



AI Resource Guide for Baby Boomers

Welcome! This guide is designed to help you confidently explore, use, and benefit from artificial intelligence (AI) in your daily life. It includes practical tools, learning resources, safety tips, and community connections—curated especially for Baby Boomers.

1. Essential Free AI Tools

Tool	Website	Main Use	Sample Prompt/Use Case
ChatGPT	chat.openai.com	Everyday help, writing, planning, conversation	"Help me write a birthday message for my grandson who loves dinosaurs."
Claude	claude.ai	Summarizing, thoughtful Q&A, gentle conversation	"Can you explain the difference between traditional IRAs and Roth IRAs?"
Google Gemini	gemini.google.com	Quick answers, research, image generation	"What are the best day trips from [your city]?"
Microsoft Copilot	copilot.microsoft.com	Writing, spreadsheets, drafting in MS Office	"Help me create a monthly budget spreadsheet."
Perplexity AI	perplexity.ai	Research with sources, conversational search	"What's the latest research on preventing cognitive decline?"

All these tools have free versions. Some may require creating an account with a unique password.

2. Learning AI at Your Own Pace

YouTube Channels

- **Simplilearn** – Beginner-friendly tech explainers
- **TED Talks** – Inspiring talks on AI and creativity
- **TechBoomers** – Tutorials for older adults
- **AARP** – Technology guides for seniors

Podcasts

- **Hard Fork (NYT)** – Weekly tech news and trends
- **Practical AI** – Real-world AI applications
- **AI for Everyone** – Simple explanations of AI concepts
- **Tech Over Tea** – Casual, friendly tech discussions

Websites

- **AARP's Technology Resource Center** – Digital tips for older adults
- [FutureTools.io](#) – Directory of the latest AI tools^[1]
- [SeniorNet.org](#) – Peer-led technology classes for seniors^[2]
- [BoomerAIHub.com](#) – Community and new tutorials (bookmark this!)

Free Online Courses

- **AI Tools for Seniors** – A self-paced, beginner-friendly course from BroncoLearn^[3]
- **Senior Planet from AARP** – Free classes, articles, and activities for older adults^[4]
- [AlandYou.org](#) – Guides, videos, and resources for seniors^[5]

3. Everyday Uses for AI

Health & Wellness

- Generate exercise routines tailored to your fitness level
- Find healthy recipes for dietary needs
- Set up medication reminders or appointment notifications

Creativity & Hobbies

- Write poems, stories, or memoirs with AI help
- Get gardening advice or troubleshoot plant problems
- Find recipes using ingredients you already have
- Plan trips, create packing lists, and get sightseeing ideas

Organization & Productivity

- Organize photos by person, date, or place (e.g., Google Photos)
- Draft and summarize emails
- Summarize genealogy documents or brainstorm family history interview questions

Staying Connected

- Use AI to help draft messages or video chat with family and friends
- Platforms like Eldera (eldera.ai) match older adults with young people for virtual mentoring using AI^[6]

4. AI Tools for Elderly Care

Tool/Platform	Main Feature	Website/Info
ElliQ	Conversational AI companion, reminders	elliq.com
MindMate	Cognitive games and brain training	mindmate-app.com
Intuition Robotics	Smart home integration, safety, companionship	intuitionrobotics.com
Fujitsu Gerontechnology	Health monitoring, remote consultation	fujitsu.com
Amazon Alexa Care Hub	Voice interface, instant alerts for caregivers	amazon.com/alexacarehub
Sensi	Data-driven care management	sensi.ai

These tools may require setup and internet access. Always review privacy settings.

5. Community & Support

- **Local Libraries/Senior Centers:** Many offer tech groups or AI meetups
- **Facebook Groups:** Try “AI for Beginners” or “Tech for Boomers”
- BoomerAIHub.com: Join the online community for Q&A and sharing experiences
- **SeniorNet:** Peer-led learning centers and online forums^[2]
- **Tech Buddy System:** Pair up with a friend to try new tools together

6. Privacy & Security Checklist

- Use strong, unique passwords for each AI service
- Consider using a password manager (many are AI-powered)
- Enable two-factor authentication where possible
- Be cautious sharing personal or financial information
- Adjust privacy settings in each app to your comfort level
- Learn to recognize phishing and scam attempts—AI can help spot suspicious emails^[7] ^[8]
- When in doubt, ask a trusted friend or family member

For more on online safety, visit:

- AlandYou.org – Online scams targeting older adults^[5]
- GPTZero.me – Tools for detecting AI scams and phishing^[8]

7. Staying Informed & Inspired

- **Future Festival:** Leading AI innovation events and trend insights^[9]
- **LinkedIn Articles:** How Baby Boomers are using AI to stay ahead^[10] ^[11]
- **OpenAI Academy:** Free events and foundational AI literacy for older adults^[4]

8. Glossary of Common AI Terms

- **AI (Artificial Intelligence):** Computer systems that can perform tasks requiring human intelligence, like understanding language or recognizing images.
- **Chatbot:** A program that simulates conversation with users.
- **Prompt:** The question or instruction you give to an AI tool.
- **Generative AI:** AI that can create text, images, or other content.
- **Privacy Settings:** Controls that let you decide what information an app can access or share.

9. Final Encouragement

> "Technology changes, but wisdom doesn't. The experience, judgment, and perspective you've gained throughout your life are invaluable. AI is just a tool—your wisdom determines how to use it."

Keep exploring, stay curious, and remember: you don't have to be a tech expert—just open to learning. Join the BoomerAIHub community, and enjoy your journey into AI!

All links in this guide were double-checked as of April 2025.

For updates, visit BoomerAIHub.com and bookmark this guide for future reference.

This guide is printable and designed for easy reference. Share it with friends, family, or your local community center!



1. <https://topai.tools/t/futuretools-io>
2. <https://www.programsforelderly.com/social-senior-net-computer-classes-for-seniors-technology-life-long-learning.php>
3. <https://www.boisestate.edu/news/2025/02/28/sass-launches-free-artificial-intelligence-course-for-seniors/>
4. <https://academy.openai.com/public/events/ai-for-older-adults-ai-all-around-l3n1bnm97g>
5. <https://aiandyou.org/seniors/resources/>
6. <https://www.cnn.com/2023/10/23/health/ai-elders-boomers-mentor-kids-wellness-cec/index.html>
7. <https://www.linkedin.com/pulse/how-seniors-embracing-artificial-intelligence-guide-dr-jose-ly5rc>
8. <https://gptzero.me/guides/protecting-seniors-ai-guide>

9. <https://www.futurefestival.com/news/ai-and-baby-boomers>
10. <https://www.linkedin.com/pulse/how-baby-boomers-can-leverage-ai-stay-ahead-curve-sharon-rolph-ci9bc>
11. <https://www.reworked.co/digital-workplace/ok-boomer-why-older-professionals-are-ambitious-on-ai/>