



**Steve Gurney**  
**Positive Aging Community**  
**March 7, 2024**

Live & Interactive Discussion

## Artificial Intelligence for Older Adults

Join us for a live and interactive discussion to hear first-hand how some older adults are using Senior Planet from AARP to learn about and use artificial intelligence applications in their daily lives!

**SENIOR PLANET**  
FROM **AARP**

*A nonprofit organization designed to enable older adults to come together and find ways to learn, work, create, exercise, and thrive in today's digital age.*

**Judy & Michael Yublosky**  
Senior Planet  
Volunteers



**Thurs., March 7 @ Noon EST**

**PositiveAging**<sup>COMMUNITY</sup>  
Connections • Choices • Community

# Notice

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I See AI As A Tool  
It Can Be Used For Good Or For Bad



Well Known  
AI Text Generators  
Some Can Also Generate Artwork, Songs, etc.



# ChatGPT 3.5 (Free Version)

ChatGPT 3.5 owned by OpenAI LP (Limited Partnership)

Launched Nov., 2022

Knowledge base was limited initially to Sept., 2021 but was extended to Jan., 2022. A limited browsing feature enables it to incorporate some up-to-date information.

Sign up at: <https://chat.openai.com/>

Set up an account and provide name, email and other requested information

Note: Cellphone required or API (key) for verification

# Google Gemini (formerly Bard)

Gemini is owned by Google

Launched in Mar., 2023 as Google Bard

Sign up at: <https://gemini.google.com/>

Need a free Google account (not a Gmail account)

Recently available in Canada

# Copilot (previously Bing)

Copilot is owned by Microsoft

Edge Search Engine Launched June, 2009

Bing (AI Chatbot) added in Feb., 2023, name changed to Copilot

Uses ChatGPT-4 (Microsoft invested \$10 billion in OpenAI)

Sign up at: <https://bing.com>

Microsoft account holders can sync devices

Can sign up for FREE Microsoft account

Non Microsoft account can sign in on one device



# Claude

Claude is owned by Anthropic (former openAI employees)

Created in April, 2022

Claude was trained using Constitutional AI  
(content is harmless and ethically sound).

Sign up at: <https://claude.ai>

Note: Cellphone required for verification

# Perplexity

Perplexity was founded in Aug., 2022

It is privately owned.

Claims to not share information.

Sign up at <https://perplexity.ai>

Free version has usage restrictions.

# AI Art Generators Free or Trial Versions



Craiyon

<https://www.craiyon.com/>

IMG2GO

<https://www.img2go.com/ai-art-generator/>

TinyWow

<https://tinywow.com/image/ai-image-generator/>

Pixlr

<https://pixlr.com/>

Stablecog

<https://stablecog.com/>

Stable Diffusion

<https://stablediffusionweb.com/>

Ideogram

<https://ideogram.ai/>

Dreamstudio

<https://dreamstudio.ai/generate/>

Adobe Firefly

<https://firefly.adobe.com/>

Google Gemini (was Bard)

<https://gemini.google.com/app/>

Microsoft Copilot (was Bing) in the Edge Browser

<https://copilot.microsoft.com/>

NightCafe

<https://creator.nightcafe.studio/>

# Practical Applications

## Some Practical Everyday Applications

- Generate custom and original artwork, music, videos, stories, poems, recipes, other creative content
- Recommend programs, explain complex topics, make how-to lists and step-by-step instructions
- Write emails, letters, stories, papers, presentations, jokes, rhymes, haikus
- Plan trips and sightseeing, analyze dreams, write eulogies
- Translate between languages, enable language learning through immersive apps and conversational AI
- Make shopping comparisons and product recommendations
- Summarize books, articles, movies, other media
- Provide personalized learning experiences tailored to individual interests
- Provide access to virtual lectures and courses for lifelong learning

## More Practical Everyday Applications

- Transcribe and organize spoken memories into memoirs, conduct historical research to provide context for memoirs
- Facilitate easy sharing of memories, photos, videos, life stories
- Offer virtual museum and landmark tours for cultural immersion
- Appreciate art by providing info on works, artists, movements
- Interact with historical artifacts and characters via VR
- Monitor moods and provide emotional support for well being
- Recommend entertainment content based on individual preferences
- Provide interactive storytelling, customized games, questions/answers quizzes,
- Assist with video calls and digital communication with family



# Business Applications

- Brainstorm - generate ideas
- Help to develop marketing ideas and strategies
- Market research and competitive analysis
- Create, edit and modify content, product descriptions, service descriptions
- Improve writing skills
- Create social media posts
- Help train employees
- Educate customers

# More Business Applications

- Analyze data
- Summarize minutes, reports, articles, videos, PDFs
- Translate languages
- Answer questions
- Write code
- SEO Optimization
- Develop strategies and tactics
- Proofreading (but not fact-checking\*)
- Reviewing legal and financial documents, TOS/EULA

# What I've Used Chatbots To Do

Write blogs, stories, poems, Haikus, job descriptions

Write a Hold Harmless Agreement

Target marketing campaign, slogan/brand for financial client

Write Press Releases

Evaluate/rewrite emails, follow-ups

Search for keywords or SEO optimization on a website

Check spelling, punctuation, grammar

Reconcile issues Gmail, printer, backups, data destruction

Research historical facts

Simplify complex terms

Analyze books, movies, PDFs, articles

Brainstorm, make suggestions

Trace down origin of an article

Write code (regular expressions)

Make a list of apps

Summarize articles, books, PDFs

You Must Use Some

**CAUTION**

STANDARD  
Banner Co.  
10000  
10000  
10000  
10000  
10000

## Some Concerns

- Chatbots are not human, they can not reason. Biased, unemotional, not creative.
- Features are changing rapidly. Things noted here may be out of date quickly (or already are).
- As Large Language Models they are unsupervised. Fed vast amounts of information to learn from so inputs may not directly be tied to outputs.
- Potential for misuse like generating misinformation, hallucinations, cloning, plagiarizing, etc. Texts may sound plausible or convincing but are incorrect or nonsensical under the surface. Requires fact checking.
- Ethical and Legal Concerns.
- Copyright Ownership (always check TOS/EULA), Fairness and Compensation.
- Ethnic, Gender and other Stereotypes.

# Safety & Privacy Matters

1. Do NOT share sensitive details like your full name, address, phone number, passwords, financial information, data, etc.
2. Read and understand all privacy settings, TOS/EULA.
3. Use your judgment (and common sense) when following advice, messages or information provided by an AI.
4. Report inappropriate content or responses to the service provider.
5. Check other sources of information for assistance.
6. Keep up-to-date with the latest news and updates about your AI assistant including any new features, security updates or privacy concerns.

## Steps You Might Take For Added Privacy/Security

Set up a new email address (i.e Gmail) to register.

Get a Free Google voice telephone number to register or for two-factor authentication.

Set a restore point for a Windows computer or Time Machine backup for a Mac before downloading any apps.

Use safeguards such as:

- Virus Total to check Websites for malicious content.

- URLVoid - Website Reputation Checker

- Scam Detector – Website Validator

- VT4Browsers plugin to scan files before downloading.

# Thank You! Judy & Michael



**[WACtips@gmail.com](mailto:WACtips@gmail.com)**

708.762.325

Appointment Calendar for Free 15-minute private Q&A session

**<https://www.picktime.com/WACITips>**