



Age-Friendly AI Training

Module 1:

Introduction to Artificial Intelligence

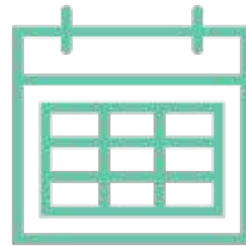




In this module, you will:



Get to know AI



**Spot differences
between human
intelligence and AI**



**See different
sides of AI**



Welcome to Part 1



Get to know AI



Module 1: Get to know AI

AI = 'Artificial
Intelligence'



What is AI?

It's about making machines “smart” enough to do tasks that usually need human thinking.

For example: Finding patterns in large amounts of information.





Module 1: Get to know AI



Worksheet Summary

Page number 1

You can find a summary of what AI is on your worksheet.



PART 1: Get to know AI

 Age-Friendly AI

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Summary - What is AI?

AI stands for Artificial Intelligence. It's about making machines "smart" enough to do tasks that usually require human intelligence.

Activity - Have you used AI today?

In the box below, circle any examples of AI that you have used today.



Module 1: Get to know AI

You might be using
it already!



Have you used AI today?

Interactive Activity



Module 1: Get to know AI

AI is Everywhere



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That's perfect, thank you.

Yes, all good.

Yes, this is correct.



Did more hands go
up?



Have you used AI today?

Interactive Activity





Module 1: Get to know AI



Discuss & identify examples of AI that you have used today.

Page number 1

Worksheet Activity



ChatGPT

That's perfect, thank you. Yes, all good. Yes, this is correct.

Cork
6°
Feels Like: -2°
▲ Moderate Rain Warning
Moderate Rain Warning. These conditions are expected by 23:00 (GMT) on Tuesday 15 February.
Light Rain Forecast
Light rain is expected to start in 4 min.





Module 1: Get to know AI



Data & Training

How does AI learn?

Data & Training:

It uses lots & lots of **information**,
for example, all the information (text, images,
audio & video clips) on the internet.

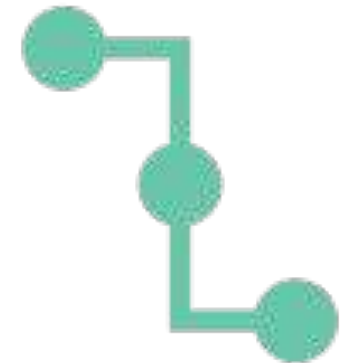




How does AI learn?

Algorithms:

Instructions that tell AI how to find **patterns** and **connections** and make **decisions** based on that data.





Module 1: Get to know AI

Learning



How does AI learn?

Learning:

Over time, as an AI system gets **more information**, and more feedback it gets better at producing useful outputs.





Module 1: Get to know AI

Human in the Loop



How does AI learn?

Human in the Loop:

“Human in the Loop” refers to having a **real person** involved in checking that any decisions made by an AI system are **safe, fair and accurate.**





Module 1: Get to know AI



Worksheet Summary

Page number 2

You can find a summary of the terms & analogy on your worksheet.



PART 1: Get to know AI

Age-Friendly AI

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Summary - AI Analogy

Data & Training

To better understand how Artificial Intelligence works, imagine an AI Personal Shopper that might be used instead of a human personal shopper to help you find 'comfortable footwear' in a large shop with many different products. A human shopper learns through years of experience. In contrast, the AI system uses big amounts of information (e.g. shop footwear descriptions).

Algorithm

It learns patterns in words related to the shop's products, but it doesn't "know" what a shoe is. The AI system then uses those patterns to predict words or suggestions on what should come next.

Learning

Just like a human personal shopper the AI personal shopper gets feedback, it gets ratings in the form of stars and signals when it is doing well and when it needs to improve.

Human in the Loop

AI has not experienced the discomfort of wet or squashed feet - it simply recognises the pattern that the words 'comfort' and 'slippers' and 'footwear' often go together. You have to check the decisions that AI makes.

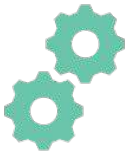


Module 1: Spot differences between human intelligence and AI



Welcome to Part 2

Spot difference between human intelligence and AI



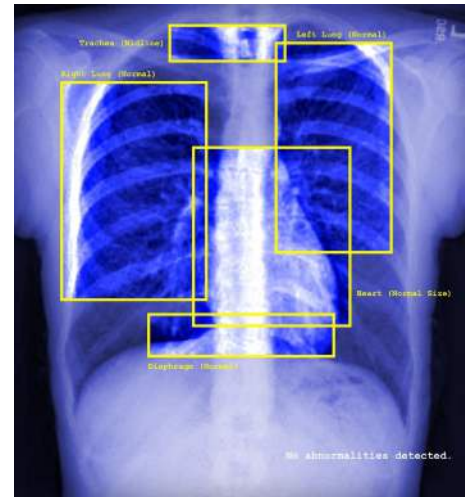
Module 1: Spot differences between human intelligence and AI

Patterns



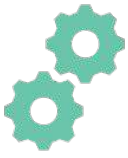
What is AI good at (1)?

- Recognising, predicting with patterns



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Module 1: Spot differences between human intelligence and AI

Recommending & Mimicking



What is AI good at (2)?

Making recommendations

Mimicking human language





Module 1: Spot differences between human intelligence and AI

Empathy & Ethics



What is AI not so good at? (1)

- It does not have a moral or ethical compass
- It does not understand sarcasm
- It can't offer genuine comfort in a situation of crisis





Module 1: Spot differences between human intelligence and AI

Creativity



What is AI not so good at? (2)

- It is not truly creative or innovative - it can only work with information it already has





Module 1: Spot differences between human intelligence and AI

Generative AI



Gen-AI as a tool

- Generating content from existing content, e.g. text or images
- You need to put in a detailed prompt to create the content
- The benefits and risks from AI depend on how you use it



Module 1: Spot differences between human intelligence and AI

Trying out
Gen-AI



Prompt 1: “Show a picture of an older person”



Prompt 2: “Show a picture of an older woman with brown hair reading a book in a scenic outdoor area”





Module 1: Spot differences between human intelligence and AI



Worksheet Summary

Page number 3



PART 2: Spot the difference between human intelligence and AI

Age-Friendly AI

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Summary - What is AI good at / not so good at?

AI is a tool that we use to do things like a computer helps us to do tasks. The benefits and risks from it depend on how you use it.

What is AI good at?

- Recognising, predicting with patterns
- Making recommendations based on past information
- Mimicking human language

What is AI not so good at?

- It does not have a moral or ethical compass
- It does not understand sarcasm
- It can't offer genuine comfort in a situation of crisis

You can find a summary of what AI can do well / not so well on your worksheet.



Module 1: Spot differences between human intelligence and AI



Is this Art or AI?

Page number 4





Worksheet Activity

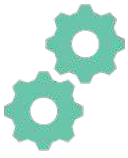


PART 2: Spot the difference between human intelligence and AI Age-Friendly AI 4

Activity - Is it Art or AI?

In the table below, tick the boxes if you think the image below is made by an artist or AI generated.

Image	Is it Art or AI?
	
Art <input type="checkbox"/> AI <input type="checkbox"/>	Art <input type="checkbox"/> AI <input type="checkbox"/>
	
Art <input type="checkbox"/> AI <input type="checkbox"/>	Art <input type="checkbox"/> AI <input type="checkbox"/>



Module 1: Spot differences between human intelligence and AI



SOLUTIONS

Is this Art or AI?

Page number 4

Worksheet Activity

AI



ART



ART



AI





Welcome to Part 3



See different sides of AI



Module 1: See different sides of AI



Benefits

- Support for independent living (e.g. smart home technologies)
- Improved healthcare (e.g. faster diagnosis, continuous monitoring)
- Social connection and well being (e.g. voice assistants).



Module 1: See different sides of AI



Risks

- Privacy & security concerns (e.g. access to & misuse of private information) - GDPR & Irish Law
- Trust: Mis- and disinformation (e.g. AI-generated information)
- “AI Divide” and Bias in AI (e.g. gender, age)



Summary on Worksheet

Page number 5

You can find a summary of the Benefits and Risks of AI on your worksheet.



Summary - Benefits / Risks of AI

In the table below, you can find a summary of the benefits and risks of AI mentioned in the presentation.

Benefits of AI	Risks of AI
<ul style="list-style-type: none"> • Support for independent living (e.g. smart home technologies) • Improved healthcare (e.g. faster diagnosis, continuous monitoring) • Social connection and well being (e.g. voice assistants). 	<ul style="list-style-type: none"> • Privacy & security concerns (e.g. access to & misuse of private information) - GDPR & Irish Law • Trust: Mis- and disinformation (e.g. AI-generated information) • "AI Divide" and Bias in AI (e.g. gender, age)



Discuss & write down potential benefits / risks of AI in your life

Page number 5

Worksheet Activity



Activity - Benefits / Risks of AI

In the table below, write down what you think a potential benefit and risk of AI in your life is. You can write as many as you like.

Benefits of AI	Risks of AI



Module 1: See different sides of AI



Use the STOP, THINK, CHECK method to help find accurate and reliable information.

STOP

- Read more than the headline
- Don't assume the picture is giving you the full story
- Just because information goes viral, doesn't mean it is true or accurate

THINK

- Ask yourself what the purpose of the information is
- Consider your own biases
- See if the information is being reported anywhere else

CHECK

- Check the source
- Look closely at the web address
- Look at the detail to check for accuracy
- Ask an expert

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BE MEDIA SMART _ TIPS

Information is everywhere and sometimes it can be difficult to judge how accurate or reliable information is.



Module 1: See different sides of AI



Summary on Worksheet

Page number 6



PART 3: See different sides of AI

Age-Friendly AI

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You can find a summary of the Top Tip ‘Stop, Think, Check’ on your worksheet.

BE MEDIA SMART _ TIPS
Information is everywhere and sometimes it can be difficult to judge how accurate or reliable information is.

Use the **STOP, THINK, CHECK** method to help find accurate and reliable information.

STOP

- Read more than the headline
- Don't assume the picture is giving you the full story
- Just because information goes viral, doesn't mean it is true or accurate

THINK

- Ask yourself what the purpose of the information is
- Consider your own biases
- See if the information is being reported anywhere else

CHECK

- Check the source
- Look closely at the web address
- Look at the detail to check for accuracy
- Ask an expert

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Discuss & match terms to definitions

Page number 7

Interactive Activity

Artificial Intelligence

Generative AI



WRAP UP Module 1

Age-Friendly AI

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Activity - Match terms to definitions

Match the terms in the boxes to the correct definition.

Data

A type of AI (e.g. Chat GPT, Copilot, Gemini) that can generate new text, images, music or even videos, based on what it has learned from existing information.

Human in the Loop

Information like numbers, words or pictures that computers store and use. It's the raw material that AI systems learn from and work with.

Algorithm

Technology that is designed to do tasks that usually need human thinking, like finding patterns in huge amounts of information - it is used on your phone, for example in predictive texting or in online shopping for making suggestions.

Artificial Intelligence

Having a real person involved in checking that any decisions AI systems make are safe, fair, and accurate.

Generative AI

A step-by-step set of clear instructions (like a recipe) that computers follow to solve a problem or complete a task. It tells the computer exactly what to do, in what order.



Module 1 **Key takeaways**



AI is a powerful tool but not the solution for all problems

It is important to have a 'Human in the Loop'

The benefits from AI depend on how it is used -
Legislation

There should be equitable access to unbiased AI systems

Stay informed





Summary on Worksheet

Page number 8

You can find a summary of the key takeaways on your worksheet.



Summary - Key Takeaways:

- AI is a set of powerful tools but it does not think, it recognises patterns
- AI is a powerful tool but not the solution for all problems
- It is important to have a 'Human in the Loop'
- The benefits from AI depends on how it is used - Legislation
- There should be equitable access to unbiased AI systems
- Stay informed



Tick the learning box

Page number 8

Worksheet Activity



Activity - Tick the learning boxes:

Reflect on what you have learned today and tick the boxes below if you have learned about the following:

- I got to know AI
- I can spot the difference between human intelligence and AI
- I can see different sides of AI



Additional resources

AI Glossary

Age-Friendly AI		10 Artificial Intelligence Terms to Know
This glossary has been created to help you get to know some of the most common terms related to Artificial Intelligence or 'AI'.		
Artificial Intelligence (AI)	Technology that is designed to do tasks that usually need human thinking, like making decisions in huge amounts of information - it is used in your phone. For example it could be for finding an email or suggesting a movie to watch.	
Algorithm	A set of step-by-step instructions that computers follow to solve a problem or complete a task. It tells the computer exactly what to do. It's like a recipe.	
AI Literacy	The knowledge, skills, confidence and competence that allow people to use AI safely and effectively.	
Chatbot	Also referred to as a bot, is a computer program designed to have conversations with people, or that help in solving tasks for example questions or providing information.	
Data	Information like numbers, words or pictures that computers store and use. It's the raw material that AI systems learn from and work with.	
Generative AI (GenAI)	A type of AI (e.g. ChatGPT, DALL-E) that can generate new text, images, music or even videos based on what it has learned from existing information.	
Artificial Neural Network	A type of AI model that mimics the way our brains work. AI systems use these networks to learn and make decisions.	
Machine Learning (ML)	A way to teach computer programmes to learn from data, often without being explicitly programmed for every task. This allows the programmes to improve over time as they get more data.	
Personal Information	Any information that can be used to identify you. For your name, address, phone number, date of birth or email. It can also include your technical 'digital' information.	
Training	The way an AI system learns by being given large amounts of information (called 'data') to recognise patterns and improve its ability to perform specific tasks. The more AI gets trained with, the better it gets at its intended task or user requirements.	

Describe AI in Non Tech Language!

Compare AI to a Personal Shopper



Stop, Think, Check

STOP
READ MORE THAN THE HEADLINE.

THINK
ASK YOURSELF WHAT THE PURPOSE OF THE INFORMATION IS.

CHECK
SEE IF THE INFORMATION IS BEING REPORTED ANYWHERE ELSE



Thank you!



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Age-Friendly AI

START COURSE



Age-Friendly AI Training

Module 1:

Introduction to

Artificial Intelligence





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Module 1:

Introduction to Artificial Intelligence



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Module 1



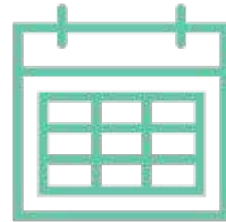
In this module, you will:



Get to know AI

What is AI?

Where is AI?



Spot difference between human intelligence and AI

What is AI good

/ not so good at?



See different sides of AI

What are the benefits /
risks of AI?



Activity 1 - Interactive

**Have you
used AI
today?**

**You
might be
using it
already!**



Key takeaways

- AI is a powerful tool but not the solution for all problems
- It is important to have a ‘Human in the Loop’
- The benefits from AI depends on how it is used - **Legislation**
- There should be equitable access to unbiased AI systems
- Stay informed