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## Artificial Intelligence – AI Technology for the Third Age

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Artificial Intelligence (AI) Applied to Seniors 55+ in the Silver Economy: An Analytical Balance  
Between Ethics, Technology and Social Concerns

Artificial Intelligence (AI) is a rapidly evolving technology with the potential to revolutionize many aspects of our lives, including the lives of seniors aged 55 and above. AI can be used to improve health, finances, social interactions, and more. However, it is important for seniors to prepare for the use of AI. Here are some key steps that can be done to be prepared for AI:

- Be open to learning new things. AI is a rapidly evolving technology, and it is important to be willing to learn about new AI-powered products and services as they become available. This means being willing to read about AI, watch videos about AI, and talk to people who are already using AI. It also means being willing to experiment with new AI-powered products and services to see how they work and if they are helpful.
- Be comfortable with technology. AI-powered products and services can be complex, so it is important to be comfortable using technology in general. This means being able to use a computer, smartphone, or tablet. It also means being able to follow instructions and troubleshoot problems. If you are not comfortable with technology, there are many resources available to help you learn. There are online courses, books, and even in-person classes that can teach you the basics of technology and help you to increase AI literacy.
- Be aware of the risks and benefits of AI. As mentioned before, AI is a tool, and like any tool, it can be used for good or for bad. It is important to be aware of the potential risks and benefits of AI, and to use it in a way that is safe and ethical. Some of the potential risks of AI include:
  - Data bias: AI systems can be biased if they are trained on data that is biased. This can lead to AI systems making unfair or inaccurate decisions.
  - Accuracy: AI systems are still under development, and they may not be as accurate as human experts in some areas. Seniors who use AI-powered products and services should be aware of the potential for inaccuracy and should be prepared to question the results, in particular the results of generative AI solutions such as chatGPT.
  - Privacy concerns: AI systems can collect and store a lot of data about people. This data could be used to track people's activities or to target them with advertising.

It is important to weigh the potential risks and benefits of AI before using it. If we are concerned about the risks, we can take steps to mitigate them, such as using AI systems that are transparent and accountable. New EU AI Act will help to increase trustworthiness of AI solutions. It will introduce a mandatory conformity marking for AI systems sold within the European Economic Area (EEA). The CE mark, which stands for "Conformité Européenne," is a well-known symbol that is associated with safety and quality. The introduction of the CE

mark for high-risk AI systems will help to protect consumers and businesses in the EEA by ensuring that these systems meet certain safety standards. This will also increase trust in AI technology.

- Talk to your doctor or other trusted advisor. If you are considering using AI for a specific purpose, such as managing your health or finances, it is important to talk to your doctor or other trusted advisor first. They can help you understand the risks and benefits of AI for your specific situation, and they can recommend specific AI-powered products and services that may be right for you.

Here are some additional suggestions for third age persons who are interested in using AI:

- Start small. There are many different AI-powered products and services available, so it is important to start small and try out a few different ones to see what you like and what works for you. This will help you learn about AI and how to use it effectively without getting overwhelmed.
- Find a mentor. If you are a beginner in using AI and you know someone who is already using AI, ask them to be your mentor. They can help you learn about AI and how to use it effectively. They can also answer your questions and give you advice.
- Join an online community. There are many online communities for people who are interested in AI. These communities can be a great way to learn about AI, share tips, and get support. There are many forums and chat rooms where you can ask questions and get help from other people who are using AI.
- Stay up-to-date. The field of AI is constantly evolving, so it is important to stay up-to-date on the latest news and developments. This will help you make informed decisions about whether or not to use AI and which AI-powered products and services are right for you. There are many websites and blogs that can help you do this.

Finally, I would like to note that seniors can also make a significant contribution to the safer use of AI technologies. One of the important advantages of seniors in using AI technology is the critical thinking skills they have acquired through experience. This is an important skill for young people to learn because AI systems are often based on probabilistic reasoning and can produce results that are plausible but wrong. A good example of such issues is the hallucination of generative AIs, such as ChatGPT. Seniors can teach young people how to evaluate the results of AI systems critically by teaching them to ask questions, consider alternative explanations, and be aware of the limitations of AI.

This is just one example, and there are probably many more. This example also shows that human intelligence is also important in the use of AI technologies.