

AI for Retirees: Sample Prompts You Can Use

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HEALTH & WELLNESS — 20 Sample Prompts

1. Explain my cholesterol numbers in simple terms that someone my age can understand.
2. Create a weekly stretching routine for a beginner with stiff joints.
3. What are gentle exercises I can do at home without equipment?
4. Explain the difference between a CT scan and an MRI in plain English.
5. Give me heart-healthy meal ideas I can cook in under 20 minutes.
6. What questions should I ask my doctor at my next visit?
7. Explain this medical term: atrial fibrillation.
8. Help me create a medication reminder schedule I can print.
9. What are the common symptoms of dehydration for older adults?
10. Explain the side effects of this medication in simple language: Lisinopril.
11. Review my daily routine and suggest minor changes to improve my energy and sleep.
12. Create a gentle 15-minute morning routine to reduce joint stiffness.
13. Explain my blood pressure readings and what numbers matter most at my age.
14. Help me prepare a simple health summary I can bring to my doctor.
15. Suggest balance exercises to help reduce my risk of falling.
16. Create a grocery list focused on anti-inflammatory foods.
17. Explain how stress affects the body in older adults.
18. Help me track my medications, side effects, and questions in one place.
19. Create a walking plan that gradually builds endurance without strain.
20. Explain how hydration needs change with age.

TRAVEL PLANNING — 20 Sample Prompts

1. Plan a 5-day senior-friendly trip to Lisbon with light walking.
2. Create a packing list for a 7-day cruise in tropical beach weather.
3. Translate common Spanish phrases I'm likely to encounter into simple English.
4. Find the safest neighborhoods to stay in an Airbnb in Barcelona.
5. Make a list of free or low-cost activities for retirees in Rome.
6. Assist me in comparing two hotels based on location, noise, and accessibility.
7. What should I know about using my iPhone in Europe?
8. Create a step-by-step guide for navigating an airport alone.
9. Suggest day trips from London that don't require much walking.
10. Explain European train travel for beginners.
11. Plan a relaxed 10-day trip to Italy with built-in rest days.
12. Compare nonstop versus connecting flights with respect to comfort and fatigue.

13. Create a checklist to prepare my home before a long trip.
14. Explain travel insurance options in simple terms for retirees.
15. Please help me decide whether to rent a car or use public transportation.
16. Create a daily itinerary with time for rest and flexibility for a trip around Los Angeles.
17. What should I pack to manage medications safely while traveling?
18. Explain customs, passports, and visas in beginner language.
19. Develop a plan for maintaining contact with family while abroad.
20. Suggest destinations that are senior-friendly and budget-conscious.

LIFELONG LEARNING — 20 Sample Prompts

1. Teach me the basics of Spanish using simple sentences.
2. Explain the history of the Panama Canal in 10 easy bullet points.
3. Provide a beginner-level lesson on how Wi-Fi works.
4. Help me understand how to organize files on a computer.
5. Explain climate change in simple, balanced language.
6. Teach me the fundamentals of photography using my iPhone.
7. Help me understand sports rules (baseball, football, soccer, etc.) in simple terms.
8. Give me a daily brain exercise routine I can do in 10 minutes.
9. Explain how to use cloud storage in beginner language.
10. Turn this article into a short, senior-friendly summary.
11. Create a simple 30-day learning plan for a new topic of my choice.
12. Explain how the internet works using everyday examples.
13. Please help me understand standard technology terms I hear but don't fully understand.
14. Teach me one new interesting fact each day this week.
15. Explain how artificial intelligence works without technical jargon.
16. Create a beginner's guide to using YouTube for learning.
17. Help me practice memory skills with short daily exercises.
18. Explain how smartphones and apps work together.
19. Turn a complex news story into a calm, balanced summary.
20. Please help me build confidence in learning new technology step by step.

CREATIVITY & HOBBIES — 20 Sample Prompts

1. Give me ideas for a short story about two retirees traveling together.
2. Create a simple iPhone photography challenge for 30 days.
3. Suggest easy watercolor painting ideas for beginners.
4. Please help me write a poem about growing older gracefully.
5. Give me 10 gardening tips for someone living in an apartment.
6. Create a weekly list of journal prompts for personal reflection.
7. Please teach me how to edit photos on my iPhone in a step-by-step manner.
8. Give me 10 recipe ideas using ingredients I already have.
9. Help me plan a beginner-friendly YouTube channel for my hobby.
10. Suggest easy DIY craft projects using household items.

11. Help me turn my life memories into short written stories.
12. Create a weekly creativity challenge I can do in 15 minutes a day.
13. Suggest hobbies that are easy on the hands and joints.
14. Please help me write a letter to my future grandchildren.
15. Create prompts to help me start a personal memoir.
16. Suggest photography projects I can do close to home.
17. Help me plan a small creative project I can finish in one week.
18. Give me writing prompts focused on gratitude and reflection.
19. Help me organize my creative ideas, so I don't feel overwhelmed.
20. Suggest ways to share my hobbies online safely.

FINANCES & DAILY TASKS — 20 Sample Prompts

1. Explain the terms used on a cable bill in simple English.
2. What are red flags for a spam email?
3. Create a simple monthly budget for a retired person living alone in Atlanta, Georgia.
4. Explain how inflation affects retirees and how to plan for it.
5. Help me compare the cost of two phone plans from AT&T and Verizon for two lines.
6. Give me tips to avoid common online scams.
7. Do I need antivirus software for Windows 11, and what do Norton or McAfee provide?
8. Create a low-cost meal shopping list with simple breakfast, lunch, and dinner recipes.
9. Please help me understand what a FICO score is.
10. Identify ways to reduce my monthly technology subscription expenses.
11. Suggest areas to save money for a single retiree and a married retired couple in Florida.
12. Give me a list of everyday household items likely to be discounted in the next three months.
13. Create a checklist for managing bills and paperwork each month.
14. Help me understand Medicare basics in simple language.
15. What expense increases should I expect when owning a home in Los Angeles?
16. Explain subscription services and how to cancel unused ones.
17. Help me plan a realistic emergency fund.
18. Explain taxes for retirees at a high level.
19. Create a simple system for organizing critical financial documents.
20. I want to retire before Medicare. Would living abroad help reduce medical costs at age 55?

STAYING CONNECTED — 20 Sample Prompts

1. Write a friendly email thanking my neighbor for helping me.
2. Create a simple daily checklist for medications, water, and exercise.
3. Help me organize my phone contacts into groups.
4. Explain how to use voice-to-text on my iPhone.
5. Create reminder notes for my appointments this week.
6. Write a warm birthday message for my grandson.
7. Explain how to use videoconferencing applications step by step.
8. Make a simple to-do list for preparing my house for guests.
9. Help me respond politely to a confusing text message.

10. Develop a weekly schedule that allocates time for chores, rest, and hobbies.
11. Help me create a weekly routine to stay socially connected.
12. Write a friendly message to reconnect with an old friend.
13. Help me organize my photos so I can easily share them.
14. Create reminders for birthdays and special occasions.
15. Explain social media privacy settings in simple language.
16. Help me create a short family update message.
17. Explain texting etiquette for group messages.
18. Help me practice video calls without feeling nervous.
19. Create a simple emergency contact list I can print.
20. Help me set healthy boundaries with technology and screen time.

PRIVACY & SAFETY — 20 Sample Prompts

1. What personal information should I never share with AI?
2. Explain how to tell if a website is safe.
3. Give me a beginner's guide to creating strong passwords.
4. How can I tell if an email link is dangerous?
5. Show me safe ways to use AI for medical questions.
6. Explain "AI hallucinations" in simple language.
7. What steps can I take to protect my privacy on my iPhone?
8. How can I determine whether a Facebook message is genuine or fraudulent?
9. What are the safest ways to store digital documents?
10. Give me a list of safe questions to ask AI — and what to avoid.
11. Explain common online scams that target retirees.
12. Create a simple checklist for staying safe online.
13. Help me recognize fake tech support messages.
14. Explain two-factor authentication in simple terms.
15. What should I do if I think my account was hacked?
16. Help me decide which apps are safe to install.
17. Explain how personal data is used online.
18. Create a plan for safely storing passwords.
19. Explain how to review app permissions on my phone.
20. Help me know when to trust AI — and when not to.