...Cognitive



# Security & Fraud

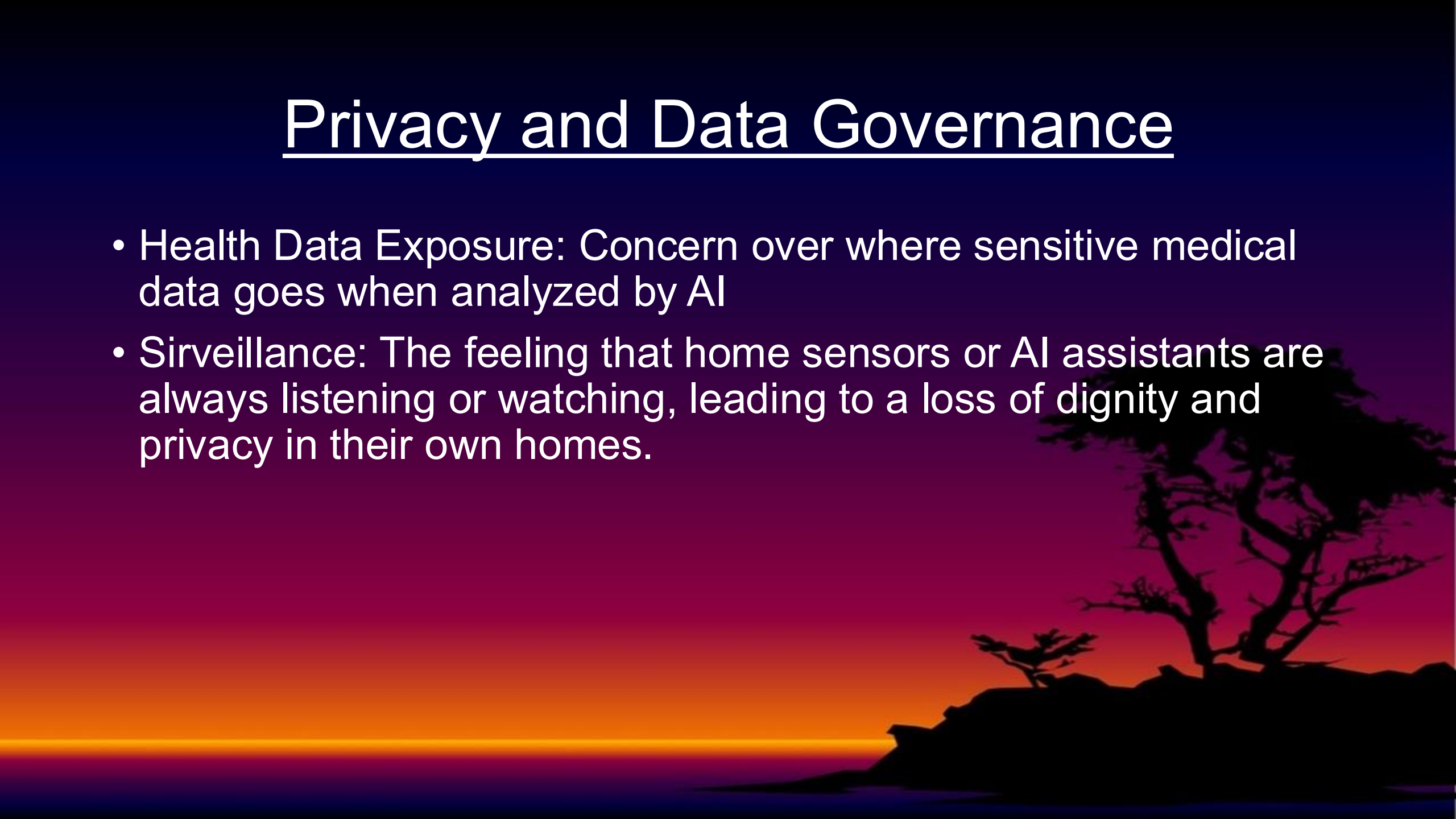
- **Identity Theft:** AI being used to mimic voices of family members or create realistic phishing emails.
- **Financial Scams:** The difficulty of distinguishing between a legitimate service and a highly realistic AI Scam
- **Lack of Control:** A feeling that they have “no representation” or voice in how these powerful tools are regulated to protect them.

# The “Human Touch” Vs. Automation

- **Loss of Empathy:** While AI companions can provide conversation, they lack genuine emotional intuition.
- **Replacement of Caregivers:** The fear that healthcare and senior living facilities might rely too heavily on sensors and robots, reducing the time spent with actual nurses or family members.

# Privacy and Data Governance

- Health Data Exposure: Concern over where sensitive medical data goes when analyzed by AI
- Surveillance: The feeling that home sensors or AI assistants are always listening or watching, leading to a loss of dignity and privacy in their own homes.



# Technical Barriers & design

- **Accessibility Issues:** Many AI tools are not designed with age-related changes in mind, such as visual impairments or cognitive differences.
- **The Learning Curve:** internalized stereotypes (I am too old to learn this) can create a fear of being left behind or making a mistake that cannot be undone.
- **Price Barriers:** The high costs for the latest AI-integrated health tech can make these tools feel inaccessible to those on a fixed income.

# Two Content Layout with SmartArt

- First bullet point here
- Second bullet point here
- Third bullet point here

## Group A

- Task 1
- Task 2

## Group B

- Task 1
- Task 2

## Group C

- Task 1