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CLEAR TECH TALK FOR REAL LIFE

AI Made Simple for Retirees

A calm, beginner-friendly guide for anyone who feels unsure or nervous about Artificial Intelligence (AI).

What Is AI?

Artificial Intelligence (AI) is software that helps computers recognize patterns and respond to requests. AI does not think, feel, or make decisions on its own. It follows instructions created by people.

You Are Already Using AI

If you use a smartphone, email, GPS, or streaming service, you already use AI. Spam filters, photo organization, and voice assistants are common examples.

How AI Can Help Retirees

- Help write emails, letters, or messages
- Explain topics in simple language
- Organize notes, photos, and documents
- Answer everyday questions without pressure
- Save time and reduce frustration

What AI Cannot Do

AI cannot replace human judgment or personal experience. It should never replace your doctor, financial advisor, or legal professional.

Staying Safe

- Never share passwords or personal information
- Be cautious of urgent or pressure-filled messages
- Take your time—AI should never rush you
- Ask questions if something feels unclear

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