

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



### 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