Age-Friendly AI

START COURSE

Age-Friendly AI Training

Workshop 1:

Introduction to Artificial Intelligence

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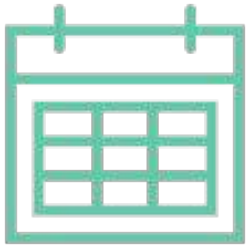
Workshop 1

In this workshop, you will:

Get to know AI



Spot that there is a difference between human intelligence and AI

See different sides of AI

Welcome to Part 1

Get to know AI

You might be using it already!

Have you used AI today?

Interactive Activity

AI is Everywhere

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ChatGPT

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

Did more hands go up?

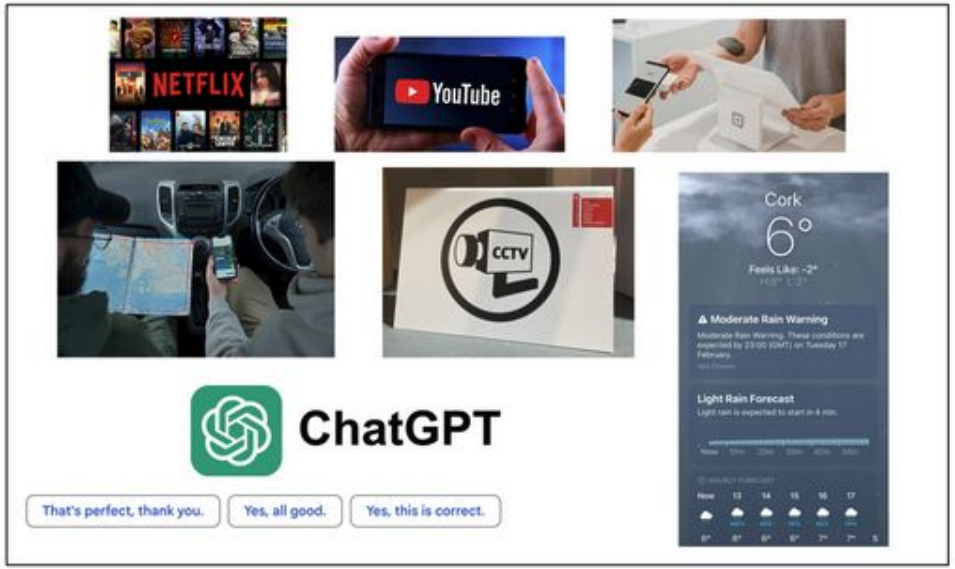
Have you used AI today?

Interactive Activity

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

Page number 1

Worksheet Activity



AI = ‘Artificial Intelligence?’

What is AI?

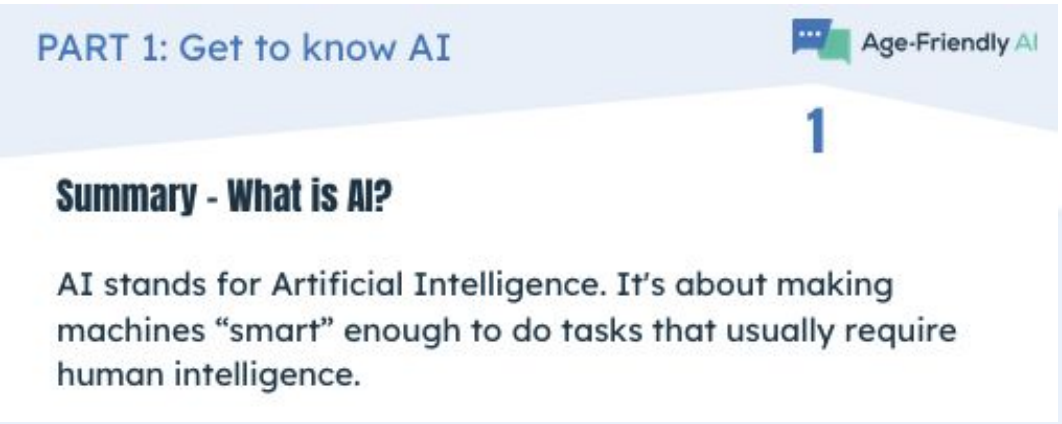
It’s about making machines “smart” enough to do tasks that usually need **human thinking**.

For example: **Finding patterns** in large amounts of information like **recognising** a face or a flower in a photo.

Worksheet Summary

Page number 1

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



Data & Training

How does AI learn?

Data & Training:

It uses lots & lots of **information**,

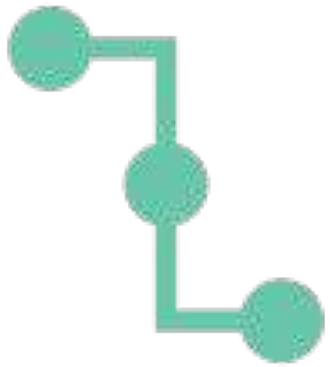
for example, all the information (text, images, audio & video clips) on the internet.

Algorithms

How does AI learn?

Algorithms:

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



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.

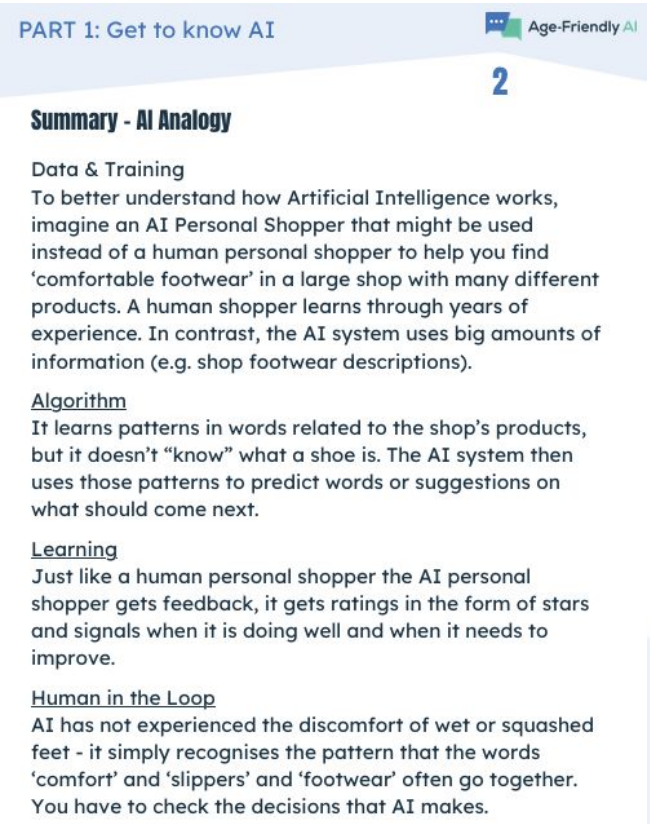
Human in the Loop

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.**

Worksheet Summary


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.

Page number 2

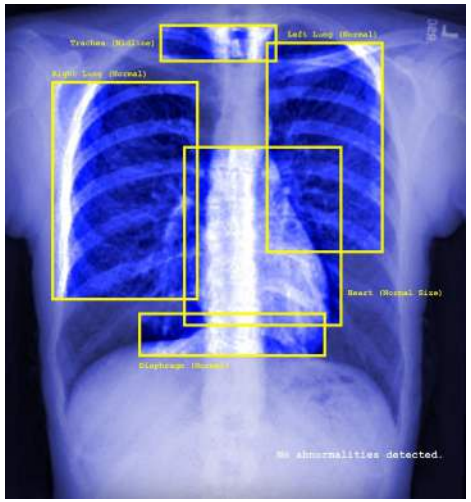
You can find a summary of the terms & analogy on your worksheet.

Welcome to Part 2

Spot that there is a difference between human intelligence and AI

What is AI good at (1)?

- Recognising, predicting with patterns



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Recommending & Mimicking

What is AI good at (2)?

Making recommendations

Mimicking human language

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

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

Generative 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

Workshop 1: Spot that there is a difference between human intelligence and AI

Trying out Gen-AI

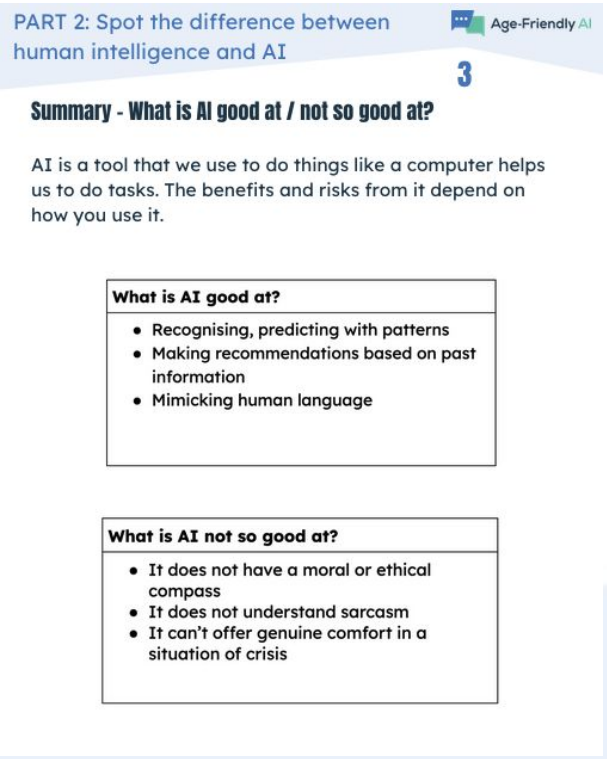
Prompt 1: “Show a picture of an older person”

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

Worksheet Summary

Page number 3

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


PART 2: Spot the difference between human intelligence and 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

Workshop 1: Spot that there is a difference 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

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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 ☐ AI ☐	Art ☐ AI ☐
Art ☐ AI ☐	Art ☐ AI ☐

Workshop 1: Spot that there is a difference 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

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)

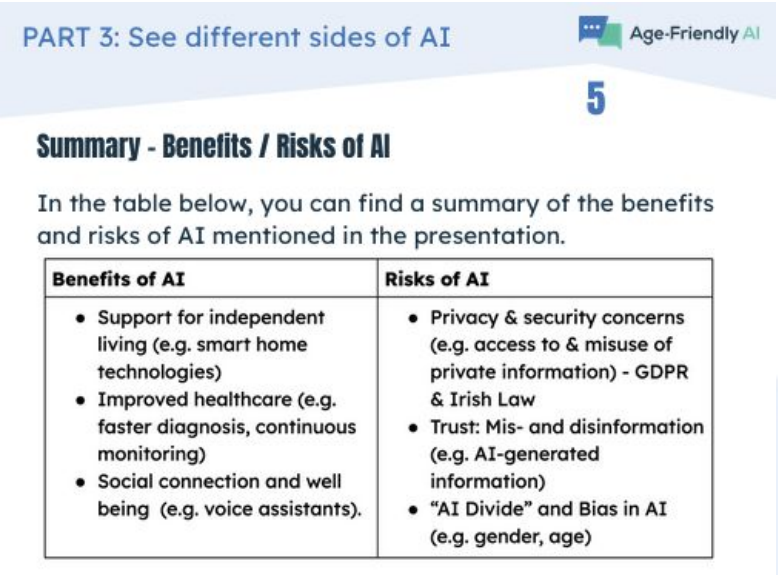
Risks

- Privacy & security concerns (e.g. access to & misuse of private information) - GDPR, the EU AI Act & 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.



PART 3: See different sides of AI

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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
• 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).	• 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

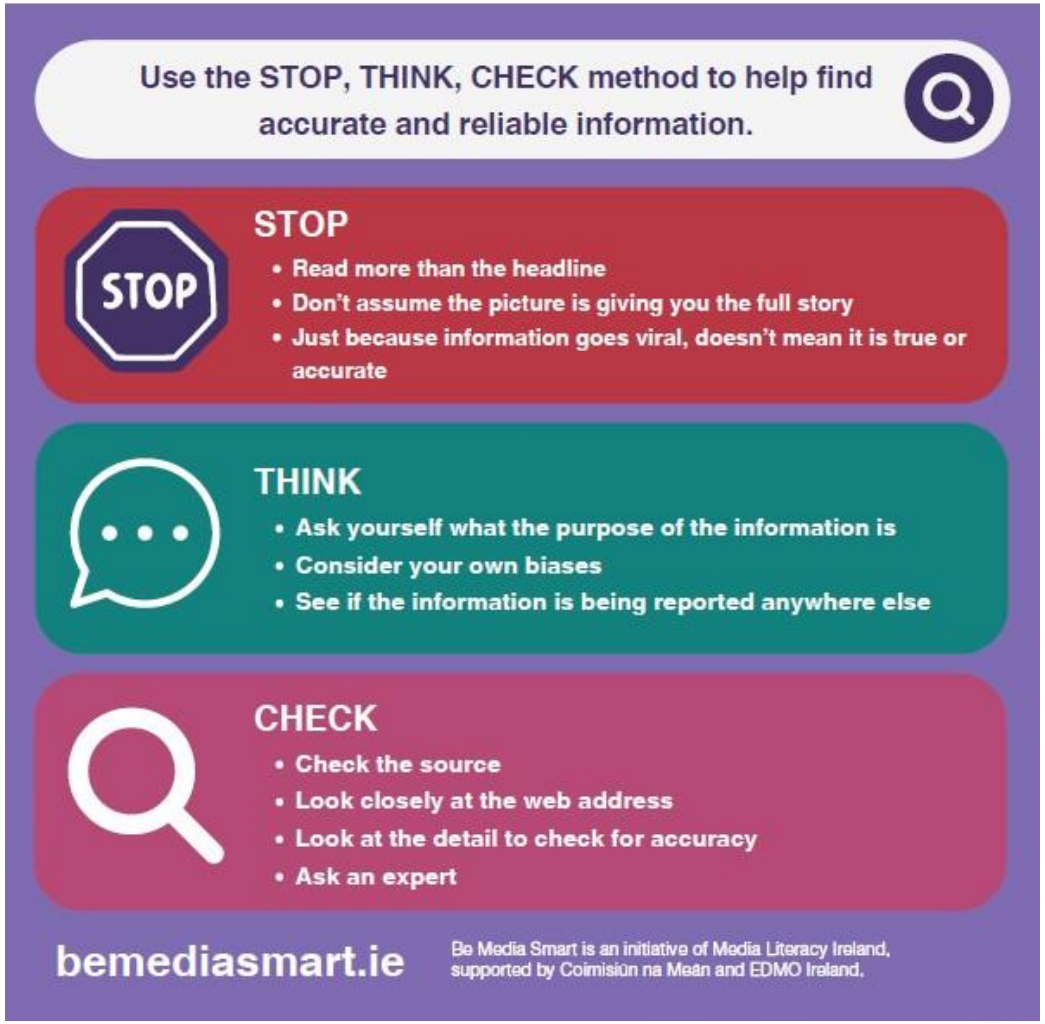
Worksheet Activity

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.

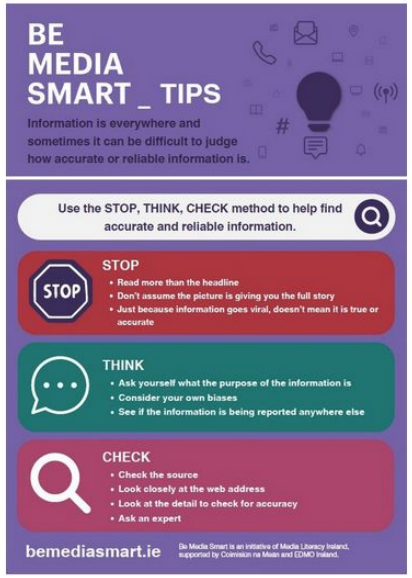
Benefits of AI	Risks of AI

Workshop 1: See different sides of AI



Summary on Worksheet

Page number 6

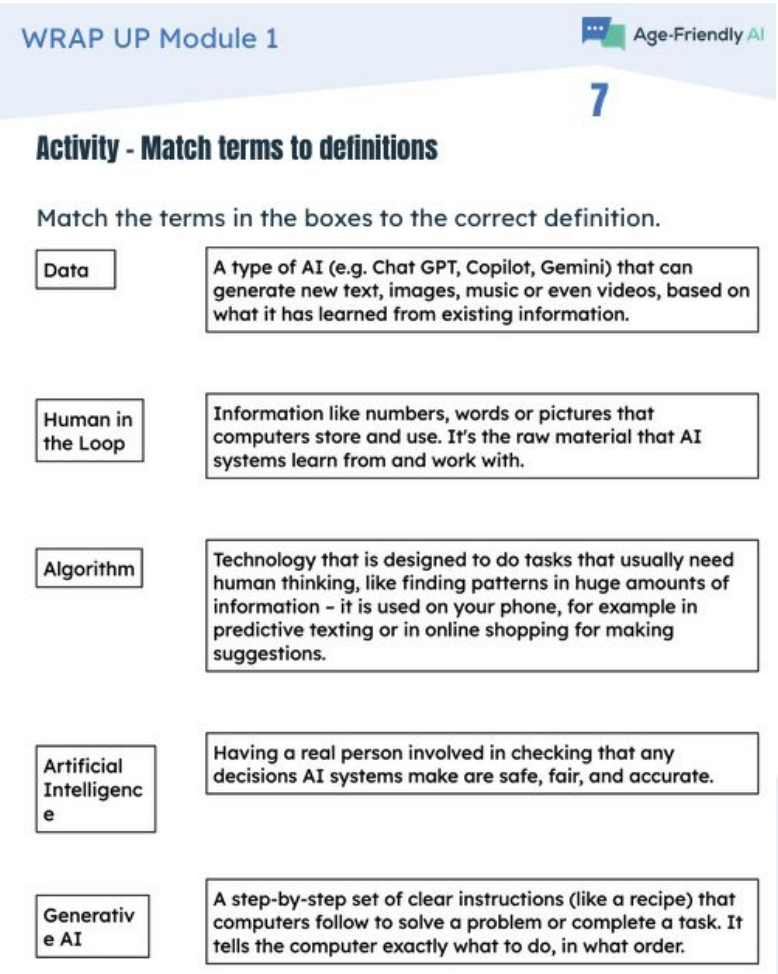


You can find a summary of the Top Tip ‘Stop, Think, Check’ on your worksheet.

Discuss & match terms to definitions

Page number 7

Interactive Activity



WRAP UP Module 1

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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.

Algorithm

Human in the Loop

Data

Artificial Intelligence

Generative AI

Workshop 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

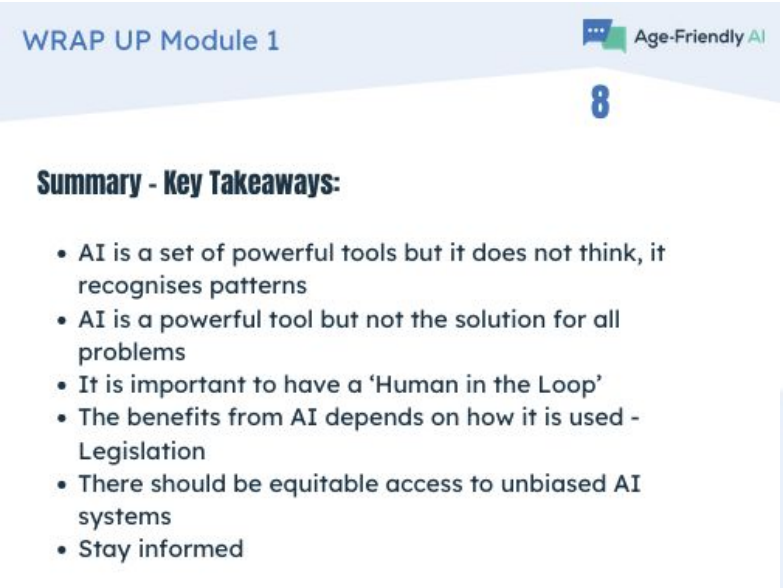
There should be equitable access to unbiased AI systems

Stay informed

Summary on Worksheet

Page number 8

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



Tick the learning box

Page number 8

Worksheet Activity

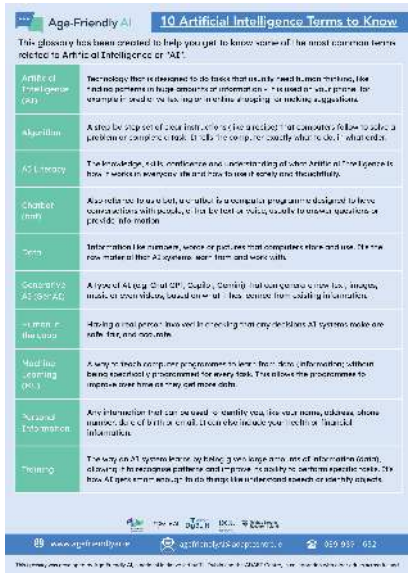
Activity - Tick the learning boxes:

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 that there is a difference between human intelligence and AI
- [ ] I can see different sides of AI

Additional resources

AI Glossary



Analogy Video

Stop, Think, Check

Thank you!

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