

# How Seniors Learn AI



Meet your everyday helper for  
answers, tasks, health, and home fixes

Large Print

Step-by-Step in Plain English

Dan Wilson M.B.A.

# **Companion Workbook for How Seniors Learn AI: Meet Your Everyday Helper for Answers, Tasks, Health, and Home Fixes**

*A practical guide in plain English*

**Dan Wilson**

## **How Seniors Learn AI: Meet Your Everyday Helper for Answers, Tasks, Health, and Home Fixes**

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# Dedication

My mom called in frustration. She was in the middle of moving and couldn't get her new Wi-Fi working. Could I help?

I was 500 miles away and couldn't even see what she was looking at. In desperation, I typed the model number into ChatGPT and asked it to help. We had the Wi-Fi working in two minutes. The idea for this book was born in that moment.

We all deserve to live as freely and independently as possible. This book is for those who missed the technological revolution by just enough that it hurts. Maybe you've been perplexed by blinking VCR clocks or stymied by stubborn cell phones. All you want is to live your life the way you choose. What if you had an assistant available 24/7, ready to help solve your problems at your beck and call?

**Good news: it's here.** AI is your everyday helper. It's not a magician, but rather a tool that does what you want without making you work too hard to get it. In this book, we'll go through practical examples of what to do, why it works, and how you can use it in your daily life starting today.

I dedicate this book to my wife, Shannon Scarlett. She's provided more support than a man has a right to expect, and her belief in my many crazy ideas inspires me every day.

I'd also like to thank my mom and dad, who not only provided me with what I needed to have a career explaining technology across multiple continents, but served as my early guinea pigs on how, (and how not), to explain technology to an older generation.

I'd like to thank my second parents, my in-laws Tom and Jeannie Patchel, for always being an encouraging and supportive force. They reviewed early versions of this book and were a key inspiration for this project.

I'd like to thank my cousin Tiffany Miller for always being ready to read and comment on early drafts. Her effort made this book better.

And I'd like to thank you, the reader. To paraphrase an American philosopher: if a book falls in the forest and no one is there to read it, is it really a book?



# PART 1 – **Let's Begin Together**

Hi. I'm Dan, your author.

I'm the kid who could set your blinking VCR clock and who actually enjoyed reading instruction manuals.

I've spent nearly my whole life building and teaching technology.

I've spoken on technology topics across the globe to audiences of all sizes. Along the way, I've realized how much I enjoy helping people understand new things.

That's exactly why I created this book: to teach you AI fundamentals while showing you practical, real-world ways to use it in your everyday life.

What excites me most is the final part, where we combine everything you've learned to help you tell and preserve your story.

Too much wisdom and history gets lost simply because it's never written down. As you'll find in this book, documenting your story is surprisingly manageable when AI serves as your secretary, interviewer, and copywriter.

As you'll see, AI isn't magic. It's a tool with benefits and tradeoffs. Just like most tools.

Let's get started!



## CHAPTER 1

# Waking Up

Think of this as your wake-up call, but the good kind. Not the jarring alarm clock, but the gentle tap on the shoulder that says, "Something helpful is here."

You're about to meet your new digital buddy.

A helper that explains confusing medical letters, spots email scams before you click, and even walks you through fixing your stubborn Wi-Fi.

It's available right now, and it's easier than you think.

## **An Important Note About the Book Structure**

This book is laid out like a daily paper. The “days” of the week are labels to give it rhythm. You don’t need to read Monday on Monday, but lessons build on each other. You’ll get the most from going in order.

Each “day” has six short stops along the way: start your morning with something simple, pick up helpful tips at the Advice Desk, tackle chores, learn something new at lunch, enjoy an afternoon adventure, and end with a reflection to bring it all together.

## **Resources for You**

Download your free companion workbook. It’s a simple way to keep learning. You can download your copy at: [HowSeniorsLearnAI.com](https://HowSeniorsLearnAI.com)

The workbook includes all the long prompts from this book so you can copy them easily while you practice. You’ll also find checklists, templates, and extra pages to help you stay organized.

Also for support and companionship while you are learning, sign up for our Facebook group [HowSeniorsLearnAI](#) or our free newsletter too. They share light, helpful updates whenever there's something new to try. We'd love to stay in touch and keep learning together.

Find links for everything at our website: [HowSeniorsLearnAI.com](#)

## **Designed for You**

This book is written for people like you. Folks who have smartphones, use Google when needed, and keep up with family on Facebook. You won't need to be a tech wizard to follow along, you just need to use your curiosity and be willing to try something new.

Everything we'll do together is safe. No risky downloads or dangerous websites. In fact, one of the first things we'll learn is how AI can make you safer online.

Ready to see what your new digital friend can do?

## CHAPTER 2

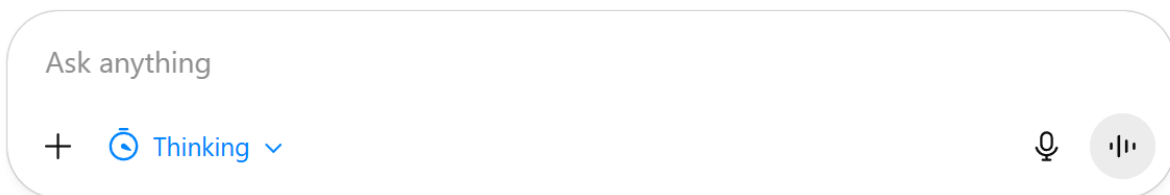
# Your First Chat with AI

Let's start simple. We'll use ChatGPT for our first conversation together with AI.

**Step 1: Visit ChatGPT** Go to [chatgpt.com](https://chatgpt.com) on your phone or computer. You'll need to create a free account the first time. The easiest way is to sign in with your Google, Apple, or Microsoft account if you have one.

**Step 2: Start Chatting** You'll see a friendly welcome message and a blinking cursor waiting for your question. It's like texting, but instead of messaging a person, you're talking to an AI helper.

Where should we begin?

A screenshot of the ChatGPT web interface. At the top, the text "Where should we begin?" is displayed. Below it is a large, rounded rectangular input box. Inside the box, the placeholder text "Ask anything" is visible. At the bottom left of the box, there is a plus sign icon, a blue circular icon with a white clock face, and the word "Thinking" followed by a downward arrow. At the bottom right of the box, there is a microphone icon and a speech bubble icon.

**Step 3: Ask Something Simple** Tap the text box at the bottom and type an easy question. Try something like "What happened to the TV show Matlock?"

That's it! We just had our first AI conversation together.

## Our Special Formatting for Clearest Instructions

---

*Tip: Bookmark the ChatGPT page so you can easily get to it*

---

See that tip there? I add these in from time to time to call out things you should do or be aware of. Try not to skip them.

---

*Tip: A **prompt** is a message you send to the AI. Some prompts are questions, others are commands to the AI.*

*Prompts can get quite elaborate as needed. When you see the word **Prompt**, just know we refer to instructions to the AI.*

---

We also add new words from time to time. This way you'll know the right way to talk about technology, and it'll be easier for you to follow along, not only in this book, but when you read materials about AI outside of this book.

Another thing I do is show the back and forth between us and the AI using special formatting and styling.

**Here is how I format the prompt**

Here is how I format the AI response

(Note: I may trim the full AI response if it makes the example clearer)

I always end the AI chat with these marks ###

Let's look at our Matlock example using this formatting, so you have a nice example of an AI conversation.

## CHAPTER 3

# AI Matlock Example

### What happened to the TV show Matlock?

*Matlock* was a popular American legal drama starring Andy Griffith as criminal defense attorney **Ben Matlock**. It originally aired on **NBC from 1986 to 1992** and then moved to **ABC, where it ran until 1995**.

Here's what happened:

The show was successful throughout the late 1980s and early 1990s, known for its courtroom drama formula and Griffith's folksy but sharp performance.

Ratings began to decline in the mid-1990s as audiences shifted and newer dramas took over.

ABC canceled *Matlock* in **1995**, after **9 seasons and 193 episodes**.

Reruns remained popular on cable channels and networks like TBS, Hallmark, and MeTV, which kept the show alive for new generations of viewers.

After *Matlock*, Andy Griffith continued acting but is most remembered for both *The Andy Griffith Show* and *Matlock* as his defining TV roles.

Do you want me to check if *Matlock* is currently available to stream anywhere?

### Where was the show filmed?

*Matlock* was filmed in a couple of different locations during its run:

**Seasons 1–6 (1986–1992, NBC years):** Primarily filmed in **Los Angeles, California**. Most of the courtroom and office sets were built on soundstages there.

**Seasons 7–9 (1993–1995, ABC years):** Production moved to **Wilmington, North Carolina**, which was becoming a hub for TV and film at the time (thanks to studios like Screen Gems).

Even though the show was **set in Atlanta, Georgia**, very little filming actually took place there—most of the Atlanta feel came from establishing shots and location footage.

Would you like me to dig up some specific filming locations (like buildings or landmarks that stood in for Atlanta settings)?

###

## AI Matlock Chat Review

Notice how ChatGPT remembered we were talking about Matlock? That's one of the neat things about chatting with AI, it keeps track of your conversation. You can ask follow-up questions without starting over.

---

*Tip: Keep each chat focused on one topic. If things get confusing, start a new chat. Later, we cover how and why in great detail.*

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## Download the Mobile App

ChatGPT has free apps for iPhone and Android. Download it from your phone's app store and sign in with the same account you created. Having ChatGPT in your pocket is surprisingly handy for daily questions or activities.

The phone app works just like the website, things are just a bit smaller. Throughout this book, the instructions work the same whether you're on your phone or computer.

Once you download the mobile app to your phone, and sign in, try the same Matlock chat to get the feel for how it works.

---

***Tip:** No matter if you're on a smartphone, tablet, or computer, your ChatGPT login keeps your chats together. Begin on the app while you're out, then continue at home on your laptop without missing a beat.*

---



## CHAPTER 4

# Privacy and Safety

You might hear exciting things about AI on TV, but ChatGPT isn't a mind reader. It's more like a helpful neighbor who loves giving advice, even when just guessing.

Because it's designed to always answer, it sometimes makes things up instead of saying "I don't know." If something sounds off, ask again or verify it elsewhere.

Here's the golden rule: Ask AI questions, but never hand over your credit card, passwords, or private papers. Don't make big decisions based solely on what AI says. Like anything online, verify important information before acting on it.

---

*Tip: AI is **not** a substitute for a doctor, lawyer, or financial professional. Always consult licensed experts for final advice.*

---

### Keep these twelve rules in mind:

#### Use the official app or site

Download ChatGPT from the official App Store or Google Play. The publisher is Open AI. On a computer, type the address [chatgpt.com](https://chatgpt.com) yourself.

#### Log out on shared devices

Sign out if you use a library or family computer.

#### Keep private details private

Never type Social Security numbers, Medicare IDs, bank accounts, or passwords into AI.

### **AI is not your lawyer or banker**

It can explain bills and forms, but it cannot give legal or financial advice.

### **Cover up private info**

If you upload a file, block out account numbers or personal details first.

### **Check with official sources**

Always double-check important details, like medical or money matters.

### **Ask health questions carefully**

AI can explain terms, but it is not a doctor. Confirm with your doctor or nurse.

### **Be alert for scams**

If something asks for money, payments, or logins, stop. AI does not need those.

### **Think before you share**

AI is fine for general help, not for private family or financial details.

### **Confirm locations**

If AI gives you an address or phone number, check the official website before you go.

### **Confirm Links**

If AI shows a link, find the same place through the official website or your bookmarks.

### **Trust your gut**

If an answer feels strange, ask again or confirm with a trusted human.

---

*Tip: A printable version of these safety guidelines is in the  
Workbook*

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## End of Part 1

### Want More?

Visit [HowSeniorsLearnAI.com](https://HowSeniorsLearnAI.com) for places to purchase the book, additional content, courses, and links to join our free community.