

AI for All: Senior Planet Training for Older Adults

Katherine Lam-Bellacero
Older Adults Technology Services
(OATS) from AARP



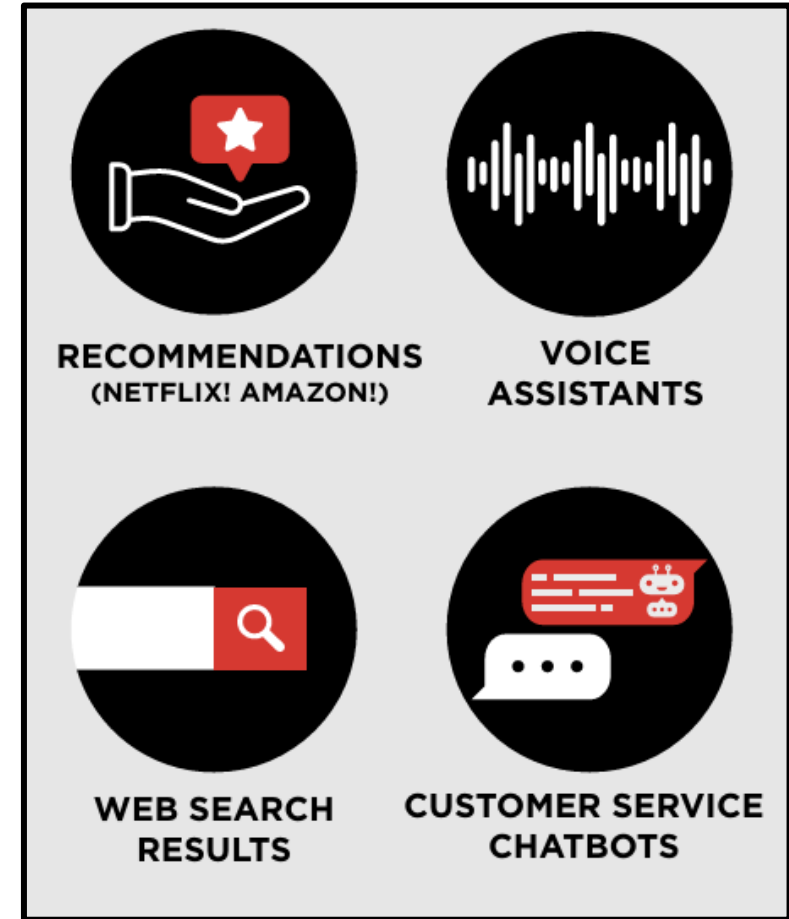


OATS and Senior Planet



AI Curriculum

- Intro to AI
- Intro to Chatting with AI
- AI All Around
- Everyday Uses of AI
- AI & Disinformation
- Is that AI?
- AI Image Generators
- AI Voice & Video Generators
- AI & Your Small Business
- Using the Google Gemini App



Impact Areas



Key Recommendations

We're all new to this!

- Extra prep time for trainers
- Moderate pace with repetition & review
- Explain with familiar concepts
- Demonstration & hands-on practice
- Pros & cons without fearmongering
- Practical & relevant examples



Challenges & Successes

Challenges:

- “It’s dangerous! Don’t teach it!”
- “Where do I find AI?”
- Frequent changes and updates
- Frustration if it doesn’t work
- AI hallucinations/wrong info

Successes:

- Older adult independence
- Tackle new tasks / complex explanations
- Confidence in navigating new technology without fear



Older Adults Say:

Good intro, not over my head (as a complete novice to the world of AI). Lots of cool examples I can leverage and apply for my own use.

Everyone needs to know about AI; it is everywhere; **it is NOW**. These classes are a perfect way to explore AI as they are provided in a non-threatening environment. Resources are always given to delve further into the topic. The classes I have taken fly by timewise, are fun, and informative.

We all hear the term AI; many are curious and want to know - How does AI affect me? This class gave very practical examples and showed me how AI is integrated in everything we do! Fascinating!





AI Resources for Older Adults

- Web Page (English & Spanish) seniorplanet.org/ai
- AI for Older Adults Guidebook
- AI Chatbot Explainer Video



SENIOR PLANET
FROM AARP