Sun City Carolina Lakes®

Artificial Intelligence (‘AI’) for Active Adults

Practical ways 'AI' can make everyday life easier, and help around the house.

What Is 'AI'?

- **Artificial Intelligence ('AI')** is the large field of computer science focused on building systems that can simulate human intelligence to perform tasks like learning, reasoning, and problem-solving.

- **Generative 'AI'** is a specific branch of 'AI' (subset) which includes **'AI' Assistant** tools like **Gemini, ChatGPT, Microsoft Copilot, and Claude** - that uses advanced software models to understand human language, answer questions, summarize information, and create entirely new content.

Don’t Be Overly Concerned

For someone using an ‘AI’ Assistant at home for everyday tasks, **there is generally no need to be overly concerned** by the headlines:

- The headlines about ‘AI’ safety and regulation are largely focused on the companies building ‘AI’ and the governments overseeing it.
- For typical home users, those headlines should be no concern when using an ‘AI’ Assistant tool.
- **Always verify important information before acting on it.**

An Important Truth About 'AI'

- 'AI' is impressive, but it is not always 100% accurate. It can make mistakes, misunderstand information, or provide outdated answers.
  - » AI may invent facts (Hallucinate)
  - » AI may misunderstand your question
  - » AI does not know everything happening today
  - » Always verify important information

How You Use 'AI' Today

Smartphones: Voice assistants, predictive text (such as in Text Messages), autocorrect, and facial recognition unlock feature 'AI'.

Streaming Services: Algorithms analyze viewing habits to recommend movies, shows, and music.

Email: Spam filters block junk mail while smart compose suggests text while typing.

How You Use 'AI' Today (cont)

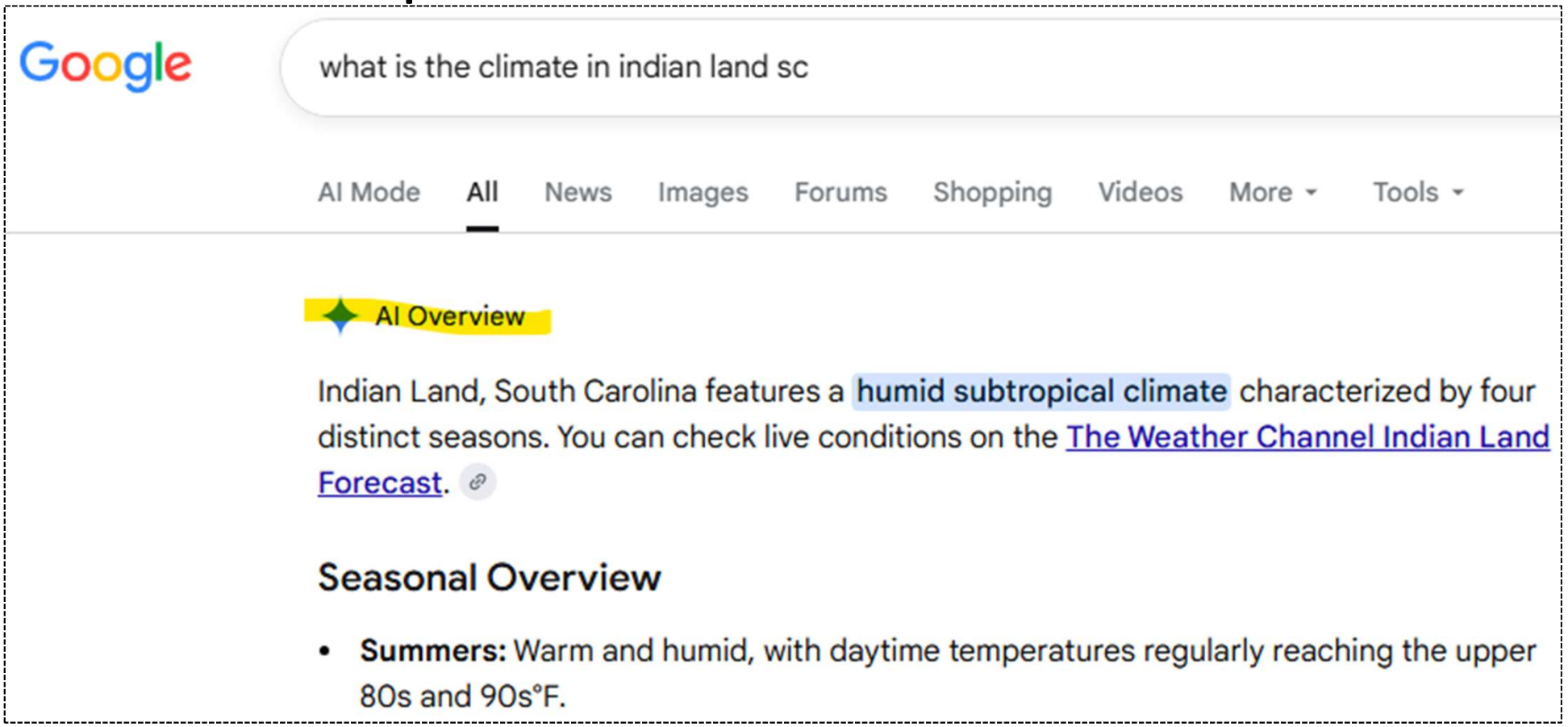
Navigation: GPS apps analyze traffic, predict arrival times, and suggest the fastest routes in real time.

Online Shopping: Retailers track browsing habits to recommend products, personalize shopping, and prevent fraud.

Customer Service: AI-powered chatbots provide initial assistance and answer frequent questions.

How You Use 'AI' Today (cont)

Google Browser: Shows list of websites that other people created. It also writes an answer from its memory of billions of books and websites it read in the past.



How You Use ‘AI’ Today (cont)

Amazon – Product Reviews

Customers say

Customers find the Echo Dot to be a fantastic device with excellent sound quality and ease of use, particularly appreciating its simple interface and user-friendly app. Moreover, they consider it well worth the money. However, the device's reliability and connectivity receive mixed feedback - while some say it works well, others report it randomly stops playing music and won't stay connected to WiFi.

ai Generated from the text of customer reviews

Select to learn more

↗ Quality (6.4K) | ↗ Sound quality (4.4K) | ↗ Value for money (2K) | ↗ Setup (1.7K) |

↗ Ease of use (1K) | ~ Reliability (4.4K) | ~ Connectivity (1.4K) | ↘ Disappointing (1.2K)

Which 'AI' Assistant Should I Use

All Great Choices

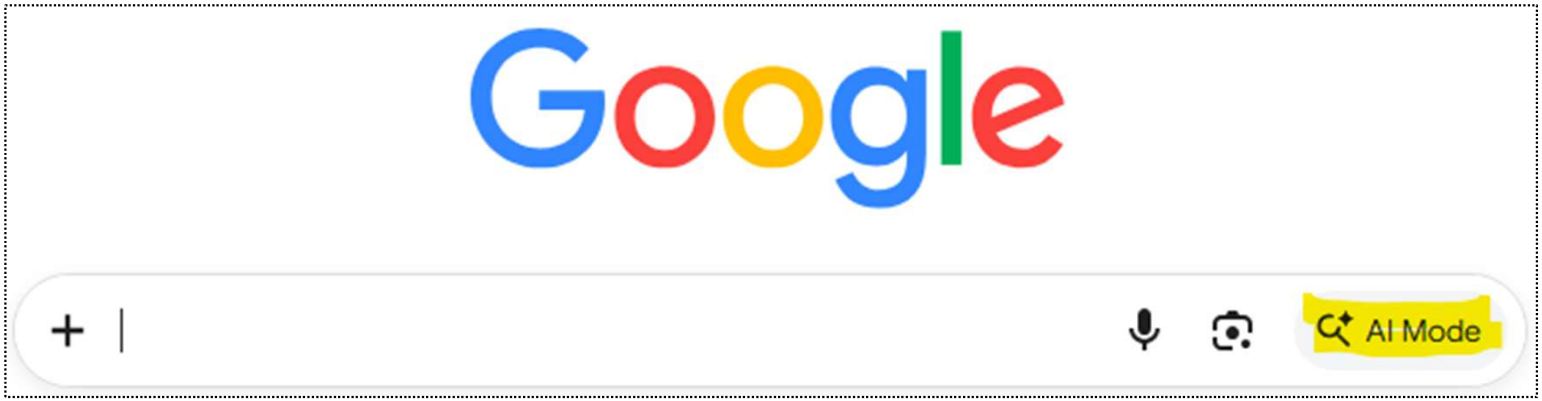
Google Gemini is the top recommendation for seniors because it is easy to access with their Google account, simple document uploads, and has a clean, user-friendly interface.

ChatGPT is a close second, providing natural, conversational interactions and strong document support, *although free users may occasionally encounter usage limits.*

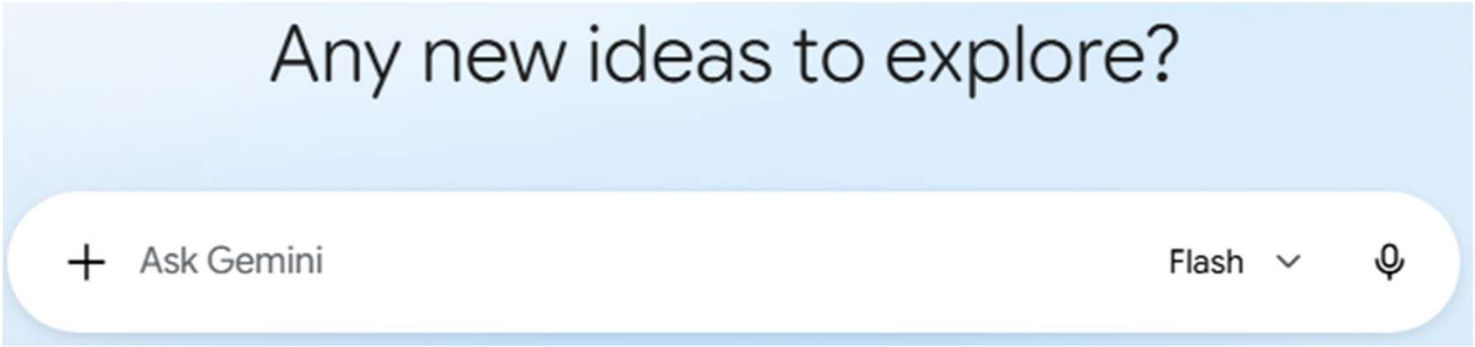
Microsoft Copilot is a good option for Windows users since it is often built into their computer and supports file uploads, *but its interface can be more complex.*

Claude is excellent for reading and summarizing long documents, *but its free version has the most restrictive limits on messages and file uploads.*

Google.com



https://gemini.google.com



The Secret: Instructions Matter

- 'AI' follows your instructions - called prompts.
- **Weak:** Tell me about gardening
- **Strong:** I live in Sun City Carolina Lakes. Recommend 5 shade-loving perennials for red clay soil.
  - Strong prompts provide context and constraints

The Secret: Instructions Matter (cont)

- The more requirements you provide, the better the response.
  - Include your goal, audience, location, and preferences.

- After getting the response, more details may be given to get a better response, built on the previous response.

Tips & Best Practice

- Never share passwords, account numbers, Social Security numbers, or other sensitive information.
- Use trusted services and verify critical information.
- Use 'AI' as a helpful assistant, not as the final authority. Double-check medical, legal, financial, and safety-related information.

“Intelligent" User Guide

- Think of using an ‘AI’ Assistant like having an "intelligent" user guide that can think, translate, and troubleshoot in real time.
- A normal online user guide is static—it is just text printed on a screen that you have to read and figure out yourself.
- Here is why it feels so much more intelligent than a regular manual:
  - » Available 24/7
  - » Never gets tired
  - » Can explain things at different skill levels
  - » Can remember your conversation context

“Intelligent" User Guide (cont)

- **It troubleshoots with you:** If a step doesn’t work, you can describe the problem and the AI will suggest a new solution instead of leaving you stuck.
- **It can look at pictures:** Take a photo of an unfamiliar part, button, or object, and the AI can identify it and provide the right instructions.
- **It translates technical jargon:** If instructions are confusing, the AI can explain them in simple, easy-to-understand language.

How to Protect Yourself

You can drastically mitigate these risks by changing a few settings in your accounts.

Risk Area	Practical Action Step
Data Activity Retention	**Opt out** of data activity retention in the settings menu of ChatGPT, Claude, and Gemini.
History Storage	Regularly (or Auto) **delete old chats** that contain sensitive personal context or stories.
Account Access	Turn on **Two-Factor Authentication (2FA)** to secure your chat history.
Children's Usage	Treat 'AI' as an unverified internet source; monitor kids' reliance on it for homework.

Live Demonstrations

Hobbies

- Research genealogy, identify plants and birds, learn history, organize photos, and discover new hobbies.

AI Prompt:

Recommend three recent historical fiction novels with uplifting endings.

AI Prompt:

I live in Sun City Carolina Lakes. What shade-loving perennials thrive best in our red clay soil?

Write Card Message

AI Prompt:

Write a warm 50th wedding anniversary card message for my daughter.

Travel & Recreation

- Build vacation itineraries, find attractions, compare destinations, estimate travel times, and create packing lists.

AI Prompt:

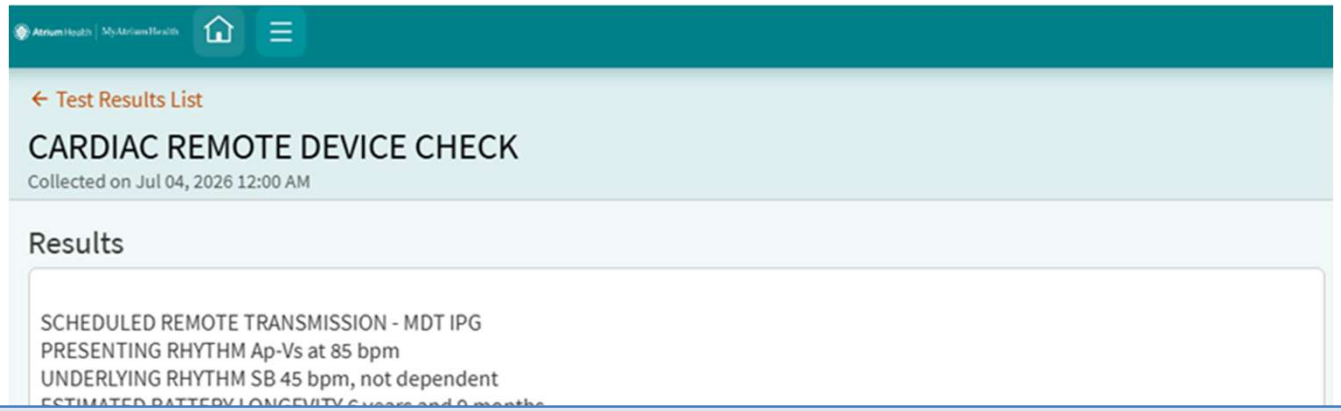
Create a gentle 3-day itinerary for Asheville, NC, with scenic drives.

AI Prompt:

Plan a fun, low-walking Saturday in Charlotte suitable for grandparents and an 8-year-old grandchild.

Explain Medical Test Results

- Log into your Atrium Health portal.
- Find the '**Test Result**' that you want explained, and copy the text.



AI Prompt:

Explain the following:
SCHEDULED REMOTE TRANSMISSION - MDT IPG
PRESENTING RHYTHM Ap-Vs at 85 bpm

Create Medicine Schedule

- Assume I am taking the following medicines:

Simvastatin 20mg once daily	Tamsulosin 0.4mg once daily
Metoprolol 50mg once daily	Vibegron 75mg once daily
Omeprazole 20mg once daily	

- Ask 'AI' to create a schedule for taking the medicines without drug interactions

AI Prompt:

Create a schedule for taking the following: medicines without drug interactions: Simvastatin 20mg once daily, Metoprolol 50mg once daily, Omeprazole 20mg once daily, Tamsulosin 0.4mg once daily, Vibegron 75mg once daily

Create Doctor Appointment Notes

Use OTTER.AI

Install OTTER.AI app on Cell Phone:

- The FREE Otter account is limited to a Maximum of 30 minutes per conversation/transcription.
- Since doctor visits are usually far less then 30 minutes, this is a perfect app to use.
- OTTER.AI will generate the recording, transcript and also summarize the doctor visit.

Create Doctor Appointment Notes

Cell Phone:

- If you want, save the OTTER.AI transcript file on your cell phone, and then create notes using Gemini, as shown below:

AI Prompt:



Create notes from my doctor appointment from the attached transcript.

Financial & Consumer Use

- Compare products, explain bills, summarize insurance documents, and help create budgets. Always verify important financial decisions.

AI Prompt:

Explain the insurance coverage for the attached policy. Recommend any changes.

Around my House

AI Prompt:



Explain how to self-clean my GE oven using the photo of my oven controls.

AI Prompt:



I live in Sun City Carolina Lakes. For the plants in the photo, how should I prepare them for the fall.

My Television

AI Prompt:



My TV label is attached. Why will my TV not turn on?

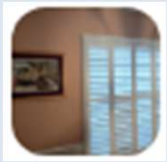
AI Prompt:



My TV label is attached. How can I mirror my Android cell phone to my TV?

Modify Photo

AI Prompt:



Change the wall paint color to light green.

AI Prompt:



Change attached photo to make it like a cartoon.

Questions