

# AGE-FRIENDLY AI WORKSHEET



## Module 1

### Introduction to Artificial Intelligence (AI)

- PART 1: Get to know AI
- PART 2: Spot difference between human intelligence and AI
- PART 3: See different sides of 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.



That's perfect, thank you.

Yes, all good.

Yes, this is correct.

## 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.

### 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

## 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"/>                             |

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

## 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 |
|----------------|-------------|
|                |             |

# 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

[bemediaSMART.ie](http://bemediaSMART.ie)

Be Media Smart is an initiative of Media Literacy Ireland, supported by Coimisiún na Meán and EDMO Ireland.

## 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.

## 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

## 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