

AI Appreciation for Senior Citizens

Empowering your daily life with technology.
A simple guide to understanding and using
AI.



Sean Wong

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Goal of This Module

- **Introduce:** Enter the world of AI in a simple, accessible way.
- **Demonstrate:** See how AI is already present in your daily life.
- **Demystify:** Reduce fear or confusion around new technology.
- **Highlight:** Discover useful tools for safety, health, and fun.
- **Build Confidence:** Learn to use voice assistants and smart apps.



AI in Everyday Life — The Big Picture

AI is everywhere around us:

-  **Smartphones:** Voice assistants like Siri & Google.
-  **Home Devices:** Smart thermostats & lights.
-  **Healthcare:** Fitness trackers & virtual doctors.
-  **Entertainment:** Netflix & TV recommendations.
-  **Social Media:** News feeds & photo tagging.

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AI does not replace people—it enhances our ability to do more with less effort.

Where AI Shows Up in Your Life

Practical examples and easy-to-use tools

1. Voice Assistants for Convenience



What it does

Recognizes voice commands to set reminders, play music, reading news, and answer questions.

How it benefits you

- Hands-free operation (ideal for mobility).
- Quick access to weather and traffic info.

Try asking:

"Alexa, remind me to take my medicine at 3 PM."

2. Healthcare and Wellness



Monitoring

Wearables like Fitbit track heart rate, sleep patterns, and physical activity to encourage healthy habits.



Consultation

Apps like Teladoc allow for virtual doctor visits, improving access to healthcare without leaving home.



Management

AI provides reminders for medication adherence and real-time feedback for managing chronic conditions.

3. Smart Home Devices

Safety & Comfort

AI-driven devices control appliances, lights, and temperature to make your home secure and comfortable.

Key Benefits

- Control environment without physical strain.
- Fall detection and emergency alerts.
- Smart doorbells (Ring) for security.

Example Command



4. Entertainment & Connection

Staying Connected

AI helps keep you connected with loved ones through video calls and social media, reducing isolation.

Personalized Content

Services like Netflix and Spotify learn what you enjoy and recommend new movies, shows, and music automatically.

Tools to try:

Zoom/Skype: "Zoom, call my daughter."

Netflix: Browse suggestions based on your history.



5. Learning & Personal Growth



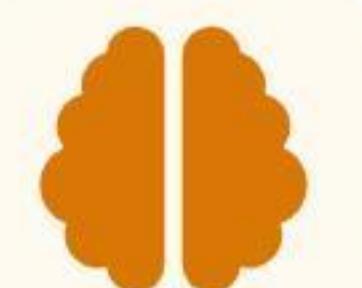
Languages

Duolingo: Use AI to learn a new language with personalized lessons that adapt to your speed.



Courses

Coursera: Access online courses for personal development, from history to digital art.



Brain Training

Lumosity: Keep your brain active and sharp with memory games and cognitive puzzles.

Activity: Exploring AI Together



Explore Voice Assistants

Try asking: "What is the weather today?" or "Tell me a joke."



Smart Home Demo

Watch how to control a light or thermostat using a simple voice command or app.



Interactive Apps

Download an app like Duolingo or Lumosity and try the first lesson together.

Quick Reference Cheat Sheet

Area	AI Role	Example Tools
Voice Assistants	Control devices, reminders, queries	Alexa, Siri, Google Assistant
Healthcare	Monitor health, virtual doctors	Fitbit, Apple Health, Teladoc
Smart Home	Automate lighting & security	Ring, Nest, Philips Hue
Entertainment	Music/TV suggestions, Video calls	Netflix, Zoom, Spotify
Learning	Personalized learning & training	Duolingo, Lumosity

Questions?

Module Summary:

- AI is already a helpful part of daily life.
- It enhances convenience, safety, and connection.
- Tools like Alexa and Fitbit are easy to start using.

Thank you for participating!

Image Sources



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Source: www.ncoa.org



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