



Age-Friendly AI

Quick Guide to Voice Assistants

Voice assistants are a type of Artificial Intelligence (AI) you can talk to.

This technology can recognise your voice and respond to requests like:

“What is the weather like today?” or

“Remind me to take my medication”



#DiscussAI



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If you had a 'digital assistant', what would you ask it to do that might make your day easier?




Amazon Alexa, Google Assistant and Siri are examples of voice assistants that people use every day. They work based on simple spoken commands like: “*Alexa, remind me to take my medicine at 9 a.m. every morning*”, or “*Hey Google, turn on the lamp in the living room*” or “*Siri, what is the weather forecast for today*”.

Voice assistants can support independent living. They can:

- help manage daily routines and appointments.
- act as a hands-free helper for those with limited mobility.
- provide companionship to help reduce feelings of loneliness.

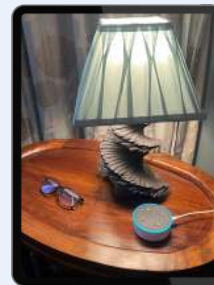
However, using voice assistants comes with important questions about **privacy and trust**.

 Because these devices are "always listening" for their wake-up words (e.g. “Alexa” or “Hey Google” or “Siri”), some users worry about who has access to this information, where it is being stored and what else might it be used for.

Useful Voice Commands



- **Information & Entertainment:** "What's the weather today?", "Play pop music from the 1960s" and "Play RTÉ Radio One".
- **Health & Reminders:** "Remind me to take my medicine at 8 a.m. every day" and "Set a timer for 30 minutes".
- **Smart Home Control:** "Turn on the lights", "Turn up the volume" and "Set the thermostat to 72 degrees".
- **Daily Assistance:** "Add milk to my shopping list", "Find my phone" and "What time is it?"



[agefriendlyai.ie](http://www.agefriendlyai.ie)

