

AI for Seniors Quick Start Checklist

A one-page calm-start guide for opening ChatGPT and trying your first simple prompt.

Before You Begin

Use the official website or app: chatgpt.com.

Do not type passwords, account numbers, Social Security numbers, or private medical details.

Start with a small everyday task. One prompt is enough.

First Prompt Formula

1. Give ChatGPT a job	Example: Help me write a short email.
2. Add the situation	Example: I need to thank my neighbor for bringing soup.
3. Set the tone	Example: Keep it warm, simple, and not too formal.
4. Ask for a revision	Example: Make it shorter and friendlier.

Try This Today

Copy this: Help me write a short, friendly text message thanking my neighbor for checking on me. Keep it simple.

Then ask: Can you make it sound more like me?

Reminder: AI can help you prepare, organize, and practice. It should not replace a qualified professional for medical, legal, financial, or emergency decisions.