

Introduction to Artificial Intelligence (AI)

What You Need to Know

What is AI?

AI stands for “Artificial Intelligence.” It is a smart computer technology that can help with tasks by learning from information and recognizing patterns. *AI is a tool, not a person*—it does not think or feel.

Where we see AI today:

- Phones: autocorrect, voice typing, translation
- GPS and Google Maps: best routes and traffic info
- Email: spam filters and smart replies
- Streaming apps: Netflix or YouTube suggestions
- Banks: fraud alerts
- Customer service: automated help chats



Benefits of AI

- Quick access to helpful information
- Personalized reminders and suggestions
- Health tools (heart rate, fall detection, symptom checkers)
- Accessibility support (speech-to-text, captions)
- Helps detect scams and

suspicious activity

Risks and Concerns

- AI can make mistakes (sometimes called “hallucinations”)
- Information may not always be accurate or complete
- Some tools collect personal data
- Scammers may use AI to create fake messages or voices (sometimes called “deepfakes”)

Using AI Safely

- Double-check important information
- Don't share personal details (SIN, passwords, banking info)
- Be careful with links from unknown people
- Learn to recognize fake or AI-generated content
- Ask for help if you are unsure about something

AI Myths and Facts

MYTH: AI knows | everything |

Funded in part by:

FACT: AI guesses and can be wrong

MYTH: AI is out of our control

FACT: People create and control AI systems

MYTH: AI is only for

young people

FACT: Many AI systems support seniors and their independence

AI at home

- Voice assistants: “Hey Google”, Siri, Alexa
- Smart devices: lights, plugs, thermostats
- Safety tools: watches with fall detection, video doorbells
- Reminders: medications, appointments, routines

Tips for getting started

1. *Start small*

Try using AI for something trivial or small, just to get a feel for it. Once you get more familiar with it, you can move on to more advanced tasks and to other types of AI.

2. *Try voice commands*

Instead of typing, some AI services allow you to speak with them, which can make it easier to interact with them, especially if you have difficulty typing. Voice interactions may also feel more natural and allow for better communication between you and the AI.

3. *Ask for help*

If you are unsure about something, ask for help! There are plenty of resources online or you can turn to an expert or someone you trust for advice. You can even ask the AI for help!

4. *You are in control*

The AI cannot force you to do anything, and the interaction only lasts for as long as you decide. You can always stop, get help, and come back to it later.

Final thought

AI can make life easier, safer, and more organized when used carefully. It's here to support you, so make sure to educate yourself to get the most out of it.