

# AI for Older Adults Town Hall

*What it is, how it helps, and how to use it safely*

Presented by: Cincinnati AI Catalyst – AI for Older Adults Team  
Cincinnati, Ohio · Spring 2026





TODAY'S CONVERSATION

# What we'll cover.

*Five short sections. Questions  
welcome throughout.*

VISIT US ONLINE



**cincyseniors.org**

## 01 **What is AI, really?**

The plain-English version, no jargon.

## 02 **How people are using it**

Real examples in health, wealth, and self.

## 03 **What to watch out for**

Scams that use AI, and how to stop them.

## 04 **Five Key Concerns**

A short Q & A on a few of the most important topics concerning AI.

## 05 **Discussion & Resources**

Where to go next, and how to get help.



ALREADY IN YOUR LIFE

# AI is already all around you

## 1 Google Maps directions

AI picks the fastest route based on live traffic patterns.

## 2 Netflix or YouTube recommendations

AI learns what you like and suggests shows or videos.

## 3 Email spam filters

AI catches junk mail before it reaches your inbox.

## 4 Voice assistants (Siri, Alexa)

AI listens to your voice and finds answers instantly.

## 5 Credit card fraud alerts

AI spots unusual purchases and warns you right away.

### DID YOU KNOW?

**You've been using AI for years without realizing it.**

*These everyday tools all use artificial intelligence behind the scenes. The technology isn't new — it's just getting smarter and more visible. Understanding where it already helps you is the first step to using it with confidence.*

## Section 01

# What is AI, really?

*A friendly introduction to the tools you've been hearing about — in plain language, with real examples.*



CHATBOTS & YOU

# What Is Generative AI?

1

## Questions

Ask anything in plain English and get a helpful answer.

2

## Writing help

Draft emails, letters, or notes in your own words.

3

## Explain topics

Turn complicated subjects into simple language.

4

## Plan trips

Get itineraries, packing lists, and travel ideas.

5

## Summarize information

Condense long articles or documents into key points.

IN PLAIN ENGLISH

**Chatbots are conversational AI tools you type to.**

*Generative AI creates new text, images, or ideas based on what it's learned. Think of it as a very well-read assistant who can write, explain, and organize — but always needs you to check its work.*



IN EVERYDAY LIFE

# Helpful Ways Older Adults Use AI

## Writing emails or letters

Draft messages, thank-you notes, and family updates in your own voice.

## Planning trips

Get itineraries, packing lists, and travel ideas in minutes.

## Explaining medical terms

Paste confusing paperwork or a diagnosis and get a plain-English summary.

## Creating shopping lists

Organize weekly groceries and household items with one quick prompt.

## Learning new hobbies

Explore interests like gardening, painting, or cooking step by step.

## Getting tech help

Ask how to set up a smartphone, use an app, or fix common problems.

# Health – Wealth – Self

CHOOSE YOUR STARTING POINT

# How AI can be used by Older Adults?



## Understand a Medicare letter

Read complicated paperwork out loud — and get a plain-English explanation in seconds.



## Spot a scam call

Recognize the key things every scammer needs — and practice polite ways to end the call.



## Write a birthday note

Capture what you really want to say — in your voice, not a template's.

# Practical Example


**ChatGPT** ▾

Latest

Instant ✓  
For everyday chats

Thinking  
For complex questions


Configure...



The image shows the back of a white First Alert smoke detector. The battery compartment is open, revealing a green battery. The back of the unit is covered in technical specifications, including a UL LISTED logo, a warning label, and the brand name 'First Alert' in bold. The detector is placed on a white surface, possibly a piece of paper or a notebook.


Can you tell me if I should replace my battery or Smoke Detector? How old is this smoke detector and would a newer one be better. What are price options for upgrading if that is warranted


You actually gave me everything needed right on the back of the unit—this is a great example of how to evaluate these.


 **My practical recommendation (based on your situation)**

Given:

- Your unit is **18 years old**
- It's a **basic ionization-only detector**


 I would **not** replace the battery

 I would **replace** the unit

 **Key safety rule (this is the big one)**

Smoke detectors are **not** lifetime devices.

- Industry guidance (NFPA / manufacturers):
  - **Replace every 10 years**
- Reason: sensors degrade and become unreliable over time First Alert Store

 Yours is **almost double** the recommended lifespan

**Best choice for you:**

- Dual sensor model (~\$25–30) OR
- Smoke + CO combo (~\$40–60)

Those give you the biggest safety improvement for minimal cost.

KNOW THE LIMITS

# What AI Is NOT

- 1** A human
- 2** Always correct
- 3** A replacement for doctors or lawyers
- 4** Something that should make big decisions for you

*It's a tool, not an authority. You are always in charge.*

KEY TAKEAWAYS

# Three habits that make AI safer to use

1

## Slow down before you click.

Scammers rely on urgency. Take a breath, read the message twice, and ask a friend if anything feels off.

2

## Use the helper to read for you.

Paste confusing text in and ask for a plain-English summary. Never paste real account numbers or passwords.

3

## Call back using a number you trust.

If a message claims to be from your bank or Medicare, hang up and call the number printed on your card or statement.



Remember

**You are always allowed to hang up.**

*No real bank, no real doctor, and no real government agency will be upset that you hung up to call them back through a number you trust.*

THIS WEEK'S SPOTLIGHT

# One scam, one tip, one idea — chosen by a human.

SCAM TO  
WATCH



## "Grandma, it's me" calls

A caller who sounds exactly like your grandchild asks for money urgently. Hang up and call them back directly.

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*Why we picked this: two Cincinnati residents reported it to us this week.*

PRIVACY TIP



## Don't type real names in AI chats

Use "my daughter" or "my neighbor" when asking about family. Advice stays useful; their privacy stays yours.

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*Why we picked this: a common question at our in-person classes.*

GOOD IDEA



## Ask: "Write 3 questions for my doctor"

Before an appointment, turn your worries into clear, specific questions. Bring them on paper.

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*Why we picked this: a Hyde Park reader said it changed her last visit.*

YOUR FIRST STEPS

# How to Get Started

- 1 Try Google AI Mode**  
Open Google and look for the AI Mode button at the top.
- 2 Visit chat.openai.com**  
Go to chat.openai.com to try a popular AI chatbot.
- 3 Create a free account**  
Sign up with your email — no payment needed to start.
- 4 Ask simple questions**  
Start with something easy, like “What’s the weather today?”
- 5 Experiment**  
There’s no wrong question — try different topics and explore.

REMEMBER

**You can’t break it. Just start typing and see what happens.**

*AI chatbots are free to try. You don’t need to download anything — just open your web browser and visit the website. Think of a question you’d normally ask a friend or search for online, and type it in. The more you practice, the more comfortable it gets.*

KEEP LEARNING

# Where to Learn More

*See handout for links — all resources are free.*

1

## Online tutorials

Step-by-step video lessons for beginners, free at GCFLearnFree.org and YouTube.

2

## Safety resources

Scam alerts and privacy tips at AARP.org/fraud and StaySafeOnline.org.

3

## Beginner guides

Plain-English AI introductions at CincySeniors.org and CommonSense.org.

[www.SeniorPlanet.org/ai](http://www.SeniorPlanet.org/ai)  
[www.CincySeniors.org](http://www.CincySeniors.org)  
[www.SeniorChatGPT.com](http://www.SeniorChatGPT.com)



Need help? Call our hotline at [888-713-3495](tel:888-713-3495), MON-FRI 9am-8pm / SAT 9am-2pm

# SENIOR PLANET

FROM ~~AARP~~

Menu



Tuesday, April 21 · 12:00 PM EDT

## AI Image Generators

*This session will be recorded*

Go beyond stick figures and bring your imagination to life with AI image generators!



Trainer:  
**Johnny Hernandez**



Tuesday, April 28 · 12:00 PM EDT

## AI All Around


Never fear, for AI is here... to (try to) help!






Trainer:  
**Johnny Hernandez**










-  New chat
-  Search chats
-  Images

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-  See plans and pricing
-  Settings
-  Help

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**Get responses tailored to you**


Log in to get answers based on saved chats, plus create images and upload files.

Log in



SeniorChatGPT ▾

Log in

Sign up for free



## SeniorChatGPT

By Eric Frayer  

Empathetic AI helper for adults 60+, focused on health, finances, and fun.


How can AI help me manage my medications?

Can you help me use AI tools to save money?

What are some AI-powered hobbies I can try?

Is there tech support near Cincinnati for olde...

+
Ask anything

 Voice

By messaging ChatGPT, an AI chatbot, you agree to our [Terms](#) and have read our [Privacy Policy](#).



AI'S IMPACT

# Five Key Concerns

## AI and the Future

**Accelerationist view:** Accelerationists argue that faster AI development could unlock scientific discovery, better health care, lower-cost services, and broader prosperity if society keeps building and adapting.<sup>[1,2]</sup>

**Doomer view:** Doomers counter that capability gains may outrun safety, governance, and human control; in their strongest form, they warn that advanced AI could create systemic or even existential risk.<sup>[1,2]</sup>

## 2. AI and Jobs

**Accelerationist view:** Accelerationists see AI mainly as a tool that augments workers, helps less-experienced employees learn faster, and creates new categories of work even as old tasks change.<sup>[3,4]</sup>

**Doomer view:** Doomers emphasize disruption: clerical, routine, and some entry-level knowledge jobs may be displaced first, and transition costs can be severe even if productivity rises overall.<sup>[3,4]</sup>

## 3. AI and the Economy

**Accelerationist view:** Accelerationists expect AI to raise productivity, lower costs, and support faster growth as adoption spreads through firms and public services.<sup>[5,6,7]</sup>

**Doomer view:** Doomers worry that the gains may be unevenly distributed, reinforcing concentration of wealth, market power, and financial risk if investment outruns real economic value.<sup>[5,6,7]</sup>

AI'S IMPACT

# Five Key Concerns

## 4. AI and the Environment

**Accelerationist view:** Accelerationists note that AI can help optimize electric grids, accelerate materials discovery, and improve climate and energy analysis, potentially supporting the clean-energy transition.<sup>[8,9,10]</sup>

**Doomer view:** Doomers point to AI's own footprint: electricity demand from data centers is rising quickly, and research shows growing energy, carbon, and water impacts unless efficiency and cleaner power keep pace.<sup>[8,9,10]</sup>

## 5. AI and Democracy

**Accelerationist view:** Accelerationists say AI can improve translation, accessibility, and public service delivery while helping citizens find information and participate more easily in civic life.<sup>[11,12,13]</sup>

**Doomer view:** Doomers focus on manipulation risks - deepfakes, cheap disinformation, microtargeting, and surveillance can erode trust, distort elections, and weaken already-fragile democratic institutions.<sup>[11,12,13]</sup>



Section 05

# Questions & Discussion

*What are you curious about? Every question is a good one.*



T H A N K   Y O U

# Thank you for joining us today.

*“Artificial intelligence is not a threat but an opportunity—our greatest tool for creating a better future.” —Demis Hassabis, co-founder and CEO of DeepMind*

## 1 Keep Learning

Try new tools at your own pace. Every question is a good question.

## 2 Stay Curious

AI is always evolving. Follow along at [cincyseniors.org](http://cincyseniors.org) for updates.

## 3 Ask Questions

Reach out to us anytime at [info@cincyseniors.org](mailto:info@cincyseniors.org) or visit in person.

