

Artificial Intelligence for everyone

A guide to the safe use
of AI for seniors



Co-funded by
the European Union



ENABLER

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Publisher:

Fundacja Enabler

<https://fundacjaenabler.pl>

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84-230 Rumia

Poland

In collaboration with:

Crea 360 S.L.

<https://crea360.es>

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Place and date of publication:

Rumia, March 2025

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ISBN 978-83-975573-1-4

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The materials were developed as part of the project 'Artificial Intelligence for Everyone' - AI applications in seniors' daily life, co-financed by the European Union under the Erasmus+ program, Action Type: ACTION 2 Partnerships for Cooperation, Small-scale Partnerships (KA210-ADU) in the Adult Education sector, application number: 2024-2-PL01-KA210-ADU-000287353.

Introduction

What is artificial intelligence?

Artificial intelligence (AI for short) is a type of computer programme that can learn and solve problems just like humans. It's a bit like an intelligent helper that can recognise images, understand text, create graphics or answer questions.

Think of AI as a very capable student who has learned a lot of things by reading almost all the books and articles on the internet. It can answer many questions, but sometimes it gets confused or makes up answers when it doesn't know something.

What is the purpose of this brochure?

The aim of this booklet is to show you how to use artificial intelligence technology safely in your everyday life.

You will find out how:

- Recognise false images and information
- Protect your image on the internet
- Communicate safely with AI systems
- Critically evaluate information from artificial intelligence

Why is this important?

Artificial intelligence is increasingly present in our daily lives – from search engines to telephones to chat programmes. Unfortunately, it can also be used by fraudsters to create convincing fakes.

Fact:

According to research, people aged 60+ are the most common target of online fraudsters. By gaining knowledge about AI, you will protect yourself and your loved ones more effectively.



Chapter 1: Identifying fake news

How to recognise AI-generated images?

1. Unrealistic hands and fingers



Artificial intelligence often has problems with drawing human hands. Pay attention to whether the fingers look natural and whether there are the right number of them.

Tip:

Count the fingers in the photo. A person has 5 fingers on each hand. If you see more or fewer fingers, the photo has probably been generated by a computer.

Think of it like a glove – if it doesn't fit your hand well, something is wrong. It's the same with AI images – human hands look 'weird' in such images.

From real life:

Mrs Edith received a message with a photo of her grandson asking for money. She noticed that his hands looked strange in the photo – the fingers were unnaturally long. Thanks to this, she recognised the scam and did not lose her savings!

2. Distorted eyes and teeth



Eyes and teeth are another problem for AI. They are often asymmetrical or look unnatural. Look closely at the eyes in the image – do they look realistic? Do the teeth line up naturally?

It is similar to looking in a distorting mirror in the laughing cabinet – something is wrong, even though at first glance it may look right.

From real life:

Mr Stan received a message on social media from an 'old acquaintance'. His profile looked plausible, but when he looked at the profile picture, he noticed a strange reflection of light in her eyes and an unnatural smile. It turned out to be a fake profile created by a scammer.

3. Strange junctions of body parts



AI sometimes misconnects body parts. There may be strange transitions between the neck and shoulders, disproportionate limbs or unnatural bends.

Imagine a jigsaw puzzle in which the pieces don't fit together but someone has tried to forcefully put them together – that's what AI errors look like.

4. Unrealistic reflections and shadows



Check reflections in mirrors, windows or water. AI often struggles to portray reflections correctly – they may not match reality or be missed altogether.

Do you recall old films where you could see that the special effects were unnatural? The same is true of reflections in AI images.

5. A lack of logic in the scenes



Look out for elements that do not fit together logically. This could be inappropriate outfits for the weather, impossible combinations of places or objects.

It's like Salvador Dali's paintings – fascinating but incompatible with reality.

6. Distorted lettering and figures



Artificial intelligence still has difficulties with generating correct lettering or numbers. AI does not understand writing as a communication system, but treats letters as 'aesthetic shapes'. This is a rather characteristic affliction of the tool.

Other features characteristic of AI-generated images include:

7. Asymmetrical elements

Especially in objects that should be symmetrical, such as jewellery, glasses, architec-

ture, or facial features, which are often disproportionate on both sides.

8. Hair issues

AI often generates hair as a "solid mass" rather than individual strands, creating the effect of "plastic" or unnaturally smooth hair, without proper depth.

9. Lack of stylistic consistency

Mixing different artistic styles or historical periods in one image, such as modern elements in a historical setting or inconsistent painting styles within different parts of the same image.

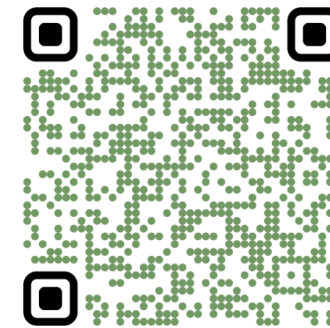
10. Perspective and spatial issues

Incorrect proportions of buildings, errors in perspective, illogical spatial arrangements that defy the laws of physics and geometry. This is often seen in architecture, furniture, or interiors, where angles, lines, and dimensions don't align with the principles of 3D space.

Remember:

- Pay particular attention to hands and fingers
- Look at your eyes and teeth – do they look natural?
- Check whether the body parts come together in a natural way

- Assess whether reflections and shadows are realistic
- Consider whether the whole scene is logical
- Look at the text and figures – do they look correct?
- Are objects that are meant to be symmetrical actually symmetrical?
- Does the hair look right?
- Is the image consistent?
- Are the spatial details right?



You can find more resources by scanning the code above or by typing in your browser address:
<https://seniorai.fundacjaenabler.pl/#fake-images>

Section 2: Protection of personal image

How do you protect your image online?

Why is this important?

Your photos are a valuable possession. Just as you wouldn't show your family photo album to a random person on the street, you should also be considerate when sharing your photos online.

From real life:

Ms Theresa regularly posted photos of her trips. When she returned from holiday, she found her flat had been broken into. It turned out that the thieves had been following her profile and knew exactly when she was not at home.

Protecting your images – practical tips

1. Lock the doors of your digital home

Privacy settings are like locks in the home – they protect against unwanted visitors.

Practical tip: On each social network, find the 'Privacy settings' or 'Account settings' section and check:

- Who can see your photos? (Preferably only friends)
- Who can tag you in photos? (Preferably with your permission)
- Are your posts public or private? (Choose private)



2. Read the agreements before 'signing'

Check the permissions of applications and services. Just as you read your contract with your bank before signing, check what you agree to online.

From real life:

Mr Casper installed a photo editing application. He did not read the terms and conditions and unwittingly consented to his photos being used to train artificial intelligence. His face could have been used to create fake material.

3. What to do if someone uses your photo without permission?

React immediately:

- Take a screenshot as proof
- Find the 'Report' or 'Report' option (usually next to the photo or post)
- Select a reason: 'Violation of privacy' or 'My photo was used without permission'
- Write a brief explanation of the problem

- If necessary, contact a close friend to help you technically

Protection of the personal image of relatives

Photos of grandchildren need special protection. Fraudsters can use them to create false profiles or manipulate the image.



Golden rule: Before posting a photo of your grandchildren, always ask their parents' permission. Also consider blurring the children's faces or only showing them from behind.

From real life:

Ms Maria proudly posted pictures of her grandchildren, giving their names and ages. A few months later, her daughter received a call from the school saying that a 'grandmother' had tried to pick up her children. It turned out that the scammer had used the information available to impersonate the grandmother.

Verification of photo request

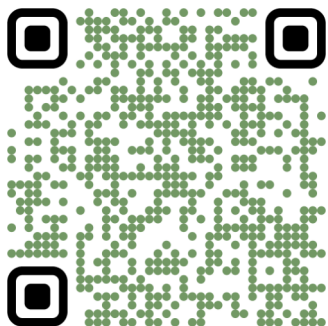
Always check the source of the request for photos. If someone, even close to you, asks you to send photos – verify that it is definitely that person.

How to do that?

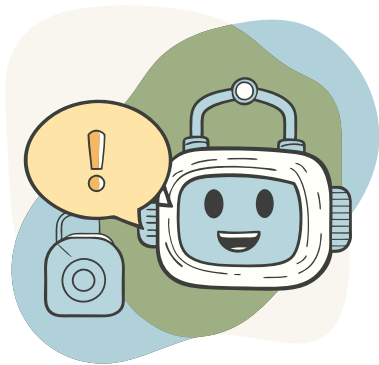
- Call the number of the person you know directly
- Do not answer the message immediately
- Ask for a detail that only that person knows

Remember:

- Your photos are your property – share them wisely
- Regularly check your privacy settings
- Read terms and conditions for applications and services
- React if someone uses your photo without permission
- Take special care with images of children
- Verify photo requests



You can find more resources by scanning the code above or by typing in your browser address:
<https://seniorai.fundacjaenabler.pl/#privacy>



Section 3: Safe prompting

What is prompting?

Prompting is asking questions or giving commands to artificial intelligence. It's like talking to a helper who wants to be useful but doesn't understand exactly what you're asking him to do.

Imagine you are talking to someone you can't see and don't know. You need to be careful with the information you give.

Principles of secure phrasing of queries

1. Never give out personal information

Protect your data as you would when talking to a stranger. Just as you wouldn't give your address or personal ID number to a random person on the street, don't give this information to AI.

From real life:

Mr Andrew asked AI to help him write an official letter and provided his ID number and address. A few days later he discovered that someone had tried to take credit on his details. His conversation with AI was not secure and the data was intercepted.

2. Avoid financial information

Safe queries:	Unsafe queries:
'How to plan a household budget?'	'I have GBP 50 000 in bank X – where is the best place to invest it?'
'What are the general principles of saving?'	'Should I withdraw money from my account at bank Y?'
'What is a bank deposit?'	'My card number is... Can I look it up somewhere?'

3. Protect family privacy

Do not give out details about loved ones. Information about your family can be used by fraudsters.

From real life:

Mrs Christine asked AI for help with her grandson Adam's illness, giving details of his condition. She soon received a phone call from a person claiming to be a specialist who knew the details of the boy's illness and was offering a 'miracle cure'. This was a fraudster who was able to access her call with AI.

Identifying suspicious AI behaviour

Warning signals – if AI asks you to:

- Personal data 'to make the answer better!' – this is a fraud!
- Financial information 'to customise the answer' – this is a fraud!
- Clicking on a link to a 'safer version' – this is a fraud!
- Providing a password or code from an text message – this is a fraud!

Real AI systems never ask for your personal or financial data!

How to phrase enquiries securely?

Instead of: 'Can my grandson Adam (8 years old) with a nut allergy can eat this cake?'

Better: 'Can a person with a nut allergy eat a cake that contains almond extract?'

Instead of: 'I live in a flat at 18 Rosewood Court, Camden, London. How can I check if my neighbourhood is safe?'

Better: 'How can I check if my neighbourhood is safe?'

Instead of: 'I'm 75 years old and have a pension of £1,140. Will I have enough for a trip to Greece?'

Better: 'What is the average cost of a week-long trip to Greece for one person?'

Remember:

- Do not give out your personal data in a conversation with AI
- Do not share financial information
- Protect the privacy of family and loved ones
- Beware of suspicious requests from AI
- Formulate general questions instead of detailed personal ones



You can find more resources by scanning the code above or by typing in your browser address:
<https://seniorai.fundacjaenabler.pl/#prompting>



Section 4: A critical approach to AI

AI is not a human

AI is like a parrot that repeats words it has heard – it may sound smart, but it does not understand what it is saying. Artificial intelligence does not think on its own – it just processes the information it has learned.

Important: AI has no consciousness, feelings or intentions. It cannot think or make decisions on its own. It is a tool created by humans to perform specific tasks.

AI hallucinations – when AI makes things up

Artificial intelligence sometimes ‘hallucinates’ – That is, it invents information that sounds plausible but is not true. It can create false quotes, non-existent historical facts or even made-up drugs.

From real life:

Ms Terese asked AI about her medication recommendations. AI suggested changing the dose of the medication ‘Cardiofort’ based on her description of her symptoms. The problem is that a drug with that name does not exist! AI created a convincing but completely false answer that could have been dangerous to her health.

How to verify information from AI?

Treat AI responses as gossip – always check them with reliable sources:

- Official websites of institutions (e.g. NHS, GOV.uk)
- Consultation with experts (doctor, lawyer)
- Reliable information services
- Encyclopaedias and dictionaries

When you hear a rumour, you don’t immediately accept it as true – you ask a few people to confirm. Do the same with information from AI.

Popular myths about AI

AI can't:
Thinking like a human being
Have feelings and emotions
Make moral decisions
Substitute a human expert (doctor, lawyer)
Take responsibility for mistakes
Understand the context like a human being
Create truly original art
To know what is true and what is false
To grasp irony, sarcasm and subtle references just like a human would.
Have its own goals, ambitions or intentions
Know the consequences of its 'decisions'
Anticipate the future – acts on on the basis of past data

AI as an assistant, not an authority.

AI is like a calculator – a helpful tool, but you are the one who needs to know what you want to calculate and whether the result makes sense.

From real life:

Mr Henry asked AI about the best route for his walk. AI suggested a beautiful route through the woods, but did not take into account that Mr Henry moves with a cane and has difficulty walking on uneven terrain. The suggestion was technically correct, but unsuitable for his situation.

Your common sense is paramount

Your life experience is invaluable – AI may have access to a lot of information, but it does not have your life wisdom and experience.

Remember:

You have decades of experience and decision-making. No artificial intelligence has what you have – real life experience and wisdom.



You can find more resources by scanning the code above or by typing in your browser address:
<https://seniorai.fundacjaenabler.pl/#critical-thinking>

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Contrast: High contrast between the text and background has been used to ensure readability of the content

Text alignment: Left-aligned text has been applied to improve document readability

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The document is adapted for reading by assistive programs, such as screen readers, and provides the proper structure to facilitate navigation.

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