

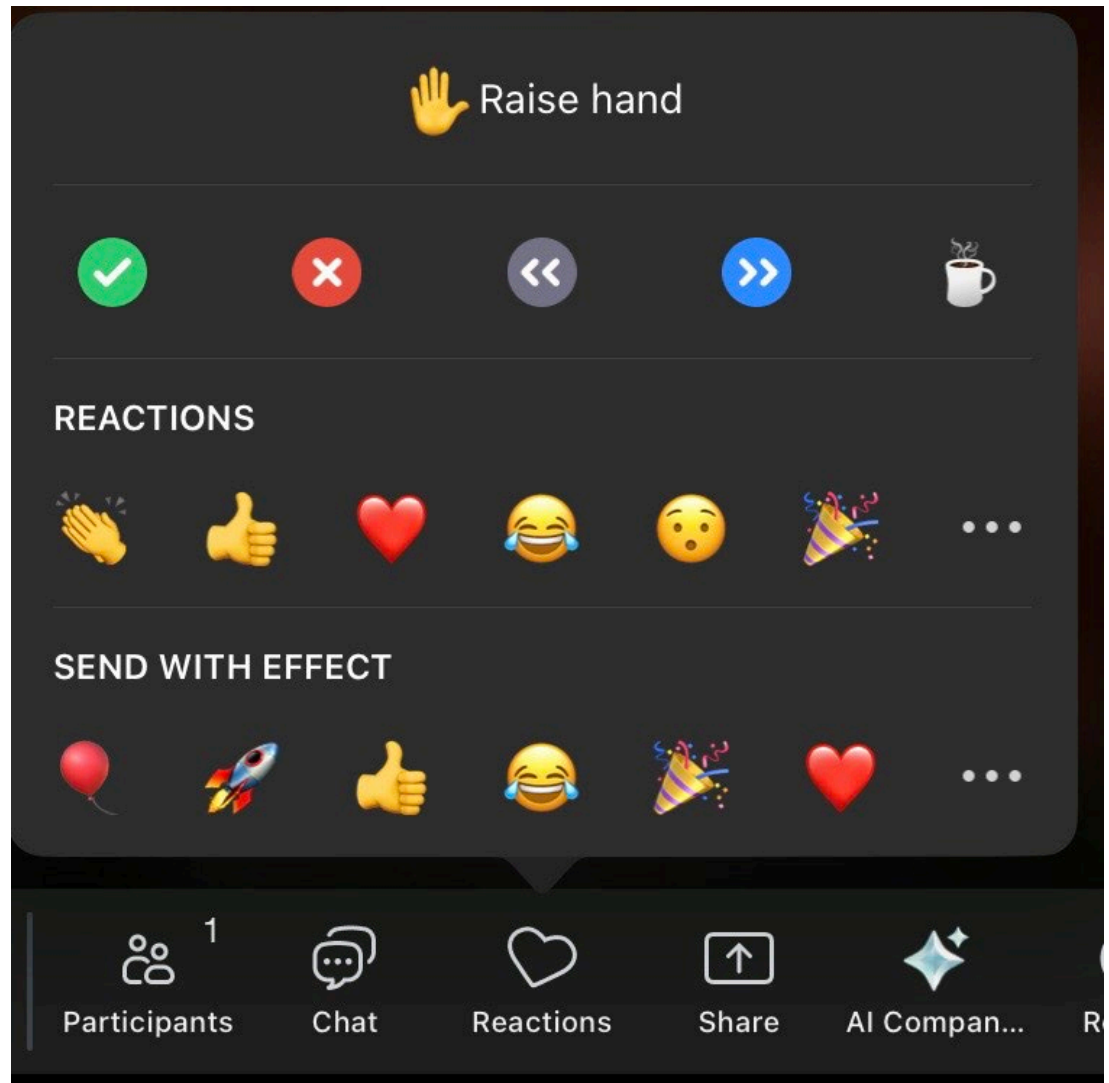
# Future Lives – AI Evolution

Wednesday 11<sup>th</sup> March 2pm

- AI Evolution ..... Barry
- You are already using AI .. Sarah
- My AI journey ..... Hillary
- AI Literacy & Ignorance ... Don
- AI Resources ..... Alan



Reactions  
Questions  
Comments



Jacquard's Loom 1804

Machine readable Data



# Piano Player

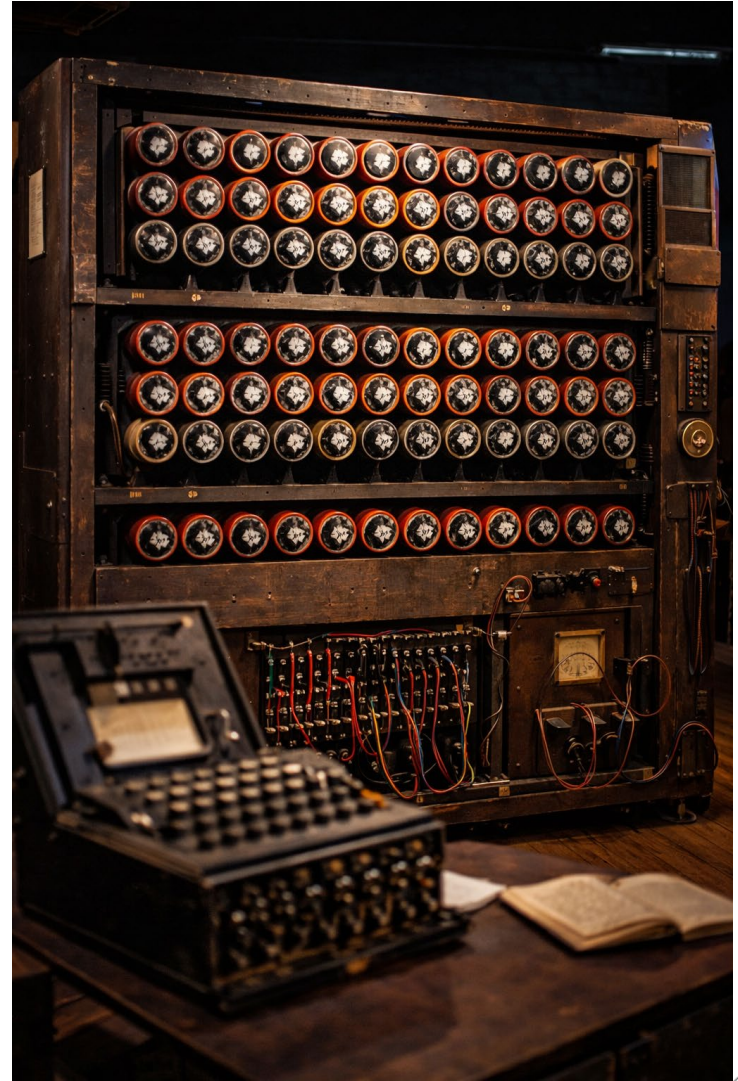


World War 2

Bombe Machine

Enigma Decoding

Alan Turing



# Apollo 11- 1969

Where are the women  
and non white people?

Power of Smartphone





AI is trained on  
Internet data  
and other sources



200 years  
of evolution



# World of AI



# Sarah Jones

Chiltern u3a  
Amersham Bucks



# My AI day

- From my bed I asked, 'Alexa, play Virgin Radio' (Blush)
- Checked my bank balance on my phone
- Looked at and answered a few e mails
- I went into Amersham. My 'sat nag' came on
- I paid for vegetables with my credit card in a market
- Got sage from M&S which came from Italy, paid with my credit card and was asked for my Sparks card
- Came home playing Spotify in my car and then on my sound system at home
- My Alexa told me to expect an Amazon delivery today...

# Comments heard recently from u3a members

- I do not use AI, I do not trust it
- I do not want any photos of me or my family on line
- I do not have a digital foot print

On his 40th birthday Tom Good decides that he's had enough of the rat race and that he and wife Barbara will become self-sufficient.



Sarah Jones Chiltern u3a

# What they already had or had to continue to use

- 1. The House Itself**
- 2. Utilities**
- 3. Tools and Equipment**
- 4. Seeds and Breeding Stock**
- 5. Materials They Cannot Make**
- 6. Money**

People wanting to avoid AI/ not to use..



# What I can decide not to use

## Six AI Things You Can Choose Not to Use



### Smart Doorbells

Cameras, Motion Detection



### Facial Recognition

Face Detection, ID Verification



### Voice Assistants

Alexa, Google Assistant, Siri



### Fitness Trackers

Step Tracking, Health Monitoring



### Social Media Apps

Algorithms, Content Filtering



### Personalized Ads

Tracking, Targeted Promotions

# What AI is going on all around me (all the time)

## Six Hidden Places AI Appears in Everyday Life



### Smart Home Devices

Cameras, Speakers, Thermostats



### Online Services

Shopping, Maps, Banking



### Smartphones

Face & Speech Recognition



### Email & Social Media

Spam Filters, News Feeds



### Streaming Services

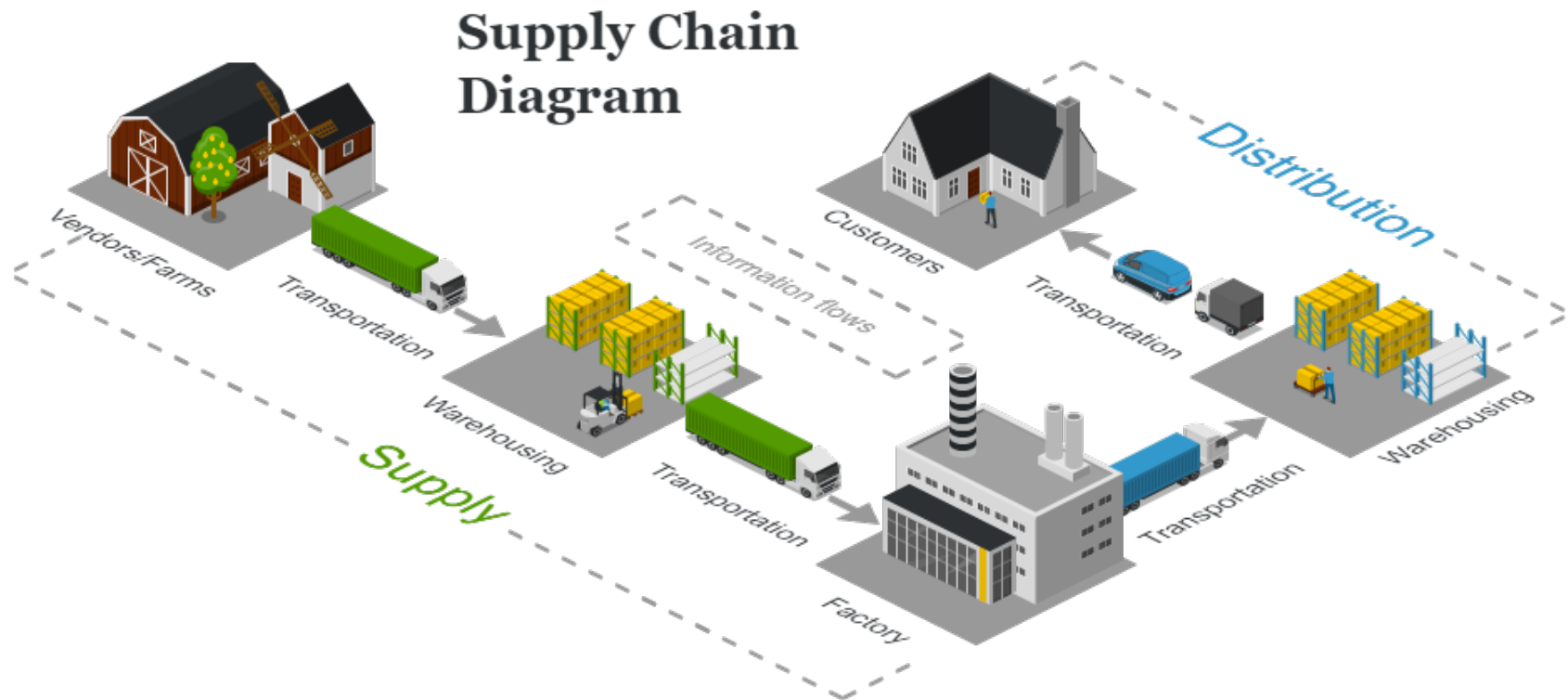
Film & Music Recommendations



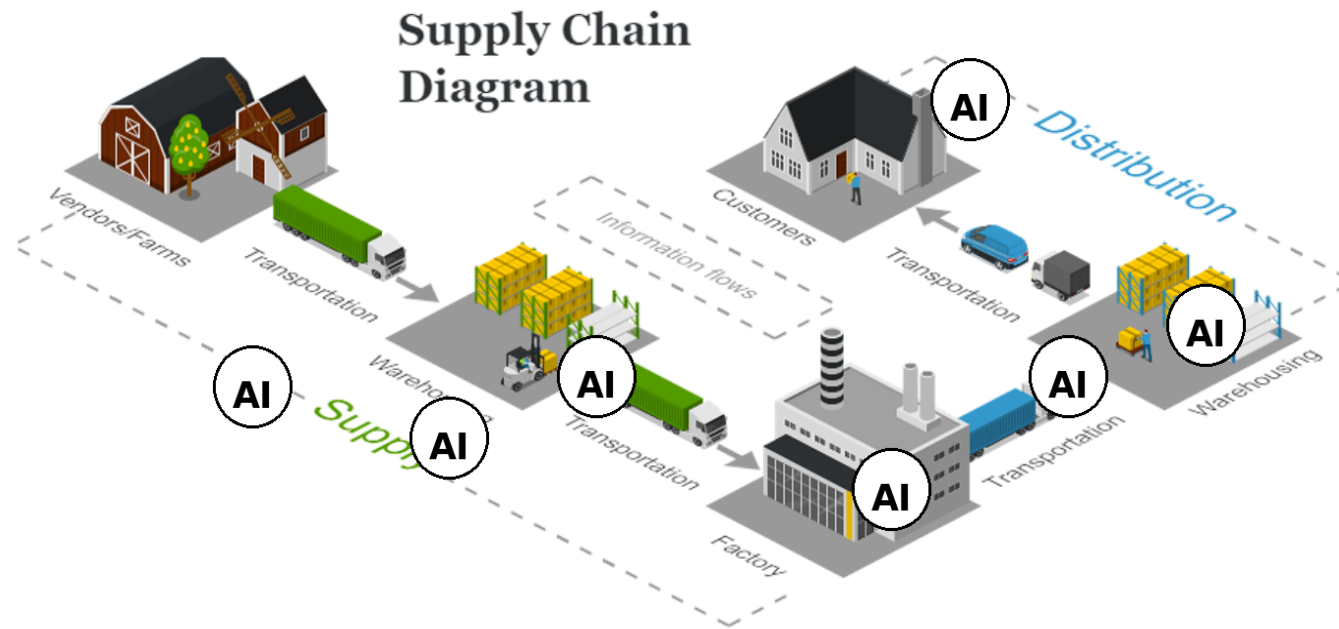
### Energy & Utilities

Power Grids, Renewable Energy

# To get things to your door



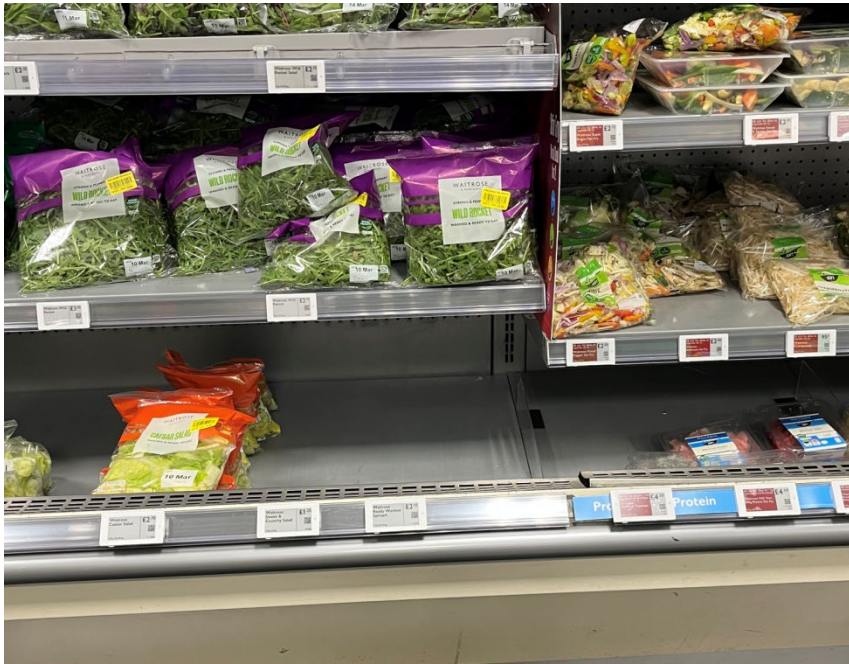
# Where AI Operates in a Modern Supply Chain

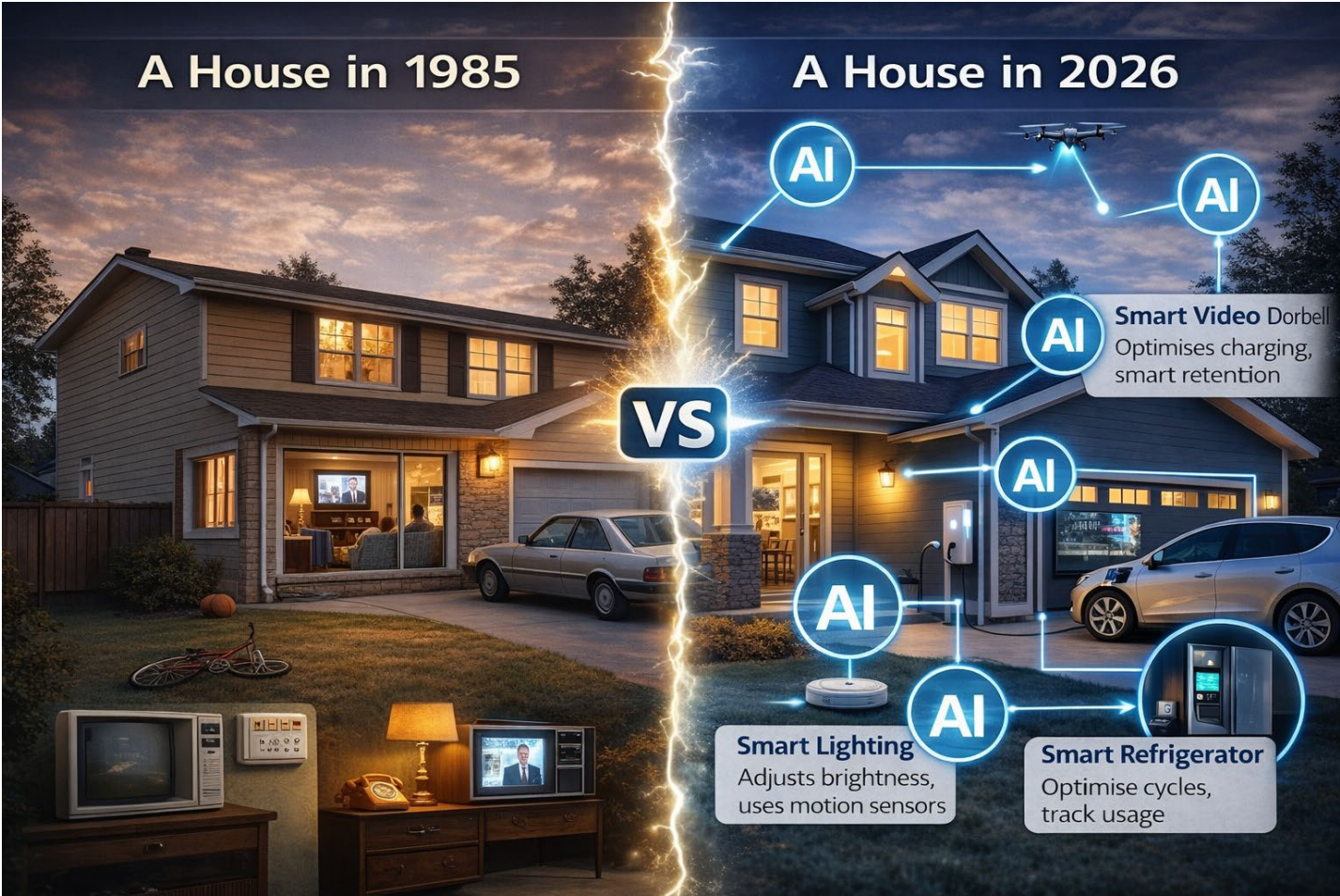


# Marks and Spencer 10<sup>th</sup> March 2026



# Marks and Spencer 10<sup>th</sup> March





# AI You Can Avoid vs AI You Cannot Escape



VS



## AI You Can Avoid

Smart Doorbells, Social Media,  
Voice Assistants...

## AI You Cannot Escape

Electric Grids, Transport Systems, Healthcare...  
Big, Recal, Industrial Supply Chains

Perhaps you can escape AI if you move here.....



# Examples of very positive AI use from u3a members

## Anna Finn

Anna is still working. Her Hypnotherapy and Psychotherapy business, 'Anna Finn Wellbeing'

- **AI accelerated my writing** for blogs and social media.
- **A practical business assistant** for newsletters, eBooks and marketing.
- **Unexpectedly useful** for planning complex travel and events.
- **Next step:** Leading a AI group for a u3a near Beeston in Nottinghamshire



Sarah Jones Chiltern u3a

# Anna says.....

- ‘Learn together and share together’
- ‘I would encourage you all to explore AI knowing that it can find answers to many questions we all have but don’t know where to look’.

Anna during  
an average  
day LOL



# Hillary McColl

## **Profoundly deaf for 40 years**

- Relied on hearing aids and lip-reading
- Email and texting were the first communication breakthrough

## **Then AI changed everything**

- **Live AI captioning** lets her follow conversations in real time
- Used it in hospital consultations and everyday conversations
- Makes phone calls possible
- Now able to attend talks and participate in groups such as **TAT AI team**

## **Hillary's message**

- **“AI doesn't just improve technology — it gives people like me a voice.”**

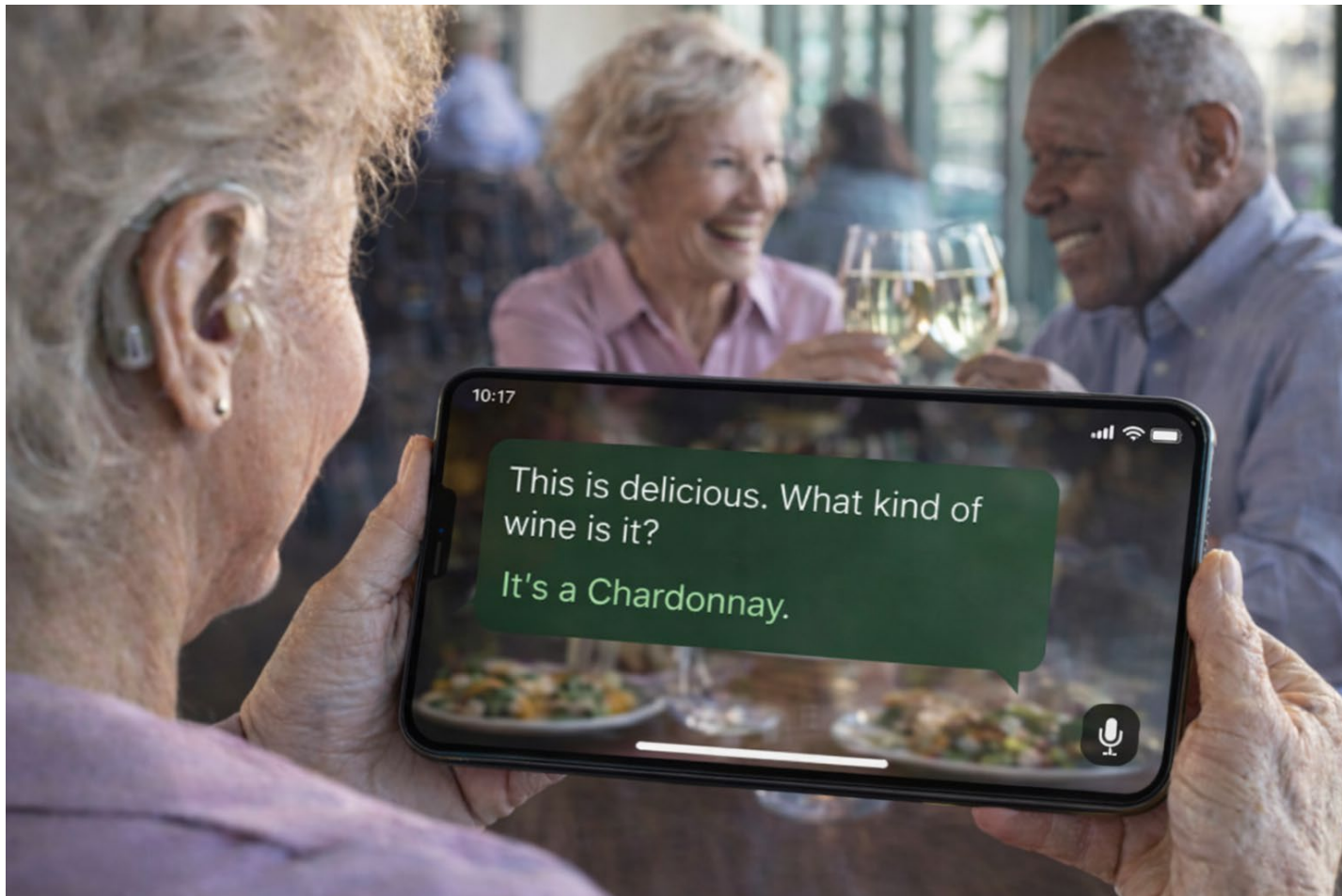
# AI Gave Me My Voice

- **“For 40 years I struggled to hear conversations.**
- **AI live captioning finally let me follow them.”**



Sarah Jones Chiltern u3a

# The Transformation



# Understanding AI

## Purpose

To reduce anxiety about AI by building *understanding* — not by selling AI as perfect, but by showing how knowledge protects us

# What is AI?

Voice assistants (Siri, Alexa)

Recommendation systems  
(Netflix, YouTube, Amazon)

Spam filters in email



## Short Definition

Technology that learns patterns to help make decisions or automate tasks

Not “magic thinking,” it’s maths plus data

Key message:

AI isn’t one monolithic thing, it’s *many tools* shaped by people

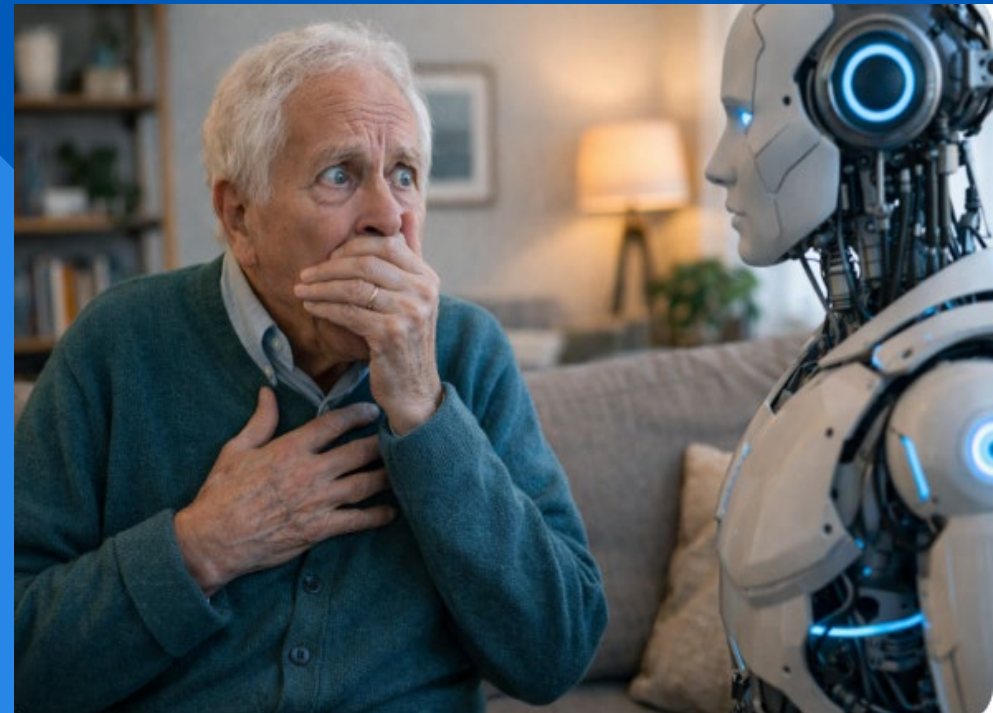
# Why People Fear AI

Human tendency to fear the unknown

Stories in media amplify dramatic negatives

We fear what we don't understand

Real vs. exaggerated fears



# Real Concerns

Scams & fraud using AI voices and email

Deepfakes and misinformation

Data privacy risks

Exaggerated fears (debunked)

Robots taking over the world tomorrow

AI having human emotions or intentions



Source: The Times



# *Real Risks for Older Adults & How AI Makes Them Worse*

Enhanced fraud and scams  
Convincing phishing emails  
Voice cloning to impersonate loved ones  
Fake “trusted” messages

Examples include:

Impersonated bank calls  
“Urgent tax refund” letters from fake addresses  
AI-generated images used in fake ads



# Why this demographic is especially targeted

More trusting by nature  
Less familiar with tech  
Slower to recognize subtle digital cues

What AI *doesn't* do:  
AI doesn't have intent,  
emotion, or morality

It's a *tool* — like a knife, useful in the kitchen, dangerous in the wrong hands



**Understanding AI reduces fear**

- fear shrinks with familiarity**
- knowledge brings power not panic**

**What you can learn about AI**

- how it generates text, images, voices**
- how data is used**
- how to spot scams**
- how to use AI safely in daily life**



# Practical, Immediate Tips to Stay Safe

## Spotting scams

- look for urgency and pressure
- check sender addresses, not just names
- never share passwords or bank details in response to unsolicited messages

## Protecting personal data

- strong, unique passwords
- two-factor authentication
- don't overshare online

## Tools to help, not harm

- spam filters and scam detection
- identity theft alerts
- trusted password managers



# Empowerment Over Fear

Fear means curiosity is needed, not avoidance

Understanding AI isn't about loving every part of it — it's about staying in control

You're not passive observers — you're *educated participants*

AI isn't going away, but when we understand it,  
we can choose how it fits into our lives, safely  
and confidently

