# Using AI in Daily Life

A Practical Guide for Seniors

2026

How to Talk to AI

- A prompt is the question or instruction you give to AI tools like ChatGPT, Google Assistant, or Alexa—think of it as having a conversation with a helpful expert

- The three keys to great prompts: Be specific about what you want, provide context about your situation, and clearly state the format you need

- You can always refine your prompt by asking follow-up questions like "Can you make this simpler?" or "Give me three more examples"

- Don't worry about perfect grammar or technical language—AI understands conversational, everyday speech just fine
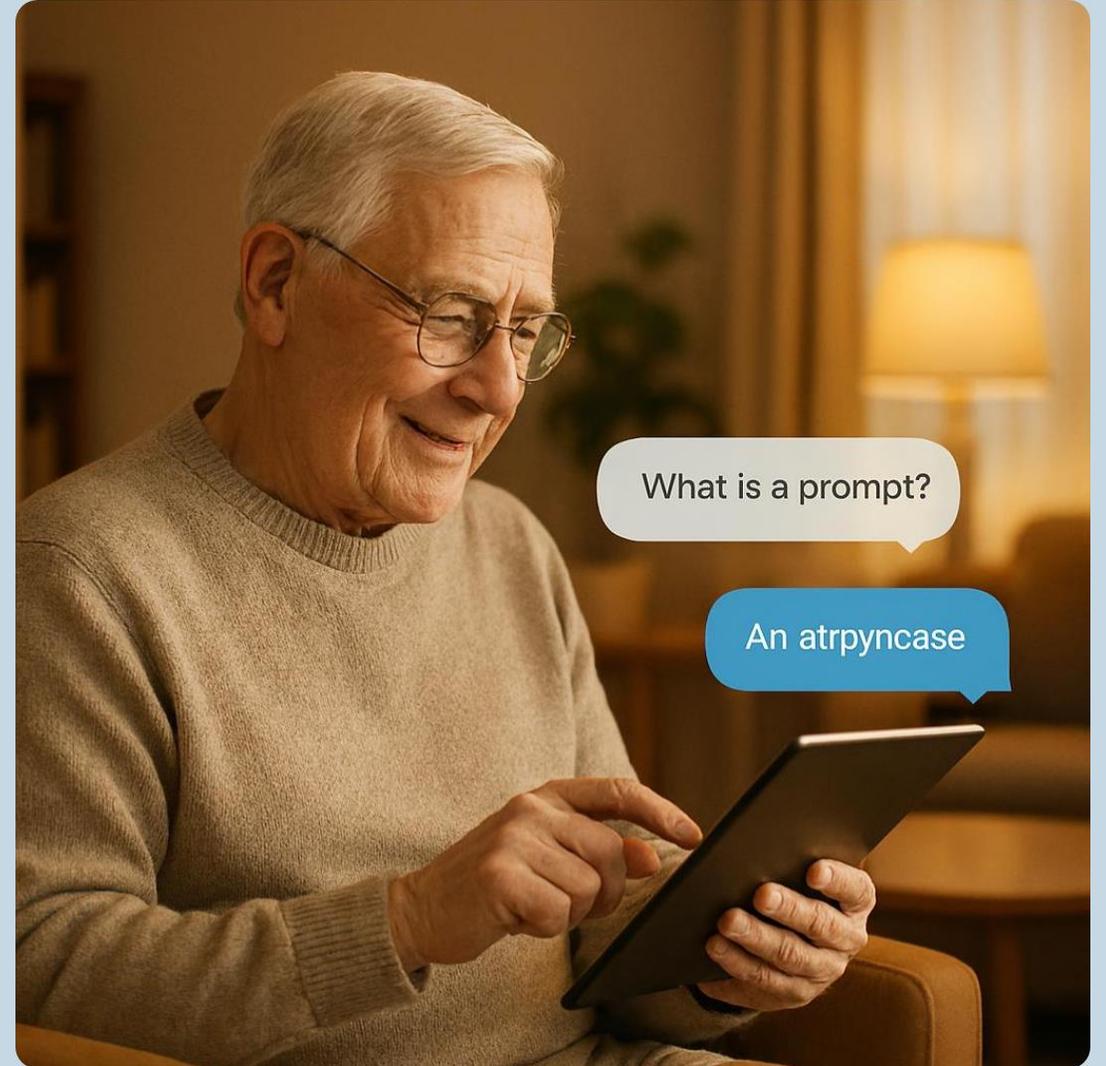
AI Prompts for Your Health

AI can help you track health information, understand medical terms, and prepare for doctor visits—but always confirm important health decisions with your healthcare provider

Medication Management

"Create a simple medication schedule for someone taking blood pressure medicine twice daily, vitamin D once daily, and aspirin in the morning. Include best times to take each"

Symptom Tracking

"I'm experiencing occasional dizziness when standing up quickly. What questions should I ask my doctor about this? Please organize them by importance"

Medical Term Explanation

"Explain what 'atrial fibrillation' means in simple terms, what causes it, and what lifestyle changes might help manage it"

Preparing for Appointments

"Help me prepare questions for my annual physical exam. I'm 68 years old, have diabetes, and want to discuss joint pain and sleep quality"

Understanding Test Results

"My cholesterol test shows LDL 145, HDL 52, and triglycerides 180. Explain what these numbers mean and what foods I should eat or avoid"

Wellness Planning

"Design a gentle daily wellness routine for a 70-year-old with arthritis, including stretching, walking, and relaxation activities"

AI Prompts for Managing Your Money

- **Budget Creation**

  "Help me create a monthly budget for a retired couple with $3,500 Social Security income. Include categories for housing, food, healthcare, utilities, and entertainment"

- **Expense Tracking**

  "Create a simple spreadsheet template to track my monthly expenses. Include columns for date, category, amount, and payment method"

- **Financial Planning**

  "I have $50,000 in savings and want to make it last 10 years. Explain safe investment options for seniors"

- **Understanding Fees**

  "Explain in simple terms what an APR is, how credit card interest works, and strategies to pay off a $2,000 balance faster"

AI for Social Connections

Use AI to strengthen relationships, plan social activities, and communicate more effectively with family and friends.

- **Video Call Planning**

  Get help planning weekly video calls with grandchildren, including fun activities like virtual story time and show-and-tell.

- **Writing Personal Messages**

  Create heartfelt birthday messages, reconnection notes for old friends, or warm holiday greetings tailored for different groups.

- **Social Event Planning**

  Organize birthday lunches or gatherings with AI-generated invitation messages, timing suggestions, and preparation checklists.

- **Social Media Guidance**

  Learn step-by-step how to share photos on Facebook with privacy settings, making social media easier and safer.

AI Prompts for Exploring Nature

Discover the natural world around you by using AI to identify rocks, plants, birds, and understand geological features in your area

Rock Identification

"I found a smooth, dark gray rock with tiny sparkly crystals near a riverbed in Colorado. What type might this be?"

Local Geology

"Explain the Grand Canyon's geological history in simple terms. What do the rock layers tell us about Earth's past?"

Nature Walks

"Plan a senior-friendly nature walk in the Pacific Northwest. What geological features and birds should we look for?"

Plant Identification

"I have a purple wildflower with yellow center, 2 feet tall, blooms in spring. Is it native to Ohio?"

Fossil Discovery

"I found a spiral shell imprint in a rock while hiking. Could this be a fossil? What creature was it?"

Weather & Seasons

"Explain why we have different seasons in simple terms. How does Earth's tilt create spring, summer, fall, and winter?"

Stargazing Guide

"What constellations can I see in July from Arizona? Tell me when to look and share stories behind 3 major ones"

AI Prompts for Gardening Success

Garden Planning

"Help me plan a small vegetable garden for beginners in Zone 7. I have a 10x10 foot sunny spot and want to grow tomatoes, lettuce, peppers, and herbs. When should I plant each?"

Plant Problem Diagnosis

"My tomato plant leaves are turning yellow from the bottom up, and I see small brown spots. What could be wrong and how do I fix it?"

Seasonal Care Guide

"Create a month-by-month gardening calendar for Zone 6. Tell me what to plant, maintain, and harvest each month from March through October"

Container Gardening

"I want to grow herbs in pots on my apartment balcony. Which herbs are easiest for beginners, what size pots do I need, and how often should I water them?"

AI Prompts for Discovering Your Roots

Starting Your Research

"I want to trace my family history but don't know where to start. My grandfather immigrated from Italy in 1920. What records should I look for?"

Interview Questions

"I'm interviewing my 90-year-old mother about her childhood. Suggest 15 meaningful questions about her early life and family traditions"

DNA Results Interpretation

"My DNA test shows 45% Irish, 30% German, 15% Scandinavian, 10% English. Explain what these percentages mean"

Preserving Memories

"I have boxes of old family photos with no names or dates. Create a system for organizing and labeling them"

AI Prompts for Hobbies and Interests

Whether you enjoy crafts, travel, cooking, or learning new skills, AI can provide personalized guidance, creative ideas, and step-by-step instructions

Craft Projects

"I want to learn how to knit a simple scarf for my grandson. Explain the basic stitches I need to know and give me step-by-step instructions for beginners"

Learning New Languages

"I want to learn basic conversational Spanish for an upcoming trip to Mexico. Teach me 20 essential phrases with pronunciation guide for dining, directions, and greetings"

Music Discovery

"I love classic jazz from the 1950s-60s like Miles Davis and John Coltrane. Suggest 10 similar artists I might enjoy and tell me which album to start with for each"

Recipe Modification

"I have a chocolate chip cookie recipe but my husband is diabetic. How can I modify it to use less sugar while keeping the cookies tasty? Suggest sugar substitutes"

Photography Tips

"I just got my first digital camera. Explain the basic settings I need to know to take better photos of my grandchildren and nature. Use simple, non-technical language"

Woodworking Projects

"Suggest 3 simple woodworking projects for beginners with basic tools. I want to make something useful for my home. Include materials needed and estimated time"

Travel Planning

"Plan a 5-day trip to Charleston, South Carolina for two seniors who enjoy history, good food, and walking tours. Include must-see sites, restaurant recommendations, and senior-friendly accommodations"

Book Recommendations

"Recommend 5 historical fiction books set in World War II era. I enjoyed 'All the Light We Cannot See' and prefer stories with strong characters and hopeful endings"

Fitness Classes

"What types of exercise classes are best for seniors with mild arthritis? Describe what each class involves and the benefits of yoga, tai chi, water aerobics, and chair exercises"

References

AMA Journal of Ethics - AI and Social Connections: https://journalofethics.ama-assn.org/article/should-artificial-intelligence-play-role-cultivating-social-connections-among-older-adults/2023-11