



A Gentle Introduction to AI

Presenter: Nathalie Lacoste

What Will You Learn Today?

- ✓ What is Artificial Intelligence (AI)?
- ✓ How AI already appears in your daily life
- ✓ Is AI safe? Privacy & security tips
- ✓ The three main free AI tools:
ChatGPT, Gemini, CoPilot
- ✓ What AI can do for YOU
- ✓ How to talk to AI – writing good prompts
- ✓ Live demonstration
- ? Questions & Answers





The AI revolution

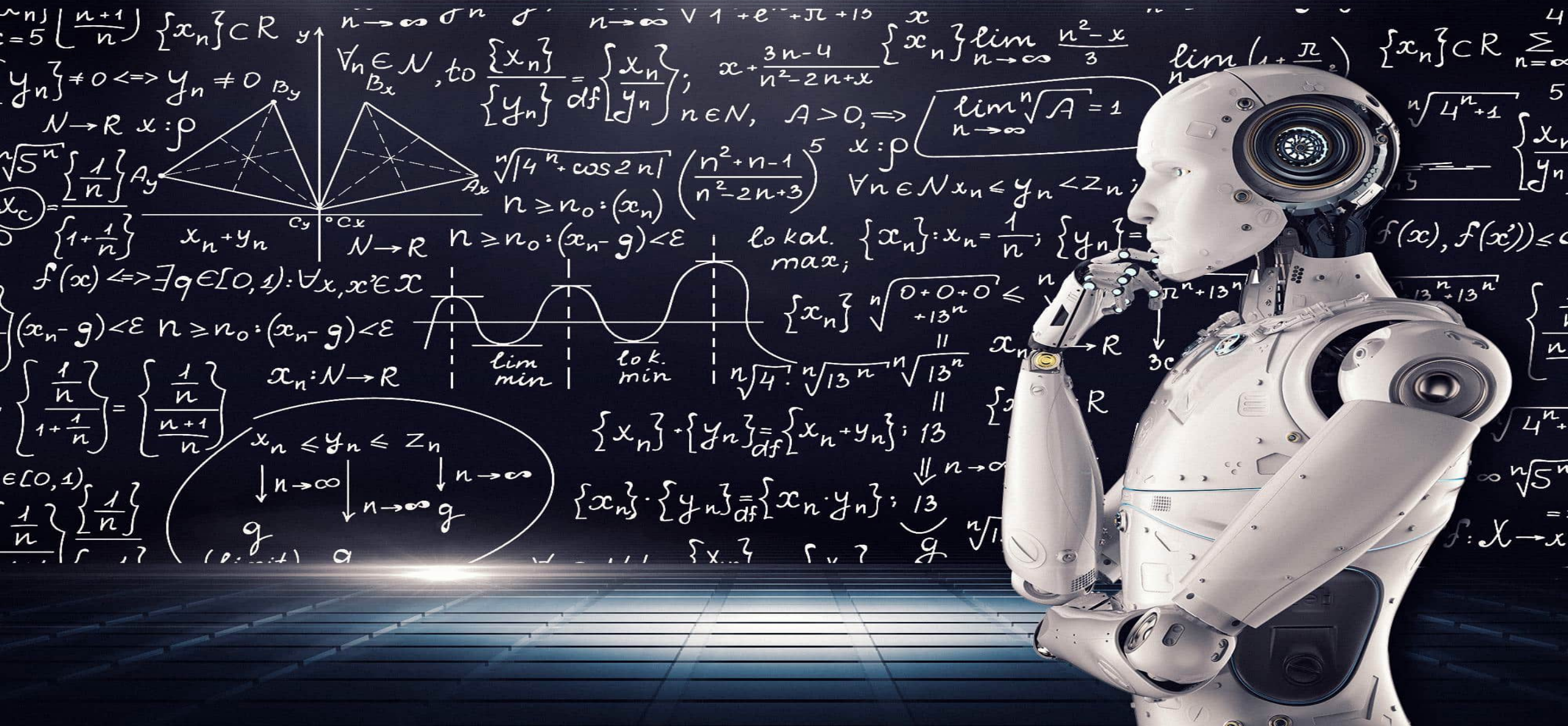
AI has quietly been part of your daily life for years — GPS, smart appliances, thermostats and more

Now it's stepped into the spotlight, and it's nothing to fear

AI is a powerful tool that makes everyday tasks easier and faster

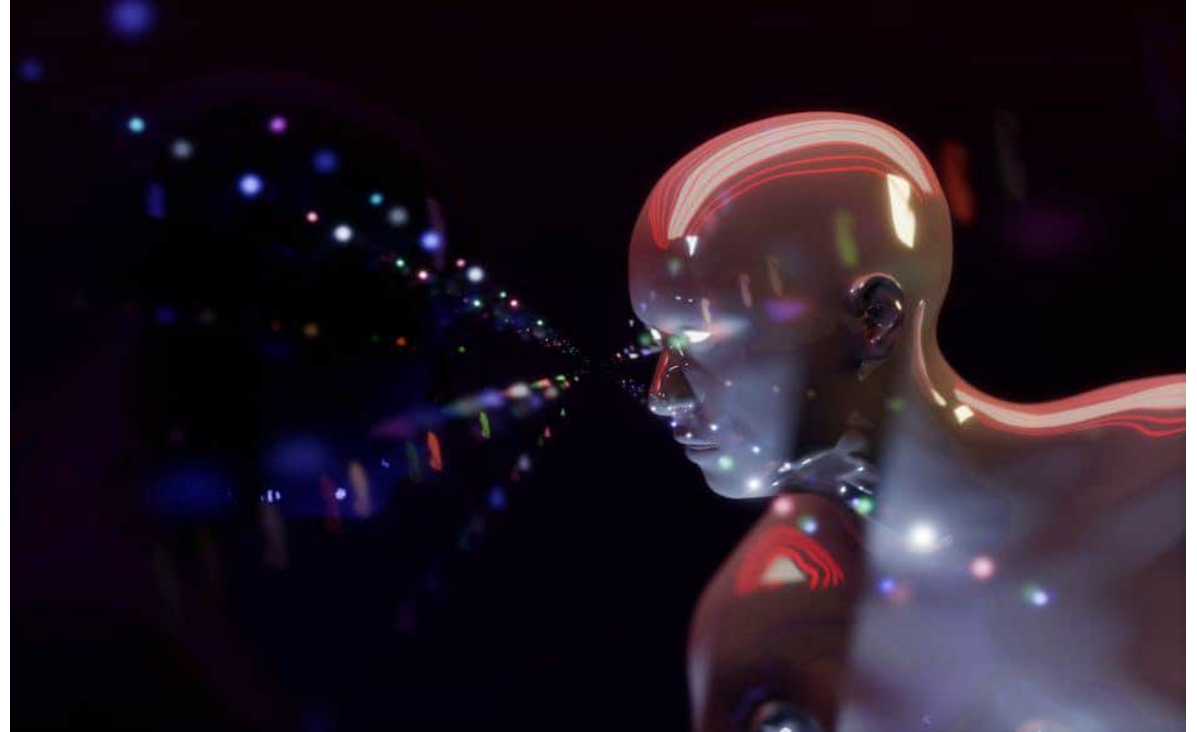
All you need to get started is a little curiosity!

What is AI?



So, What is Artificial Intelligence (AI)?

AI: is a group of sophisticated programs that tries to **simulate** human intelligence



Decision Making

Problem solving

How Does AI Learn?

1

Reads Data

It is trained on billions of web pages, books, and articles.

2

Finds Patterns

It learns which words and ideas go together.

3

Practises

It tries, makes mistakes, and is corrected (like a student).

4

Specialises

Some AI programs focus on images, some on language, some on science.

AI is Already in Your Daily Life!

Artificial intelligence is used extensively in the home and commercial settings



Helping doctors in diagnosis



Education



Finding the fastest route



Customer services



AI companions



In the Home:
Thermostats, cooking, washing machines

Should We Be Concerned? Ethics & AI

- ❑ Experts have raised concerns about AI developing faster than our ability to regulate it
- ❑ The EU and UK have already passed AI Regulation Bills to ensure safety and accountability
- ❑ These laws cover: safety testing, economic impact (jobs), and responsible use
- ❑ Canada and the US are currently developing their own AI regulations
- ❑ **The goal: AI that helps humanity, not replaces or harms it**



Healthy caution is good. Staying informed is even better.

Safety, Security and Deep

Frontiers

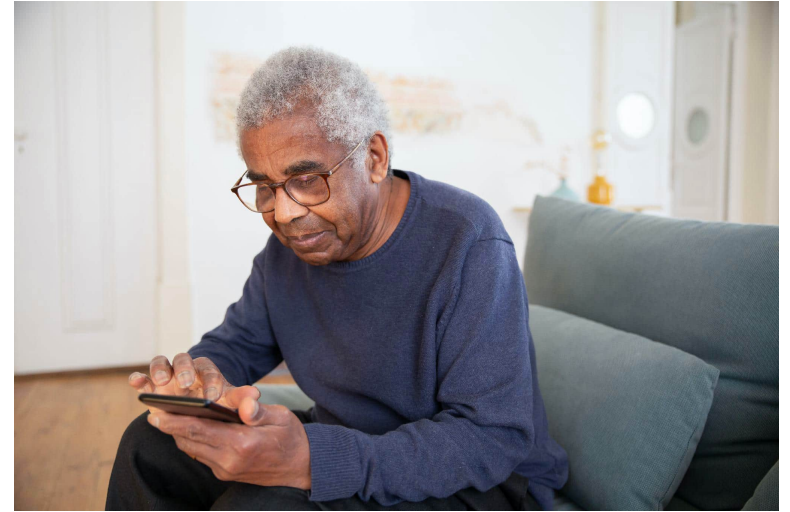


Security: Is Artificial Intelligence Safe?

- ❑ AI servers are heavily encrypted and secure

Personal measures to protect yourself:

- ❑ Beware of online scams using AI generated content
- ❑ Never share personal information such as passwords, banking details, or your home address with any AI application
- ❑ Use a strong password when you set up your account and multifactor authentication
- ❑ Double check the responses if you're not sure it's correct
- ❑ Verify information with experts if you need to



Important: AI Has Limitations

Like any tool, AI can be helpful and occasionally wrong — here is what to watch for:

It Can Make Mistakes

Always fact-check important information, especially health, finance, or legal topics.

It Can Reflect Bias

AI is trained on human-written content, which can contain biases. Think critically about responses.

It cannot provide real time predictions, like which stocks to buy today

Seek professionals

Because it can make mistakes, it is best to use it sparingly when thinking about:

- ❑ **Medications** - talk to your pharmacist
- ❑ **Physical or mental health** - talk to your health professional
- ❑ **Finances** - talk to a reputable financial adviser
- ❑ **Law** - talk to your lawyer



What is AI-Generated Content?

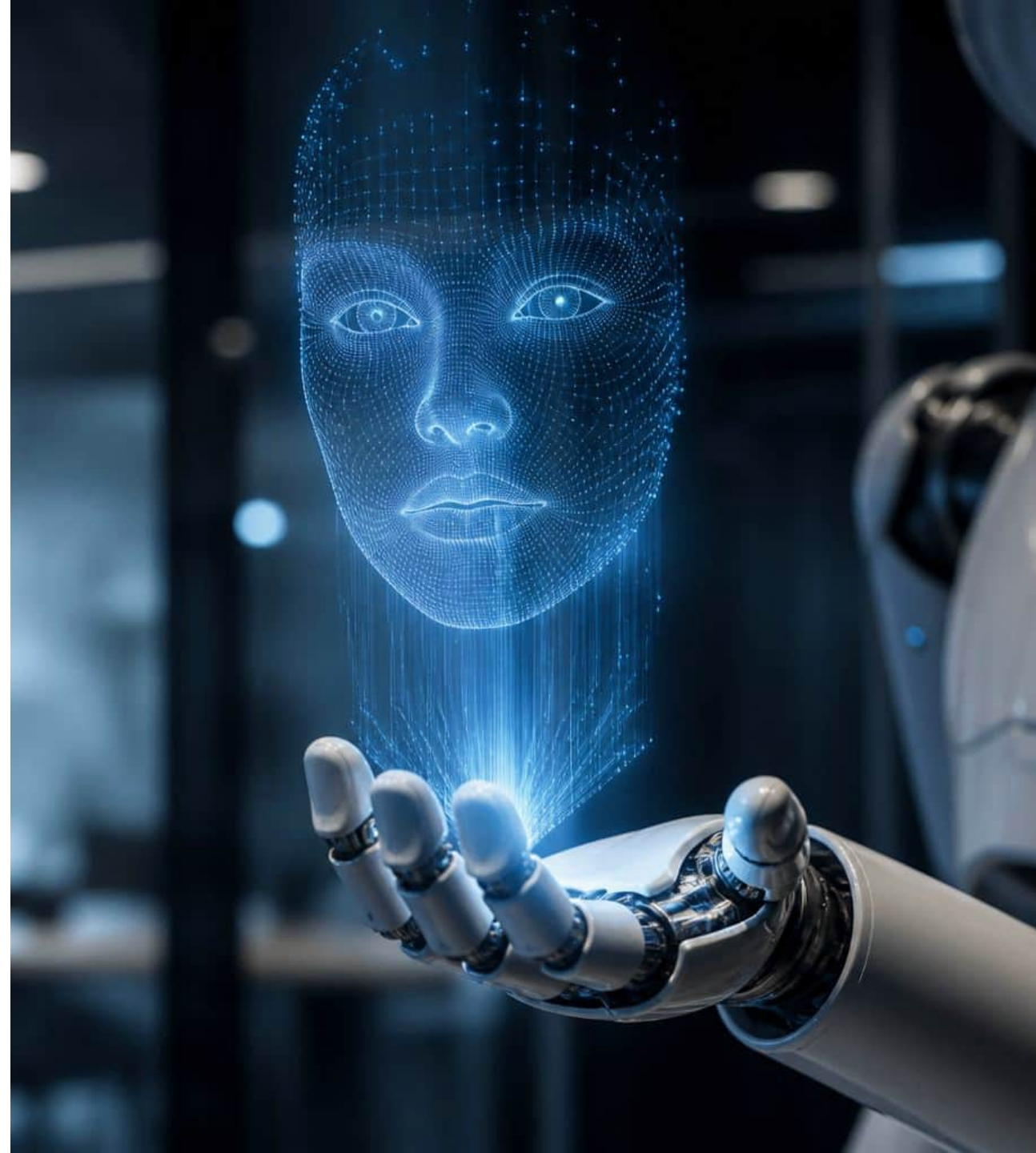
AI-generated content refers to text, images, audio, or video created by artificial intelligence algorithms rather than humans.

Key Concepts:

AI in Media Creation: AI models analyze vast datasets to learn patterns and generate novel content that mimics human creativity.

Deepfakes: A specific type of AI-generated media where a person in an existing image or video is replaced with someone else's likeness, often using deep learning techniques.

AI-Generated Media: Encompasses a broader range of synthetic media, including AI-written articles, AI-composed music, and AI-generated artwork.



"I Was Heartbroken": Two Canadians Lose \$2.3M to AI Crypto Scams

- **A Markham, Ontario woman ("Denise") lost \$1.7 million** after seeing a deepfake video of Elon Musk on Facebook promoting a fake crypto platform.
- **The scam was carefully staged:** scammers showed fake "profits" early to build trust, then asked for more and more money — including fees to "withdraw" funds that didn't exist.
- **She took out a second mortgage** and borrowed \$500,000 from family and friends before discovering the entire platform was fake.
- **An Eastern Ontario couple also lost \$177,000** in a separate but identical deepfake investment scam, reported by CTV Ottawa in November 2025.
- **Well-known Canadians whose likenesses were used without consent** include PM Mark Carney, Michael Bublé, Rick Mercer, Sidney Crosby, and Mary Berg.
- **Investment scams made up nearly half** of the \$643 million defrauded from Canadians in 2024 (CAFC). Cryptocurrency was the most common payment method.
- **Scammers also deepfaked CTV Ottawa journalists themselves** — using real news footage and editing in fake endorsements to make scams appear credible.

\$2.3M

lost by two Canadians
in AI deepfake crypto scams
reported by CTV W5

\$23,815

average lost per crypto scam
transaction (CAFC 2024)

How to Spot a Fake Photo

Look for these clues when you see a suspicious image online



Count the fingers

AI often adds an extra finger or creates oddly shaped hands. Always count when hands are visible.



Too-perfect face

Flawless skin, perfectly symmetrical features, or identical eye reflections. Real faces have natural imperfections.



Garbled text on signs

Signs, labels, and text in AI photos often have jumbled letters. Zoom in on any text in the image.



Wrong shadows

Shadows fall in the wrong direction or don't match the light source. Physics is hard for AI!



Blurry background

Background objects blur into each other, float, or look like a dream. Hair may merge with the background.



Odd edges & glitches

Unnaturally sharp or blurry edges around people. Look for where the person meets the background.



Tip: When in doubt, do a reverse image search (Google Images or TinEye) to find the original source.

Spotting AI-Generated Videos

What to Look For:

1

Facial Anomalies & Expressions

Watch for Unnatural blinking, stiff movements, or shifting facial features.

2

Audio-Visual Synchronization

Check for lip-sync issues or synthetic-sounding audio.

3

Body Language & Movement

Observe for stiff, repetitive, or unnatural body movements.

4

Environmental & Background Clues

Look for distorted backgrounds, illogical object appearances, or unusual lighting.

Spotting AI-Generated Audio: Red Flags

			
Unnatural Cadence	Robotic Tone	Lack of Emotional Inflection	Background Noise Anomalies
Speech that is too fast, too slow, or has unnatural pauses and rhythms.	A lack of natural variation in pitch and volume, sounding monotone or mechanical.	Absence of genuine emotion, empathy, or subtle feelings in the voice.	Inconsistent or artificial background sounds, or a complete lack of ambient noise where it would be expected.

Using AI Yourself

HELLO !



What Can AI Do For YOU?



Search Smarter

Get direct answers — no clicking through 20 websites.



Write Emails

Draft a polite email to your landlord or doctor.



Find Recipes

Get recipes from a YouTube video or describe what's in your fridge.



Plan a Trip

Get a relaxed itinerary for seniors who love history and gardens.



Learn Anything

Use 'study mode' to understand a new topic at your own pace.



Edit & Create Images

Restore old photos, change colours, or create a new scene.



Compare Prices

Find the best grocery deals in your area this week.



Just Chat!

Get advice, discuss ideas, or ask how to use your device.

Poll Question

Pulse Check:

Your Experience with AI

Have you used AI to create and edit pictures or videos before?

- **A. YES**
- **B. NO**



Your participation helps us tailor the remainder of this session to your skill level and interests.

Meet the Three Most Popular, Free AI Tools

ChatGPT

by OpenAI

Best for:

Writing, answering questions, learning new topics, recipe ideas

✓ Free plan available at chatgpt.com



Google Gemini

by Google

Best for:

Research, brainstorming, planning day trips, news summaries

✓ Free plan available at gemini.google.com



Copilot

by Microsoft

Best for:

Windows help, news, summarizing websites, creating images

✓ Free — built into Windows & Microsoft Edge

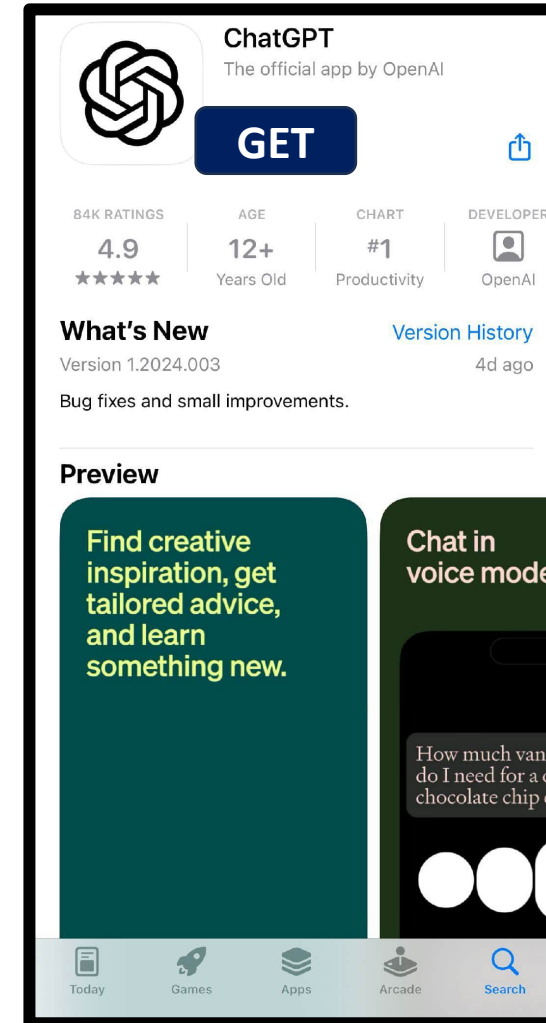


Download AI Apps to your device

Apple iPhone/iPad (App Store)



Android Phone or Tablet (Play Store)



Press **Get**
or
Install on
Android

ChatGPT What is it and how does it work?

Chat GPT is a popular Artificial Intelligence program that can understand human language and generate human-like responses to various prompts. It was created by OpenAI

Uses:

ChatGPT can be used for a variety of tasks, such as answering questions, translating languages, generating creative writing, and even engaging in conversation with humans.



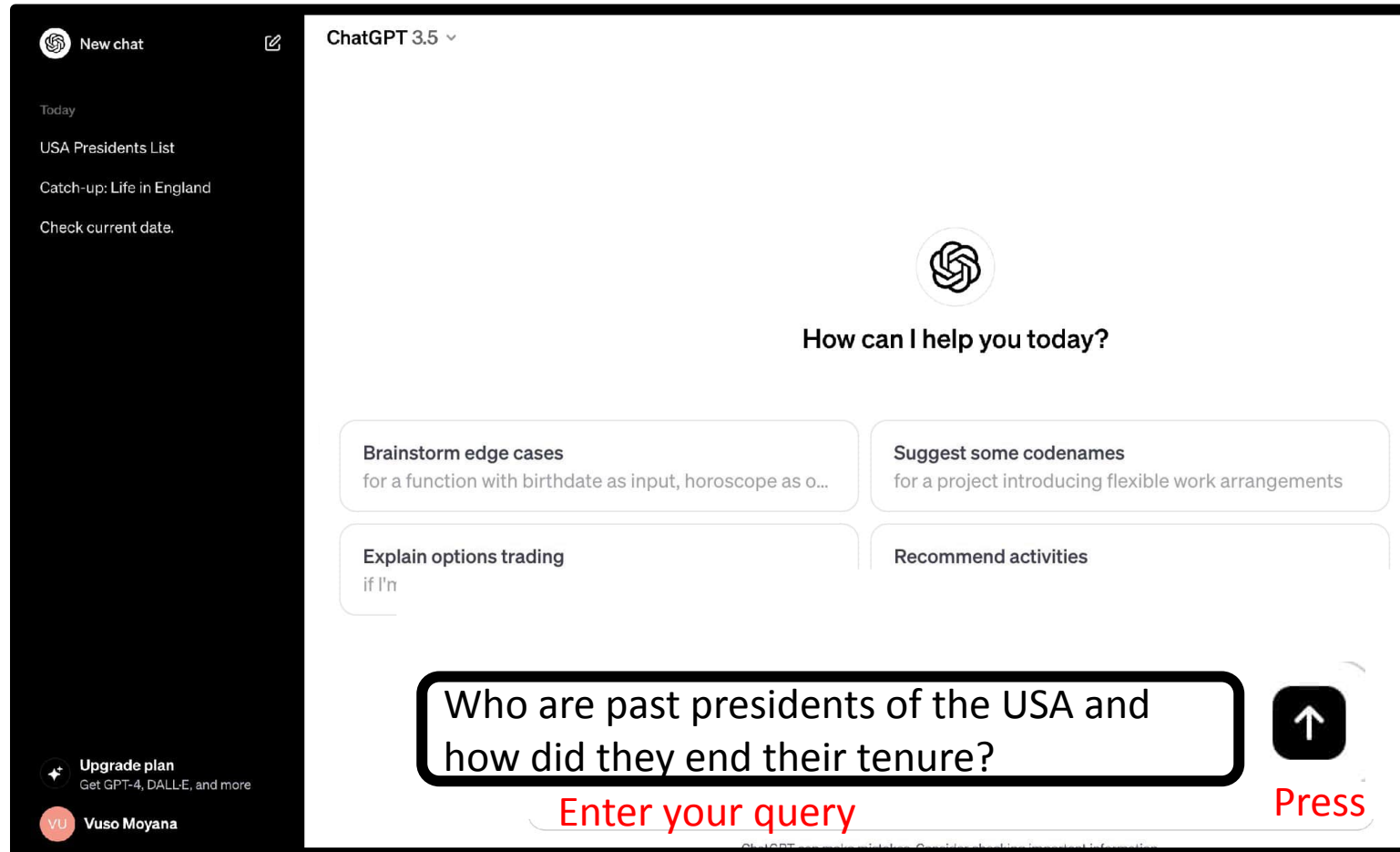
GPT stands for "Generative Pre-trained

"



How to use AI Tools: Asking questions

- Enter your prompt or query at the bottom and press the arrow to generate results

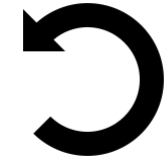


Regenerate responses

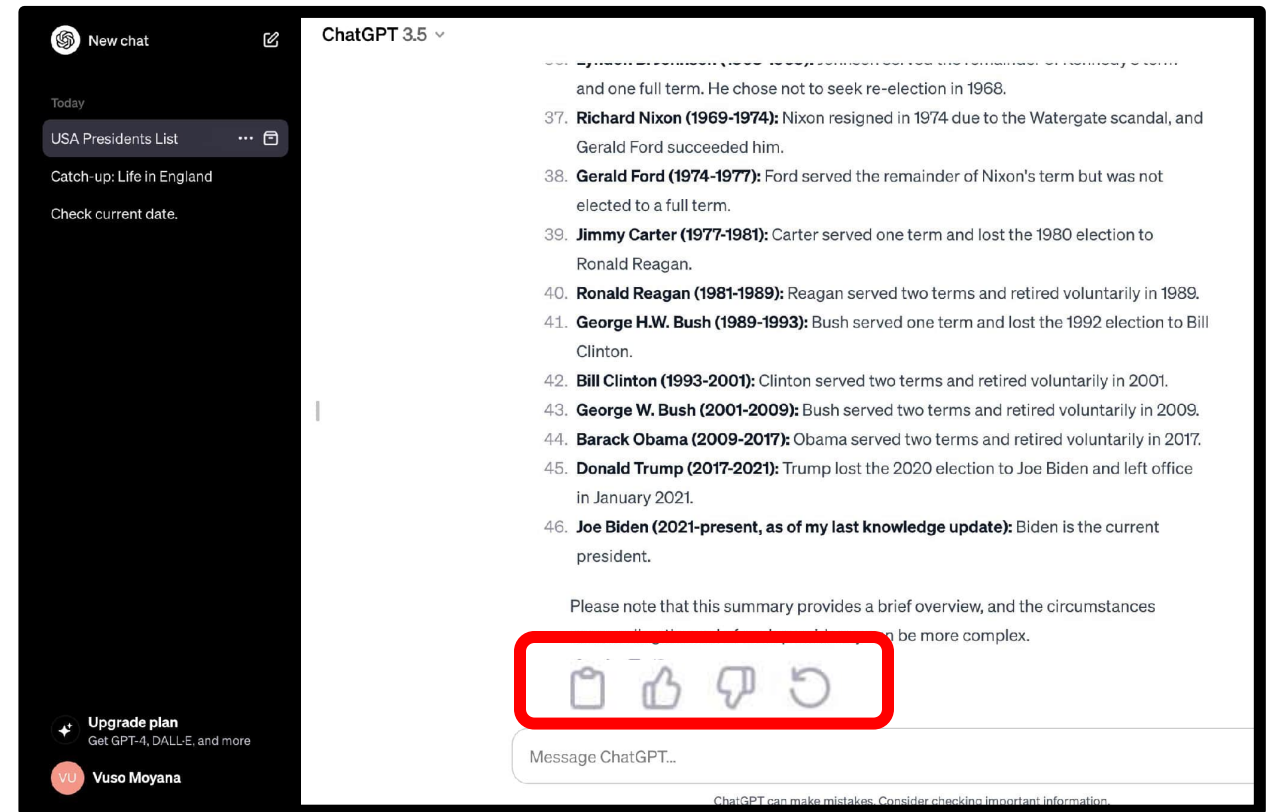
- AI tools allow you to create different responses to the same prompt or query by pressing the Refresh button
- You can then copy the best response that you prefer to MS Word or any other word processing app and save it to your device or even print the document.



copy

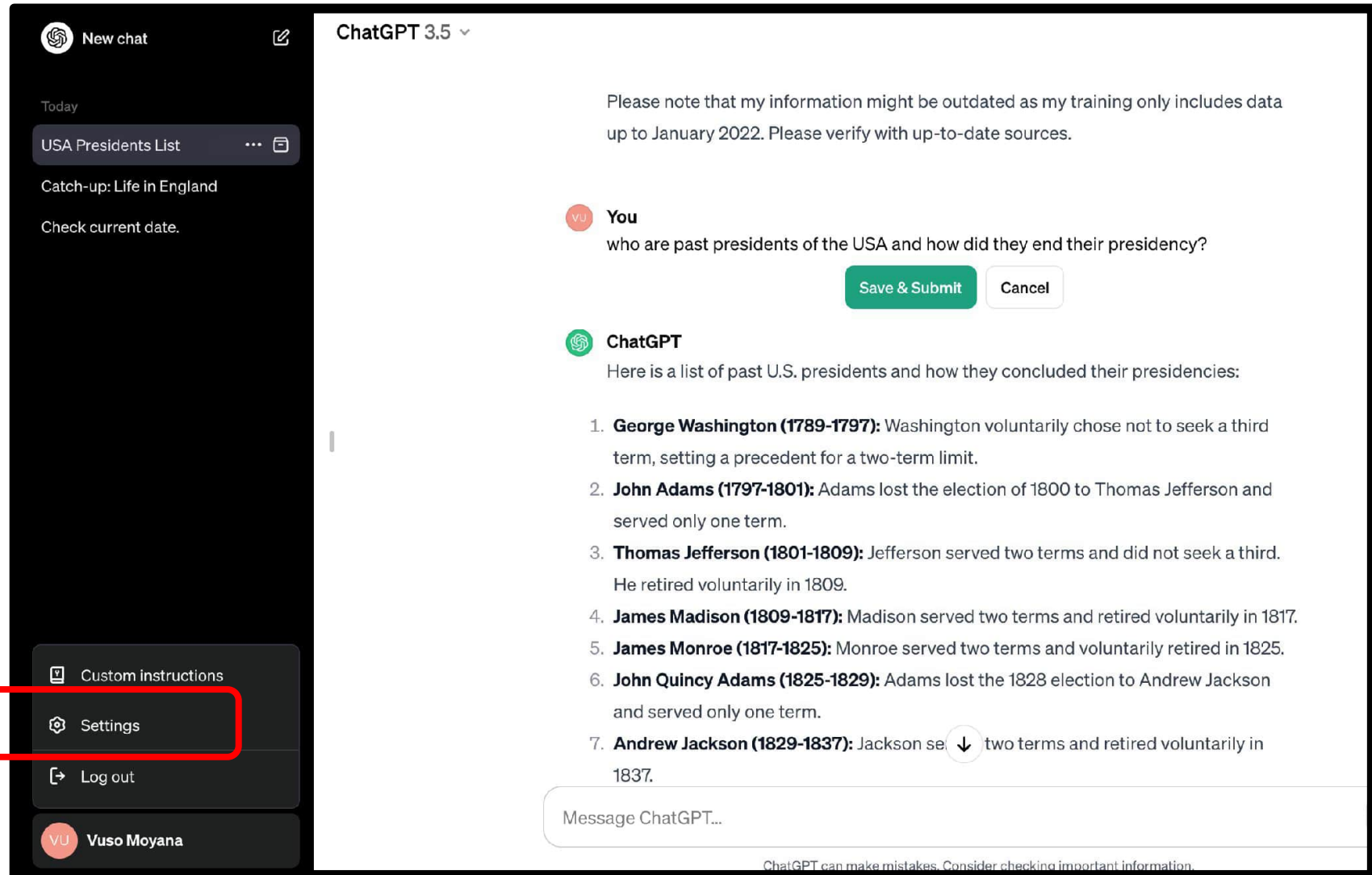


refresh



Clear all your current chat history

You can clear all
your chat
history in
ChatGPT in your
Settings



Prompt Recipe

A good prompt has four ingredients:

Task: Create a practical plan

Context: time, budget, constraints

Format: Table

Tone: Simple, realistic

Example:

Create a simple one day trip for a senior in Toronto. Budget is \$50 and they are traveling by public transportation, avoid stairs where possible and show it as a table with activities, time, transportation and notes.

SENIOR-FRIENDLY ONE DAY TRIP TO TORONTO: PUBLIC TRANSIT & LOW STAIRS ITINERARY (UNDER \$75 BUDGET)			
Activity	Time	Transportation (TTC)	Notes (Accessibility & Budget)
 Morning Walk & Harbourfront Centre	10:00 AM	Take Line 1 (Yonge-University) to Union Station. Transfer to 509 Harbourfront streetcar (accessible, no stairs to dock).	💰 Flat, paved paths, multiple benches. Harbourfront Centre is free to enter, accessible washrooms. Wheelchair accessible access points are clearly marked.
 Ferry Ride & Toronto Island Park	12:00 PM	Walk 5 minutes to Jack Layton Ferry Terminal from Harbourfront. Ferry to Ward's Island (most direct and accessible).	🚢 Ferry cost ~\$10 for senior return. Fully accessible with ramps. Islands are flat with concrete and boardwalk paths. Free entry.
 Lunch on Island (Pre-Packed/Cafe)	1:30 PM	N/A (already at Toronto Islands).	💰 Bring a packed lunch (\$0) or buy at the island cafe (~\$20). Multiple picnic tables are accessible. Restroom nearby at Ward's Island Park.
 Return Ferry & St. Lawrence Market (Shopping & Snack)	3:30 PM	Return ferry from Ward's. Short walk from terminal (or take the accessible 509/510 streetcar back one stop if too far).	💰 St. Lawrence Market is accessible with elevators to lower level. Senior discount at some stalls. Snacks and free entry.
 Final TTC Journey Home	5:30 PM	Take Line 1 (Yonge-University) North to your destination. Use elevator-accessible stations like Union and King.	TTC Senior fare applies (~\$2.30 each way). Total budget estimate: \$2.30 x 2 + \$10 + \$20 = ~\$35. Well under \$75 budget. All key stations and transfers are elevator-accessible. 💰

Demonstration



Questions & Answers ?

No question is too basic!

- ✓ Don't be afraid of AI — it doesn't bite!
- ✓ Start with ONE tool — ChatGPT is the easiest for most people
- ✓ The more you use it, the more confident you will become
- ✓ You can always verify AI answers with a real expert
- ✓ And remember: your curiosity is your biggest advantage

ChatGPT — Quick Cheat Sheet

Best for: Writing, answering questions, recipes, learning, email drafting

What You Want to Do	Try This Prompt
Draft an Email	<i>"Write a friendly email to my doctor asking to reschedule my appointment."</i>
Plan a Trip	<i>"Suggest a relaxed 3-day trip to Niagara-on-the-Lake for a senior couple who love history and gardens."</i>
Simplify a Topic	<i>"Explain how a blood pressure reading works in simple terms, as if I am hearing about it for the first time."</i>
Get a Recipe	<i>"Give me a simple tomato pasta sauce recipe. Display it in plain text with no photos so I can print it on one page."</i>

Access: chatgpt.com | App: search 'ChatGPT' in App Store or Google Play

Google Gemini — Quick Cheat Sheet



Best for: Learning new things, trip planning, understanding news, brainstorming ideas

What You Want to Do	Try This Prompt
Learn a Hobby	<i>"I want to start a small herb garden on my windowsill. I am a beginner. Give me the 3 easiest herbs and a simple shopping list."</i>
Plan a Day Trip	<i>"I am visiting Ottawa for one day. I like history and quiet parks. Suggest an itinerary that does not involve too much walking."</i>
Understand the News	<i>"Explain recent changes to Canadian senior driver's licence rules as if I am hearing about it for the first time. Use bullet points."</i>
Guided Learning	<i>"I want to understand climate change. Teach me step by step at a basic level, and quiz me as we go."</i>

Microsoft Copilot — Quick Cheat Sheet

Best for: Windows help, summarizing websites, daily news, creating images

What You Want to Do	Try This Prompt
Get PC Help	<i>"How do I make the text larger on my Windows screen? Walk me through it step by step."</i>
Summarize a Website	<i>"Summarize this article into four bullet points so I can get the main idea quickly." (open article in Edge first)</i>
Create an Image	<i>"Create a realistic painting of a Canadian autumn forest in the style of the Group of Seven."</i>
Daily News	<i>Click "Discover" in the Copilot side panel → then "Copilot Daily" to have the news read aloud to you.</i>

Access: Built into Windows Taskbar & Microsoft Edge | App: 'Microsoft Copilot' on App Store / Google Play

Thank you for attending!

If you have any questions, you can reach out to:

Canadian Abilities Foundation

*for more information about our events,
the Canada Cares Awards, and more!*

Caroline@bcsgroup.com

416-421-7944



Seniors Tech Services

*for computer training and tech support
at home, by zoom, or at our offices!*

info@seniorstechservices.ca

1-800-401-7820





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