


These are examples of what we can do with Notebook LM and is not intended as final products




## 1. WHAT IS THIS "AI" EVERYONE'S TALKING ABOUT?

Think of it as a **smart helper**. It's a computer tool trained to learn patterns, not "think" like a human.




**Voice Assistants:** Helps with reminders & calls

**Recommendations:** Suggests shows you might like






**Health Scans:** Helps doctors spot issues clearly



## 2. THE FLIP SIDE: AI & SCAMS

(How they try to trick you)


Scammers use these smart tools to sound or look convincing. Be aware of tricks.



**The "Grandchild" Call:** Faking a loved one's voice in an "emergency" to get money fast




**The "Deepfake" Offer:** Using fake videos of trusted people to promote scams




## 3. YOUR "AI SAFETY SHIELD": Simple Steps to Stay Safe

**You are in control!** Follow these easy habits to protect yourself.




**1. Hang Up & Verify:** Call the person back on a number *\*you\** know is correct



**2. Family "Safe Word":** Agree on a secret word to confirm it's really them



**3. Be a Skeptic:** Never trust caller ID or click links from unknown senders



**4. Share Less Online:** Limiting public info makes it harder for them to copy you

**AI is a tool. Stay curious, but stay cautious!**



# A Voice for Older Adults:

## The Contra Costa County Advisory Council on Aging (ACOA)



### Our Mission & Approach



#### We Are a Voice, Connector & Advisor

We represent older adults to help shape policies and improve services

#### Driven by Community Experience

Our members are diverse older adults, advocates, and volunteers



#### Partnering for Stronger Support

We collaborate with the Area Agency on Aging and local organizations



### Key Areas of Focus



#### Housing

Ensuring affordable, accessible homes that allow people to age in place



#### Health & Transportation

Improving access to healthcare and providing safe, reliable transit options



#### Safety & Connection

Preventing elder abuse and promoting digital literacy and emergency preparedness

### Get Involved & Make a Difference



#### Why Our Work Matters

We help ensure older adults can age with dignity and independence



#### Your Voice is Needed

You don't need to be an expert—just interested in helping

#### How You Can Participate

Serve as a member, attend meetings, or share community perspectives

