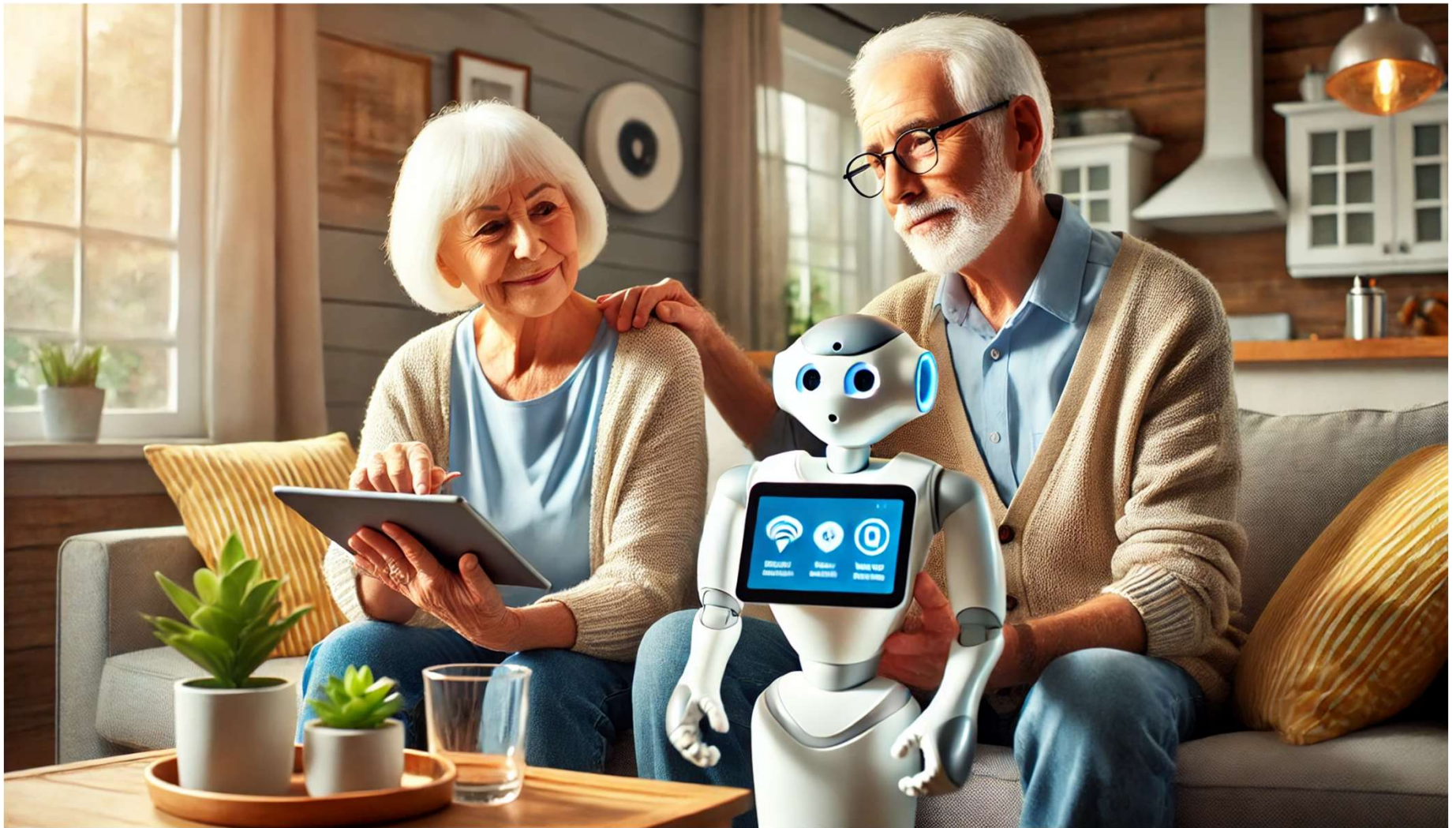


Understanding AI



What is AI?

- Artificial Intelligence (AI)

- AI is a technology that allows machines to learn, reason, and make decisions like humans.

- Examples: Learning from data, understanding language and interacting with humans, recognizing patterns, and automating tasks.

Everyday Applications

Voice assistants (e.g., Alexa, Google Assistant).

Recommendation systems (e.g., Netflix, Amazon).

Navigation apps (e.g., Google Maps, Waze).

Smart home devices (e.g., smart thermostats, security systems).

Healthcare tools (e.g., wearable devices like Fitbit).

Personal Assistant

AI in Healthcare

- Remote patient monitoring and telemedicine.

- Health tracking apps and medication reminders.
Fitbits

- Virtual assistants for scheduling and health tips.

AI in Smart Homes

- Devices like smart thermostats and lights.
- Security systems with facial recognition.
- Voice-controlled gadgets for hands-free convenience.

How AI Benefits Seniors

- Enhancing independence with fall detection and reminders.
- Improving health through monitoring and telemedicine.
- Keeping connected with video calls, hobbies, and companionship.
- Ensuring safety with smart home security.

Social Connection and Learning

- Video calls and messaging for staying in touch.

- AI tools for learning new skills (e.g., language apps).

- Creativity and hobbies with AI-powered art tools.

Personal Assistant



Scheduling daily plans



Scheduling trips and itineraries



Creative writing – emails, letters, poems, songs, stories, papers



Creative images



Summarize and simplify



Comparisons/pros and cons



Brainstorming

Risks/Pitfalls

Don't take information as gospel – content may be inaccurate. Hallucinations.

Be wary of AI for legal, financial, and medical advice.

Copyright caveats.

Bad people are also using AI to scam and fraud with voice, text, and image tricks

Trust, but verify.

Conclusion

- AI simplifies daily tasks and improves quality of life.

- Explore AI tools and technologies to stay empowered.

- Questions and feedback are welcome!

Your
Questions?

