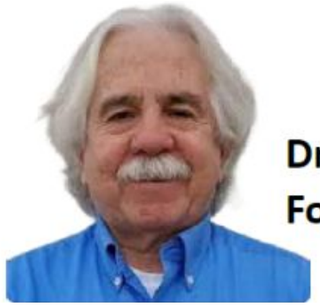


Katie Moore
Disability Advocate



Dr. Mark Friedman
Founder of MyTechForAll



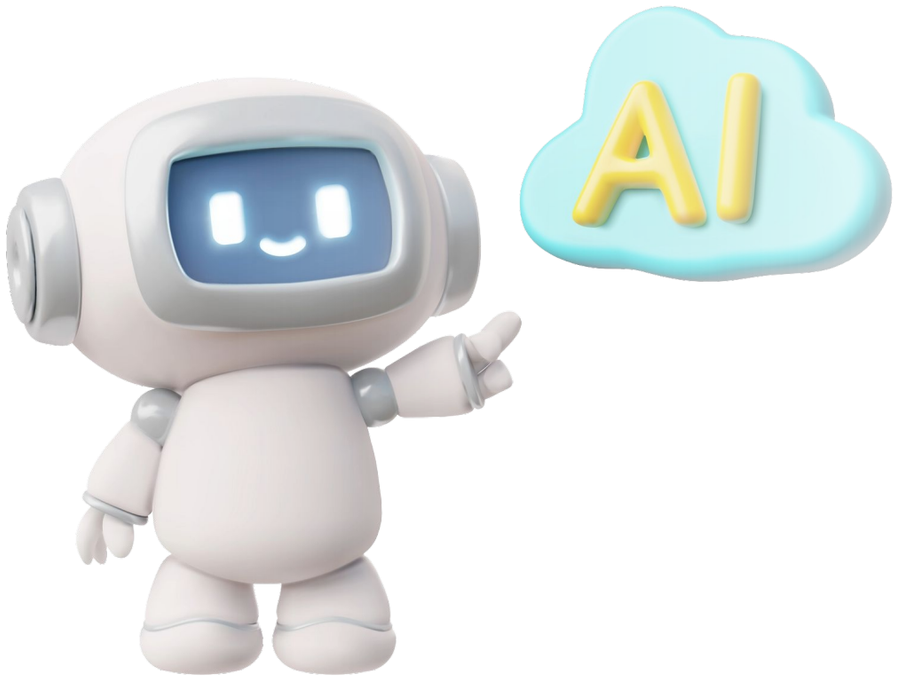
David Taylor
Motivational Speaker



Dr. Ruthie Beckwith
Disability Rights Pioneer



My Tech for All https://mytechforall.com/



Getting Started with AI: A Simple Guide

This is for people who have never used AI before. You don’t need to be a tech expert. We’ll walk you through how to try it out — step by step.

What Is AI?

AI (Artificial Intelligence) means computers can do things like answer questions, write emails, or make pictures. Think of it as a smart helper — like Google, but more powerful.

🛠️ What You Can Use AI For

- Write a letter or email
- Make a grocery list or meal plan
- Explain something in plain language
- Get ideas for activities or lessons
- Translate text into another language
- Help plan a trip or appointment



How to Try AI Tools (Free and Easy!)

1. ChatGPT by OpenAI

- Website: https://chatgpt.com/
- What it does: You type in a question, and it gives you a helpful answer.
- How to start: Click “Sign Up” and create a free account. You can use the free version — you don’t have to pay.

2. Google Gemini

- Website: https://gemini.google.com
- Log in with a Gmail account.

3. Microsoft Copilot

- Website: https://copilot.microsoft.com
- Free with a Microsoft Office 365 account

What to Type (Prompts)

Ask questions in your own words. There's no wrong way to ask.”



Try something like:

- “What movies are playing tonight in my town?
- Help me plan a healthy lunch for someone with diabetes.”
- “Turn this list into a flyer.”
- “What are 3 fun games for a person with a learning disability?”
- “What are some easy dinner ideas"
- “Explain social security in plain language.”
- “Give me tips for job interviews.”
- “Write a thank-you note to my legislator.”
- “Make a weekly calendar.”
- “Summarize this article for me.”

Tips for Using AI Safely

- Don’t share private information.
- AI may not always be right — double check!
- Use it as a helper, not a decision-maker.

Technology for All

GENERATIVE AI

Maximize the Benefits, Minimize the Harm

BENEFITS



FASTER HELP

AI can quickly answer questions or find information, saving you time and effort.



MAKES LEARNING EASIER

It can explain things in simple ways, give extra practice, and help you learn at your own pace.

RISKS



DEEPFAKES

AI can make fake videos or voices, so always check if something is real before you believe or share it.



LONELINESS

Talking to AI when you're lonely might help, but real people give real care — try to connect with them.



SUPPORTS PEOPLE WITH DISABILITIES

AI can read things out loud, help with communication, and make technology easier to use.



GETS THINGS DONE FASTER

AI can do boring or repeated tasks, so you can focus on what matters most.



HELPS YOU STAY HEALTHY

It can remind you to take your medicine, drink water, or go to your doctor's appointments.



EXPLOITATION AND ABUSE

Bad Actors use AI to trick and harm people — ask someone you trust if something feels wrong.



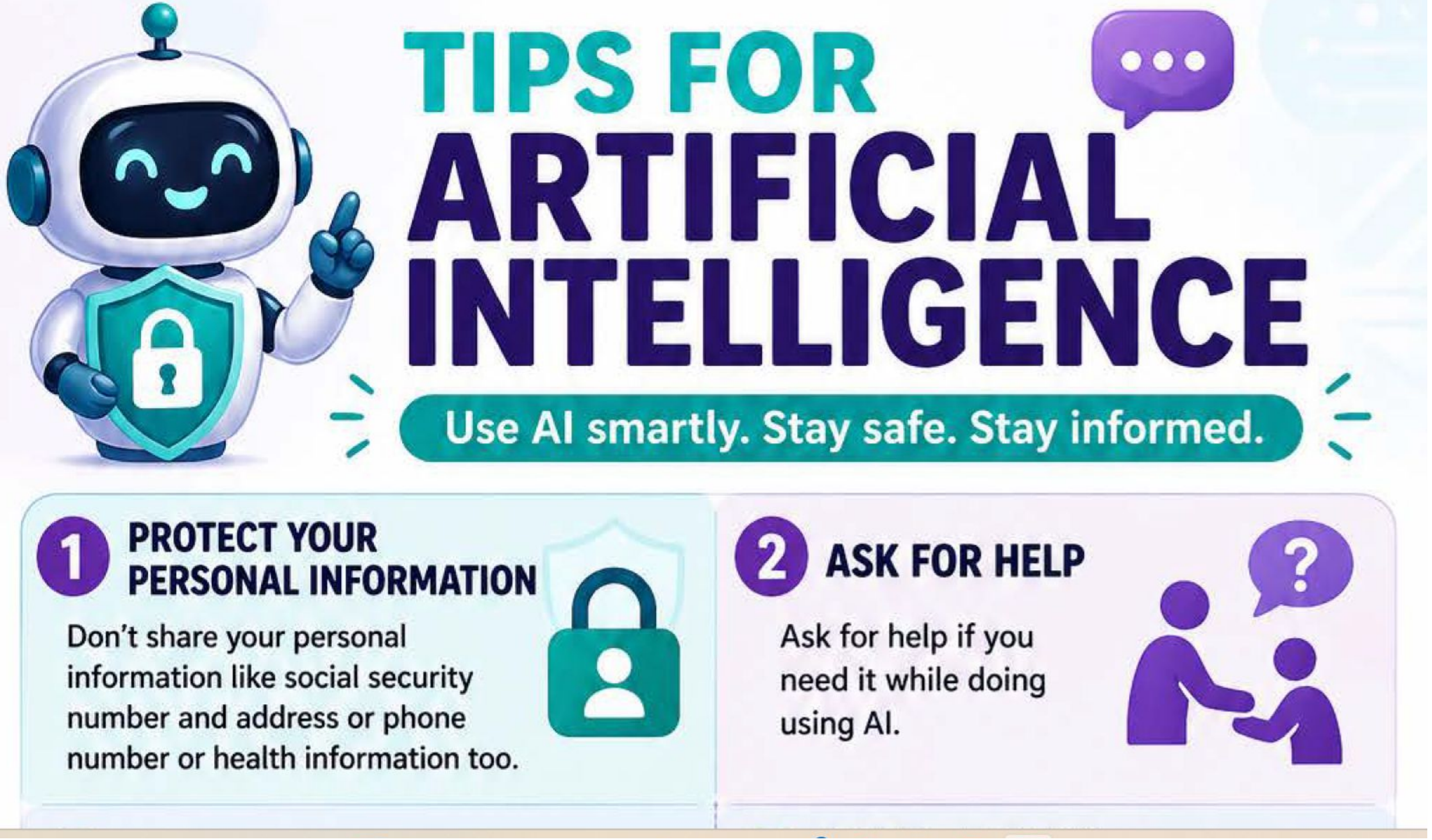
AI COMPANIONS

AI apps may act like friends, but they're not real and can give bad advice — use them wisely, not as a substitute for people.



MOST AT RISK: KIDS, SENIOR CITIZENS AND PEOPLE WITH DISABILITIES

All of us can be easily tricked and deceived. Check with a trusted friend.



My Tech for All https://mytechforall.com/

3 USE AI FOR GOOD

Use AI help to you and not harm for you.



4 DOUBLE-CHECK INFORMATION

Artificial intelligence is not always correct. Make sure to check the information make sure it correct.



5 REVIEW BEFORE YOU SEND

Check your spelling before sending it to AI always save your information.



6 USE AI AS AN ASSISTANT

Use ai for assistant like to make certain things or to put in plain langue or help find a recipe.



7 WATCH FOR DEEPFAKES & MISINFORMATION

Deep fake and malformation it mean thinking it true content it fake and threaten and truth.



8 CHOOSE TRUSTED TOOLS

Chose use and known tools like Chat GPT or Google Gemmi thing that more common.

ChatGPT

Google Gemini

10 BE CAREFUL WHAT YOU SHARE

Be careful what you say or put AI Platform you won't get it back.



THINK. CHECK. PROTECT. REPEAT.

Stay Safe • Stay Smart • Use AI Wisely



Before we go into breakout rooms to talk about AI.

Katie, signed up to comment today.

2 questions for breakout rooms:

#1 How are you using AI?

#2 Do you have any tips or stories to share?