AI Smiles for Seniors

A Module on AI Appreciation, Empowerment, and Everyday Convenience

Understanding AI: Learning from Examples

A Plain-Language Explanation

The Tea Analogy
(How Humans Learn Patterns)

Example 1

Showing the tea strength.

Example 2

Practicing the pattern.

Action

Remembering for you.

How AI "Learns" (From Data)

Input Data
(Examples)

Thousands of examples.

Pattern Recognition
(Training)

Finding the connections.

Output
(Action)

Acting on new situations.

The Key Takeaway: Humans Remain in Charge.

⏱️ AI only offers speed, ⚙️ Consistency, and memory. You make the decisions.

Your Polite AI Helpers: Voice Assistants

Meeting Alexa, Google Assistant, and Siri

Introducing Your Digital Companions

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Polite, helpful servants ready to answer when called.
No need to type—just speak naturally.

Master These 4 Everyday Commands First

1. Check the Weather

"Hey Google, what's the weather today?"

2. Set Medication Reminders

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

3. Play Your Favorite Music

"Siri, play some jazz music."

4. Turn Off the Lights

"Alexa, turn off the living room light."

Hands-Free Safety & Comfort

Ideal for limited mobility. Speak naturally from anywhere in the room, avoiding the need for typing or physical interaction. Enjoy the peace of mind and convenience of voice control.

Setting Up Your Voice Assista
A Step-by-Step Guide

Step-by-Step Setup

1. Plug in the speaker.
2. Open the app on your tablet/phone.
3. Tap 'Add Device' & follow prompts.
4. Record your voice saying the wake word.
5. Test one command.

💬 Practice Script

Try saying: "Hey [Assistant], what's the weather?" or "Alexa, set a timer for 5 minutes."

💡 Troubleshooting Tips

- Speak slowly and clearly.
- Reduce background noise.
- Check Wi-Fi connection.
- Ensure microphone is not muted.

✅ **Confidence Builder:** Practice these steps to feel comfortable setting up at home!

Translating Data into Actionable Advice

Steps:
8,500

Heart Rate:
78 bpm

Sleep:
7h 20m

AI Insight:
Your heart rate rose after coffee, try water.

Sleep was good, maintain this routine!

Automatic Sharing with Doctors & Family

Turns raw data into early warnings without extra clinic visits, supporting independence.

AI in Healthcare: Tele-medicine Made Easy

3-Click Process

1. Open App

2. Select Appointment

3. Video Call Starts

Benefits for Seniors:

- No Transport Issues & No Waiting Room
- Medication List on Screen
- Instant Digital Prescription

Important Features:

- Privacy Safeguards (Secure Connection)
- Invite a Family Member to the Call

AI for a Safer, More Comfortable Home

Smart Lights & Fall Prevention

Intelligent lights turn on instantly. Reduces fall risk during nighttime movement.

Smart Thermostats & Energy Efficiency

Detects open windows and adjusts heating. Results in lower energy bills.

Smart Stoves & Peace of Mind

Stove shuts off if left unattended. Provides peace of mind for residents and family.

Enhanced Well-being & Reassurance for Everyone

Smart Video Doorbells: Security at Your Doorstep

1. Motion Detected: Doorbell sends alert to phone.

2. See & Speak: Open app to view and talk.

3. Two-Way Conversation: Communicate without opening the door.

Scenario 1: Caregiver & Delivery
Caregiver checks in remotely; delivery is confirmed safely.

Scenario 2: Deterring Strangers
Stranger is deterred by voice from inside, ensuring safety.

Key Benefits:

- **Simple Installation:** Easy setup without complex wiring.
- **Optional Family Sharing:** Grant access to trusted family members for peace of mind.

AI for Entertainment & Connection: Rediscovering Joy

How It Works

- Netflix & Spotify learn your taste
- Automated content queuing
- Saves endless scrolling

Benefits & Discovery

- Rediscover classics from youth
- Sparks joy and nostalgia
- Connects with family through shared favorites

Tip: Give a 'Thumbs Up' to at least one show or song each week to better train the system to your preferences.

AI as a Personal Coach for Learning & Growth.

Personalized journeys with Duolingo & Lumosity

Language Learning with Duolingo

Adaptive Difficulty: Adjusts to your pace and learning style.

Short Sessions: Builds habits with just 5 minutes a day.

Cognitive Training with Lumosity

Strengthens Memory & Focus: Targeted exercises for brain health.

Delays Cognitive Decline: Keeps the mind sharp and engaged.

Friendly Competition & Social Fun

Turn learning into a social pastime by maintaining streaks and challenging friends!

Activity — “Exploring AI Tools Together”

Facilitator-led hands-on experience to build confidence with AI.

1. Explore Voice Assistants

Ask a voice assistant to perform various tasks:

- Set reminders: “Hey Google, remind me…”
- Control lights: “Alexa, turn on…”
- Get weather: “Siri, what’s the weather?”

Facilitator Tip: Celebrate every success aloud to foster peer support.

2. Smart Home Demonstration

Set up and control a smart device with voice or app:

- Adjust thermostat: “Set temperature to 72°”
- Control lighting: Turn on/off lights with phone
- View doorbell camera

Facilitator Tip: Provide laminated cue cards with exact phrases to say or tap.

3. Interactive Learning Apps

Introduce and try out learning apps for cognitive engagement:

- Start a brain training game (e.g., Lumosity)
- Try a language lesson (e.g., Duolingo)
- Explore creative apps (e.g., Artful)

Facilitator Tip: Circulate while seniors try one new skill; offer guidance and encouragement.

Convert apprehension into achievement by working together.

Activity — Personal AI Cheat Sheet: Build Your Quick Reference

Reinforce memory and create a valuable takeaway tool.

Write It Down

- Write down your 3 favorite voice commands.
- List one health app you will use.
- Note one emergency contact stored in your device.

Photograph for Backup

Take a photo of your sheet with your phone for easy access.

Benefits of Your Cheat Sheet

- Reinforces memory.
- Offers a takeaway tool.
- Ensures family can assist remotely by referring to the same commands.