



# How Seniors Can Use AI

*Benefits, Risks, and What You Can Do*

Informative Session Designed for  
Senior Citizens



**For Oats.org**  
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**From Jim Hannon**  
Informative Session on Designing for Senior Citizens  
**[Jhreds@gmail.com](mailto:Jhreds@gmail.com)**

# What is AI and Why Should You Care?

**55%**

of adults age 50+ have used AI technologies

- AI is technology that learns and helps with tasks like understanding speech, answering questions, and making recommendations.
- Think of AI as a **smart digital assistant** similar to a patient, knowledgeable friend available whenever you need help.
- You don't need to understand how AI works technically—just like you don't need to understand electricity to turn on a light.
- AI use among adults over 50 **jumped from 9% to 18% in just one year**, showing rapid adoption.



# How Seniors Are Already Using AI Successfully

## Real Success Story

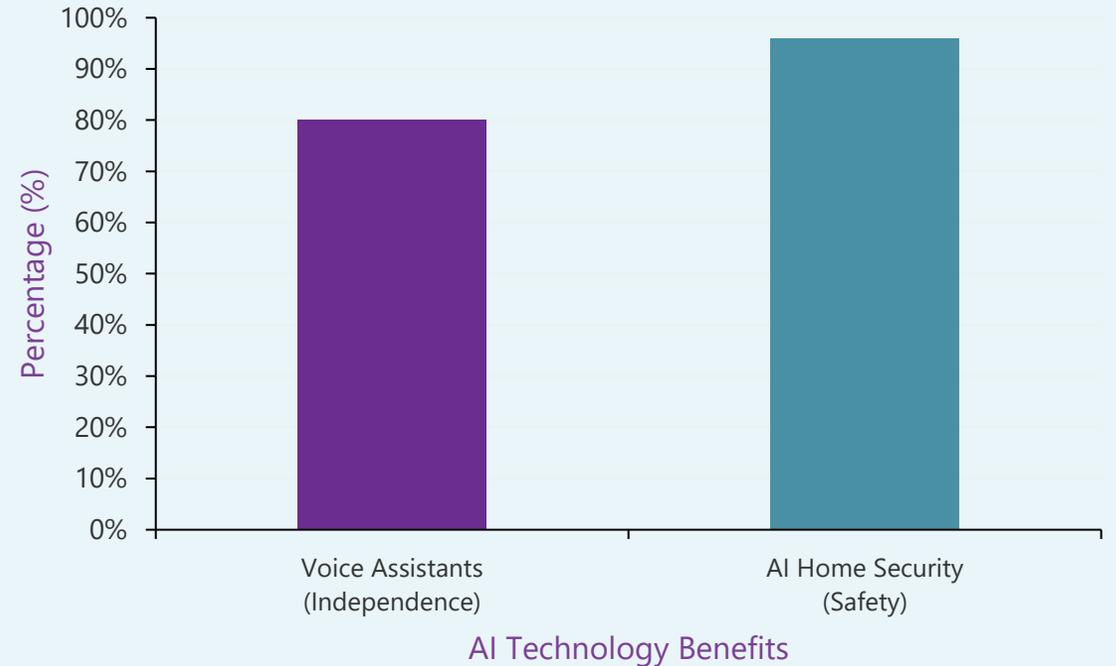
80-year-old mother went from smartphone fear to daily ChatGPT use for garden advice and family emails



- An 80-year-old woman overcame smartphone anxiety and now uses **ChatGPT daily** for personalized garden advice, cooking recipe suggestions, and writing thoughtful emails to grandchildren without calling tech support once.
- Seniors are using AI voice assistants to call loved ones hands-free, set medication reminders, control home lighting and thermostats, and access information **without complicated menus or typing** .
- One grandmother successfully used AI to plan her entire vacation itinerary, draft insurance letters, and settle family debates about movie trivia, **demonstrating AI versatility** .
- Studies show **65% of older adults** using AI navigation apps like Waze experienced reduced driving anxiety, especially in unfamiliar areas, improving their confidence and independence.

# How AI Makes Life Easier and Better

- **Time savings and convenience:** AI handles routine tasks like setting reminders making calls and controlling home devices.
- **Enhanced communication:** Voice assistants and AI-powered video calls make staying connected easy even if typing is difficult.
- **Better health management:** AI monitors vital signs reminds about medications and helps understand medical information.
- **Increased safety and security:** AI-powered home security fall detection and fraud prevention provide peace of mind.



Source: University of Michigan Study, 2025

# AI Tools That Support Your Health

**92%**

**medication adherence through AI reminders**

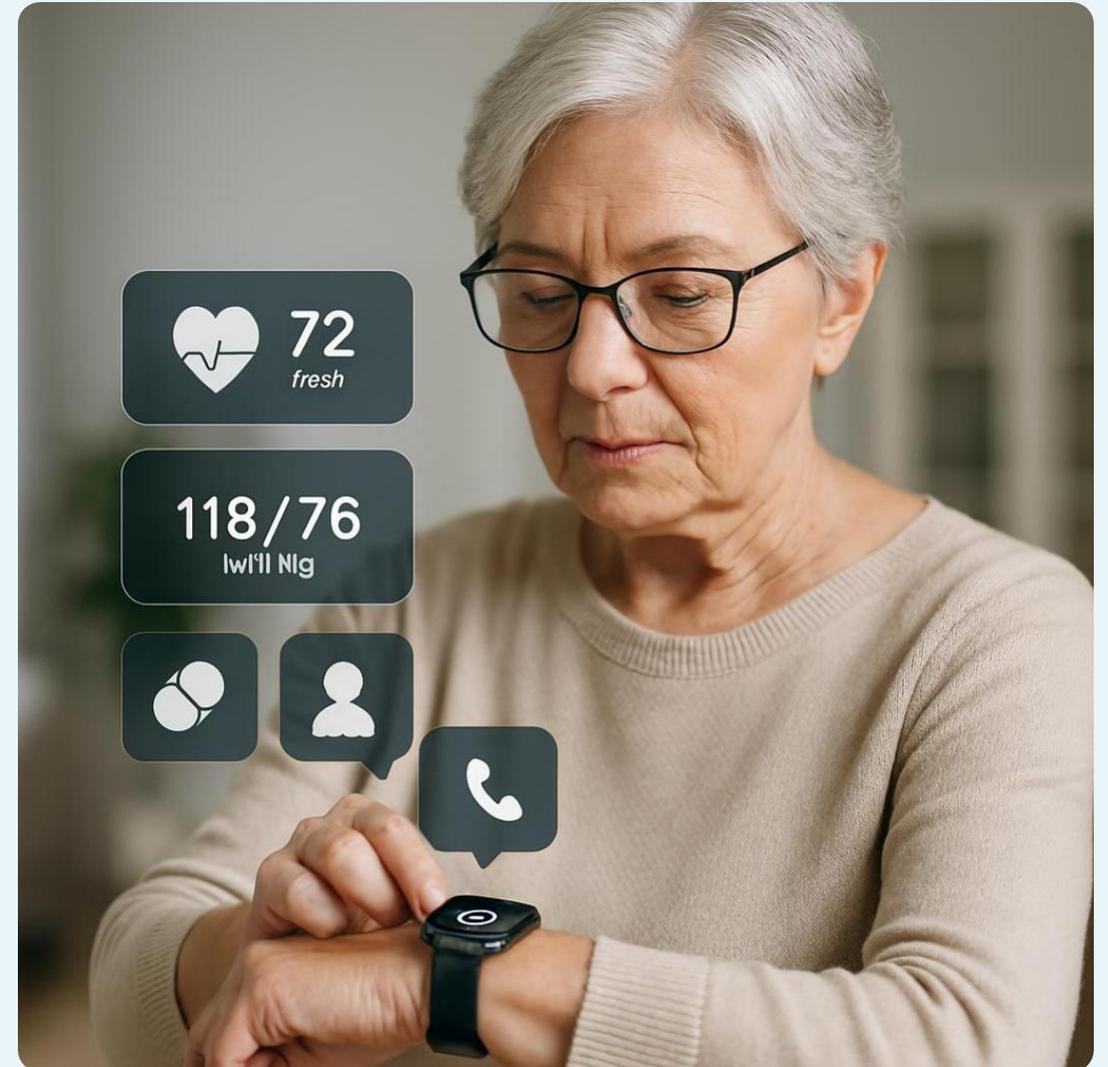
*Source: SCAN Health Plan 2024*

**40%**

**reduction in hospitalizations with AI health monitoring**

*Source: FeelBetter Study 2025*

- **Medication management** apps remind seniors when to take medications and notify caregivers if doses are missed
- **Wearable devices** monitor heart rate, blood pressure, oxygen levels, and sleep patterns continuously
- **Fall detection** in devices like Apple Watch automatically contacts emergency services if a fall is detected
- **AI-powered telemedicine** enables remote video consultations with doctors for convenient accessible care



# Important Safety Concerns to Know About

## Privacy and Data Security

AI systems collect and store personal information which can be vulnerable to hacking, data breaches, or misuse if proper security measures are not in place.

## AI-Powered Scams

Criminals use voice cloning technology to mimic family members' voices in emergency money scams and create deepfake videos impersonating officials to deceive seniors.

## \$3.4 Billion Lost

**Americans over 60 lost \$3.4 billion to scams in 2023, a 14% increase from 2022. Voice cloning is increasingly used in elder fraud.**

*Source: FBI Elder Fraud Report 2023*

## Over-Reliance on Technology

Depending too heavily on AI for health decisions or emergency response without human backup can be dangerous if systems malfunction or misinterpret situations.

## Misinformation and Errors

AI can sometimes provide incorrect, outdated, or biased information, especially about health topics, making it critical to verify important facts with trusted sources.

## Digital Divide Concerns

Seniors without access to technology, reliable internet, or digital literacy skills may feel excluded or left behind as AI becomes more prevalent in daily life.

## Loss of Human Connection

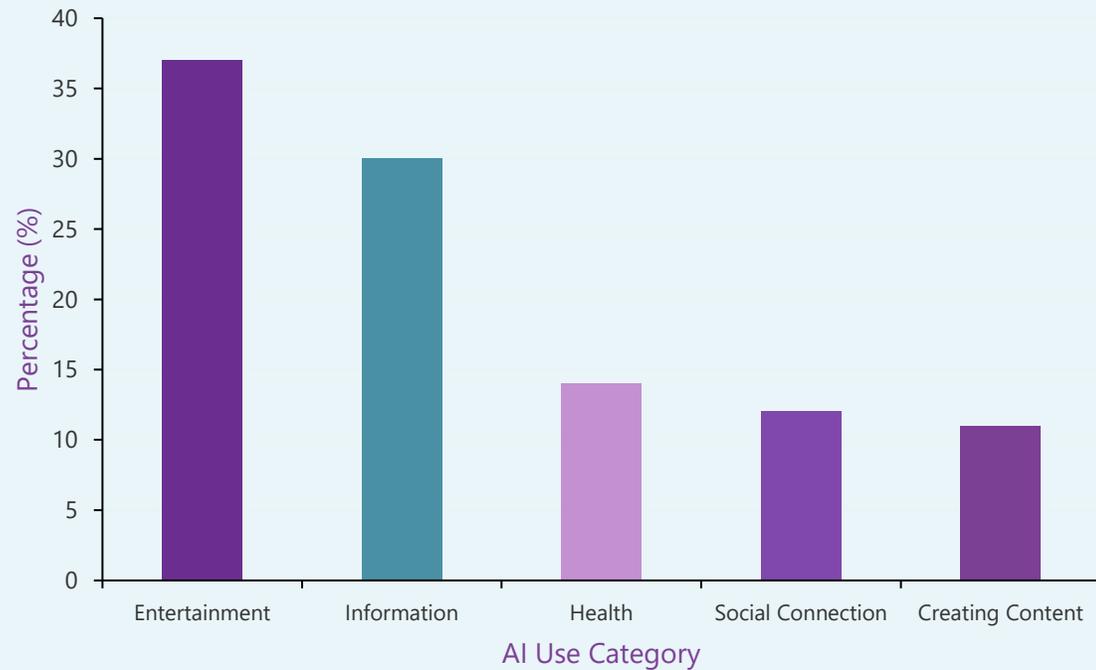
Replacing too many human interactions with AI assistants can increase isolation and reduce the emotional benefits of genuine personal relationships and community engagement.

# Protecting Yourself When Using AI

Follow these essential safety rules to enjoy AI benefits while protecting your personal information, finances, and identity from scams and fraud.

-  **Never share sensitive personal information** with AI including Social Security numbers bank account details passwords credit card numbers or full birthdates no matter how the request is phrased.
-  Treat AI like a helpful stranger—friendly and useful but not someone you would tell your private financial or identity information to under any circumstances.
-  Be aware of AI-powered scams including voice cloning that mimics family members asking for emergency money always verify by calling the person directly using a number you already have.
-  If you receive an urgent call claiming to be from family government agencies or banks asking for money or personal information hang up and call them back using official numbers.
-  Use reputable AI tools only from known trusted companies like OpenAI Google Apple Amazon Microsoft and avoid downloading AI apps from unknown sources or clicking suspicious links.
-  Check your privacy settings regularly review what data AI tools can access enable two-factor authentication and update passwords periodically to protect your accounts and personal information.

# Practical Everyday Uses for AI



Source: University of Michigan Poll 2025

- Writing assistance: Use AI to draft emails, letters, thank you notes, and messages with proper grammar and appropriate tone
- Photo organization: AI automatically sorts and tags your digital photos by date, location, and people making memories easy to find
- Learning new skills: AI provides personalized lessons for languages, hobbies, and cooking adapting to your individual pace and learning style
- Smart home control: Adjust thermostats, turn lights on or off, and control entertainment devices all by voice command without getting up

# Your First Steps with AI Made Easy

1

Go to [chat.openai.com](https://chat.openai.com) on your computer, tablet, or smartphone and click the Sign Up button using your email address or existing Google, Microsoft, or Apple account.

2

Verify your email address by clicking the link sent to your inbox and optionally verify your phone number which takes about **5 minutes total** .

3

Start with the **free version** which does everything you need to learn and get comfortable before considering the paid version for faster responses.

4

Type your question in the simple text box at the bottom of the screen just like sending a text message then press Enter to get your answer.

5

Try asking simple questions first like **"What is the weather today?"** or **"Help me write a thank you note"** to practice and build confidence.

6

Notice the **microphone icon** : You can speak your questions instead of typing them making ChatGPT accessible even if typing is difficult or you prefer voice interaction.



**Setup: ~5 minutes**



**Free version available**



**Works on all devices**

# Activating Alexa, Siri, or Google Assistant

Voice assistants respond to simple spoken commands—just say their name, pause, and ask your question for instant hands-free help.



No typing required • Works with iPhone, Android, smart speakers, tablets • Responds instantly to voice

- **For Amazon Alexa:** Purchase an Echo device or Echo Show, plug it in, download the Alexa app on your smartphone, follow setup prompts, then simply say Alexa followed by your question.
- **For Apple Siri:** On iPhone or iPad, say Hey Siri, then pause for a moment until you hear a chime, then speak your request like Call my daughter or What is the weather.
- **For Google Assistant:** On Android devices or Google Home speakers, say Hey Google or OK Google, wait for acknowledgment, then ask your question or give your command.
- Voice assistants can make phone calls hands-free, send messages, set medication reminders, control smart home devices, and answer questions without any typing or menu navigation.

# Action Steps to Start Your AI Journey

**80%**

**of seniors who tried AI continued using it regularly; most felt confident after 2-3 practice sessions**

- Start with one tool: Choose either ChatGPT or your phone's voice assistant and practice with simple questions before exploring other AI tools
- Use free versions first: All major AI tools offer free versions that provide full functionality allowing you to learn without financial commitment
- Ask family or friends for help: Many grandchildren or younger relatives are happy to help you set up creating bonding opportunities
- Practice daily for 10 minutes: Consistency matters more than duration so spend just 10 minutes each day to build comfort and skills



# Free Resources to Continue Your AI Journey

## Senior Planet AI Guide for Older Adults

Free downloadable PDF guide explaining AI basics safety tips and practical applications specifically designed for seniors available at [seniorplanet.org](https://seniorplanet.org)

## AARP AI Resources and AgeTech Collaborative

Comprehensive information research and recommendations on AI tools for older adults plus technology training programs at [aarp.org](https://aarp.org)

## ChatGPT Getting Started Guides

Multiple free step-by-step tutorials specifically for seniors including Silver Step AI Solutions and Seniors Guide websites with video tutorials

## Local Library Technology Programs

Many public libraries offer free technology classes AI workshops and one-on-one assistance helping seniors learn in supportive group environments

## Beginner AI for Seniors Online Courses

Websites like [beginneraiforseniors.com](https://beginneraiforseniors.com) and [aimadeeasyforseniors.com](https://aimadeeasyforseniors.com) provide free tutorials simple lessons and supportive communities for learning

## YouTube Video Tutorials

Search terms like AI for seniors or ChatGPT for beginners to find visual step-by-step instructional videos you can watch and pause at your own pace

## Senior Centers Technology Programs

Contact local senior centers about technology buddy programs where volunteers help seniors learn AI tools and answer questions in person

# References

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