

What is AI?

Artificial intelligence (AI) is a **computer tool** that can **answer questions** and **help with everyday tasks**.

Think of AI as your own **helpful assistant**.

AI can help you:

- Answer questions
- Explain things simply
- Write emails and letters
- Offer ideas and suggestions



TOP TIP

AI works best when you ask questions in everyday language.

COTA
For older Australians



Good Things



How you can use AI

You can ask AI to help with everyday activities, such as:



**Planning
a trip**



**Understanding
a letter or
document**



**Writing an
email**



**Learning a
new device**



**Finding a recipe
using ingredients
you have**



REMINDER

AI is a useful tool, but it should not replace professional advice.

Always seek professional advice for:

- Health
- Financial decisions
- Legal matters
- Emergencies