

Easy Way to Start Using AI Today

Discover ChatGPT — Your Friendly AI Assistant

What is ChatGPT?

ChatGPT is a **free online tool** that acts like a smart assistant.

You can **type in a question**, and it will give you helpful answers, ideas, and suggestions — instantly.

No tech skills needed. Just ask it something, and it responds like a friendly guide.

What Can You Use It For?

Here are a few ways adults 60+ are using ChatGPT right now:

Plan a Trip

“Help me plan a 4-day trip to Charleston with good food, museums, and walking tours.”

Write an Email

“Write a thank-you note to my friend for helping me after surgery.”

Summarize Something

“Explain this article in simple terms.”

Find Recipes

“What’s a healthy dinner I can make with chicken, spinach, and rice?”

Learn Something New

“What are 3 simple ways to improve my memory?”

How to Get Started (Step-by-Step)

1. Open your web browser
2. Go to chat.openai.com
3. Create a free account (just your email and password)
4. Once you're logged in, you'll see a chat box
5. Type your question and hit **Enter** — that's it!

Stay Safe with AI

- ✓ Don't share your passwords, banking info, or anything private
- ✓ Always double-check important facts
- ✓ Think of ChatGPT as a **helpful assistant, not a replacement for your judgment**

Final Tip

You don't need to be "techy" to try AI.
Start small. **Ask one question. Try one idea.**
You'll be amazed at what you can do — with just a few words.