

LIVING WELL WITH AI

A Six-Session Course on Using Claude for Health, Connection, Creativity & More

Designed for seniors of all experience levels

Six sessions • 90 minutes each • Interactive & hands-on

Course Overview

Session	Topic
Session 1	Welcome to Claude — Your New AI Companion
Session 2	Your Health & Wellbeing
Session 3	Staying Connected with Family
Session 4	Memory, Brain Fitness & Learning
Session 5	Hobbies, Creativity & Daily Life
Session 6	Managing Money & Life Administration

INSTRUCTOR GUIDE & COURSE PHILOSOPHY

About This Course

This course teaches seniors to use Claude — Anthropic's AI assistant — as a practical tool for living a fuller, more independent, and connected life. The goal is not to turn participants into technology experts; it is to give them a **trusted tool** that helps them navigate everyday challenges.

Teaching Principles for Mixed Audiences

- Start every session by inviting participants to share what they already know — some will surprise you.
- Pair more experienced participants with beginners during partner exercises.
- Never rush. Cognitive processing speed varies; allow extra time for practice activities.
- Use large print handouts and project at minimum 24pt font on screen.
- Normalize mistakes: 'Claude will not break if you ask a wrong question.'
- Celebrate small wins loudly — every successful prompt matters.

How Sessions Are Structured

Time Block	Activity
0:00 – 0:10	Welcome, attendance & warm-up question
0:10 – 0:30	Concept introduction (instructor-led demo)
0:30 – 1:05	Hands-on practice exercises
1:05 – 1:20	Group sharing & discussion
1:20 – 1:30	Wrap-up, homework prompt & preview of next session

Materials Needed Each Session

- Printed Quick Reference Card (one per participant)
- Large-screen computer or tablet per participant or pair
- Printed 'Prompt Starters' card — a set of ready-to-use opening lines
- Whiteboard or flip chart for capturing participant responses
- Optional: printed session workbook pages

SESSION 1

Welcome to Claude

Your New AI Companion

Learning Objectives

- Understand what Claude is and what makes it different from a search engine
- Type a first message and read a response with confidence
- Know how to ask Claude to repeat, simplify, or explain anything differently
- Feel comfortable that there are no 'dumb questions' with Claude

Key Concepts

What is Claude?

Claude is an AI assistant made by Anthropic. Think of it as a very knowledgeable, patient friend who is available 24 hours a day, never gets tired of your questions, and always tries its best to help. Unlike a search engine that gives you a list of links, Claude reads your question and writes a personal answer — just for you.

How do you talk to Claude?

You type your question or request in a text box, just like sending a text message. You do not need to use special codes or commands. Plain, everyday language works perfectly. Claude understands sentences like 'Can you explain what a blood pressure reading of 130/80 means?'

What Claude can and cannot do

Claude can explain things, write letters or emails, summarize long documents, help you remember things, brainstorm ideas, and answer most general questions. Claude cannot browse the internet in real time, call people for you, or remember past conversations (unless you tell it what you discussed before).

Privacy & Safety Basics

Never share your Social Security number, bank account numbers, or passwords with Claude. Treat it like a helpful stranger — share only what is comfortable. Claude does not save your conversations or share them with others.



INTERACTIVE ACTIVITY

GROUP ACTIVITY: 'Two Truths and a Claude' (15 minutes)

Each person thinks of 3 statements about themselves — 2 true, 1 made up.

Ask Claude to write a short, fun biography based on all 3 (as if they were all true).

Share the result and guess which fact Claude 'made up' (the one you told it).
Discuss: How well did Claude capture your personality?

Guided Exercises

Exercise 1: My First Conversation

Each participant opens Claude and types their first message.

1. Open Claude on your device (your instructor will help if needed)
2. In the text box, type: 'Hello! My name is [your name]. Can you tell me something interesting about the town or city I live in?' and press Enter or tap Send
3. Read the response. Does anything surprise you?
4. Type a follow-up: 'Can you make that simpler?'
5. Share one thing you noticed with the group

Exercise 2: Ask Claude to Help You

Practice asking for help with something real.

6. Think of one thing you have wondered about recently (a health term, a news story, a recipe, anything)
7. Type your question to Claude in your own words
8. If the answer is too long, type: 'Can you give me a shorter version?'
9. If any word is confusing, type: 'What does [word] mean?'

Prompt Starters for This Session

Topic	Try Saying to Claude...
Greeting Claude	Hello! Can you tell me about yourself?
Simplify anything	Can you explain that more simply?
Ask again differently	I didn't quite understand. Can you try explaining that a different way?
End a chat graciously	Thank you! That was very helpful.



TAKE-HOME PRACTICE

Tonight, ask Claude ONE question that has been on your mind — anything at all. Write down the question and Claude's answer on a notecard to share next week. Practice asking Claude 'Can you explain that more simply?' at least once.

Next session preview: *Session 2 — Using Claude to understand and manage your health information.*

SESSION 2

Your Health & Wellbeing

Making Sense of Medical Information

Learning Objectives

- Ask Claude to explain diagnoses, medications, and test results in plain language
- Prepare thoughtful questions for doctor appointments
- Use Claude to track symptoms and health notes
- Understand Claude's limits — when to always call your doctor

Key Concepts

Claude as a Health Explainer

Medical language can feel like a foreign language. Claude can translate it. If your doctor says you have 'hypertension' or your test shows a 'slightly elevated CRP,' you can ask Claude to explain exactly what that means, what questions you should ask, and what lifestyle changes might help.

Preparing for Doctor Visits

Research shows that patients who arrive with written questions get more out of their appointments. Claude can help you organize your thoughts, remember your symptoms, and prepare a clear list of questions — so you do not forget anything important when you are face-to-face with your doctor.

Medication Questions

Claude can help you understand what a medication is for, what common side effects are, and whether two medications you take might interact. Always confirm important medication decisions with your pharmacist or doctor — Claude provides information, not a prescription.

IMPORTANT: Claude is Not a Doctor

Claude does not diagnose illness and cannot examine you. Use it for education and preparation, not diagnosis. For any emergency, call 911. For urgent concerns, call your doctor or a nurse line.



INTERACTIVE ACTIVITY

PARTNER ACTIVITY: 'My Health Question' (20 minutes)

In pairs, each person shares ONE health topic they have questions about.

Together, craft the best possible question to ask Claude about it.

Ask Claude, then read and discuss the answer together.
Each pair shares their most useful finding with the whole group.

Guided Exercises

Exercise 1: Decode a Medical Term

Use Claude to understand a real term from your own life.

10. Think of a medical term from a recent visit, prescription label, or health report
11. Ask Claude: 'Can you explain what [term] means in simple language?'
12. Ask a follow-up: 'What questions should I ask my doctor about this?'
13. Write down two questions you would actually want to ask

Exercise 2: Prepare Your Doctor Appointment List

Create a real question list you can use.

14. Tell Claude about an upcoming appointment or a health concern you have
15. Ask: 'Can you help me make a list of questions to ask my doctor?'
16. Ask Claude to organize the questions from most to least important
17. Print or save the list on your phone

Exercise 3: Medication Check

Understand your medications better.

18. Name one medication you currently take (just the name, not your personal details)
19. Ask Claude: 'What is [medication name] typically prescribed for, and what are common side effects?'
20. Ask: 'Are there any foods or other medications that people are usually warned to avoid with this?'

Prompt Starters for This Session

Topic	Try Saying to Claude...
Explain a diagnosis	My doctor said I have [condition]. Can you explain what that means in simple terms?

Understand test results	My blood test showed my cholesterol is 240. Is that high, and what does it mean?
Prepare questions	I have a cardiology appointment next week. Can you help me make a list of questions?
Check a medication	What is metformin used for and what should I know about taking it?

TAKE-HOME PRACTICE

Ask Claude to help you create a simple health summary — a one-page overview of your conditions, medications, and allergies. This can be very useful in an emergency.

Before your next doctor appointment, use Claude to prepare at least 3 questions.

Bonus: Ask Claude 'What are five things seniors can do every day to support heart health?'

Next session preview: *Session 3 — Using Claude to write messages, emails, and stay close to the people you love.*

SESSION 3

Staying Connected with Family

Letters, Messages & Bridging the Distance

Learning Objectives

- Write warm, personal emails and messages with Claude's help
- Bridge technology gaps to connect with grandchildren
- Use Claude to write cards, letters, or tributes for special occasions
- Reconnect with people from your past

Key Concepts

Claude as Your Writing Partner

Many people feel that writing has become harder with age — finding the right words, staying organized, getting the tone just right. Claude is a patient, tireless writing partner. You tell it what you want to say and how you feel; it helps you say it beautifully. You are always in charge of the final message.

Connecting with Grandchildren

Grandchildren live in a world of memes, gaming, music, and social media that can feel foreign. Claude can help you understand their world — explain a game they love, help you write a funny text they will actually enjoy, or suggest activities you could do together.

Celebrating Life's Moments

Birthdays, anniversaries, graduations, condolences — sometimes the right words are hard to find. Claude can help you write a heartfelt card, a toast for a party, or a tribute for someone special. Just describe the person and Claude will help you capture what makes them unique.

Reconnecting with Old Friends

Have you lost touch with someone important? Claude can help you write a gentle reconnection note — warm, not awkward, that opens a door without pressure.



INTERACTIVE ACTIVITY

SHARING ACTIVITY: 'The Letter I Always Meant to Write' (20 minutes)

Each person thinks of someone they have always meant to write to but never did.

With Claude's help, everyone drafts the opening paragraph of that letter.

Volunteers share their opening lines (no pressure).

Discuss: How did it feel to finally start that letter?

Guided Exercises

Exercise 1: Write a Message to a Family Member

Create a real message you can actually send.

21. Think of a family member or friend you want to write to
22. Tell Claude: 'I want to write a warm, personal email to my [relationship]. We haven't talked in a while. Here are some things I'd like to mention: [list 2-3 things]'
23. Read Claude's draft. Edit it so it sounds like YOU
24. Optional: copy and send it today!

Exercise 2: Understand Your Grandchild's World

Bridge the generation gap with Claude.

25. Name something your grandchild is interested in (a game, a musician, a show, a sport)
26. Ask Claude: 'My grandchild loves [thing]. Can you explain it to me so I understand what they enjoy about it, and suggest one question I could ask them about it?'
27. Practice the question with a partner

Prompt Starters for This Session

Topic	Try Saying to Claude...
Write a heartfelt note	Help me write a birthday message for my daughter who just turned 50. She is kind, funny, and loves gardening.
Text a grandchild	Help me write a funny, casual text to my 16-year-old grandson. I want to invite him to lunch.
Reconnect	Help me write a short note to an old friend I haven't spoken to in 10 years. I want to reconnect warmly.
Write a tribute	Help me write a toast for my sister's retirement party. She worked as a nurse for 35 years.



TAKE-HOME PRACTICE

Write and actually send one message this week using Claude's help.

Ask Claude to help you write a short note of appreciation to someone who has made a difference in your life.

Bonus: Ask Claude 'What are 5 conversation starters for talking with teenagers about their interests?'

Next session preview: *Session 4 — Using Claude to keep your mind sharp with memory exercises and lifelong learning.*

SESSION 4

Memory, Brain Fitness & Learning

Keep Your Mind Sharp Every Day

Learning Objectives

- Use Claude to create personalized memory exercises and quizzes
- Learn new things through conversation at your own pace
- Use Claude as a reading companion to discuss books and ideas
- Create reminders and routines that support cognitive health

Key Concepts

Your Brain Loves to Learn

Research consistently shows that mental stimulation — learning new things, solving puzzles, engaging in conversations about ideas — supports cognitive health as we age. Claude is an endlessly patient tutor who can adjust to exactly your level, explain things as many times as needed, and make learning genuinely enjoyable.

Personalized Memory Exercises

Claude can create custom memory challenges using names, dates, and facts that are meaningful to YOU — your family members, your life history, your interests. A quiz about your own life history or family tree is far more engaging than a generic word puzzle.

Claude as a Reading Companion

Finished a book and want someone to talk about it with? Claude has read (or can discuss) an enormous range of literature, history, science, and more. It can explain confusing passages, discuss themes, and recommend what to read next based on what you enjoyed.

Organize Your Life and Memory

Claude can help you create reminders, organize appointments, write lists, and keep important information where you can find it. You can also use it to write down and preserve important memories — stories from your life that you want to pass on.



INTERACTIVE ACTIVITY

GROUP ACTIVITY: 'Life Story Round-Robin' (20 minutes)

Each person tells Claude one short memory (2-3 sentences).

Claude writes a vivid, descriptive paragraph based on that memory.

The person reads it aloud to the group.

Group reaction: What details did Claude add? What did it miss? How does it feel to hear your story told back?

Guided Exercises

Exercise 1: Your Personal Trivia Quiz

Create a quiz about topics YOU love.

28. Tell Claude your favorite topic (history, nature, cooking, a sport, a country, etc.)
29. Ask: 'Can you give me a 5-question trivia quiz about [topic]? Make it a bit challenging but not impossible for someone who knows the topic well.'
30. Try the quiz. Ask for the answers and explanations.
31. Ask: 'Can you make the next question harder?' or 'easier?'

Exercise 2: Preserve a Memory

Turn a personal story into a written keepsake.

32. Think of a vivid memory — something from your childhood, a place you loved, a person who shaped you
33. Tell Claude: 'I want to write down a memory to share with my family. Here is what I remember: [describe it briefly]'
34. Ask Claude to help you write it as a short, vivid story
35. Read it aloud. Edit it. This is YOUR story.

Exercise 3: Learn Something New Today

Explore any topic that interests you.

36. Name a topic you have always been curious about but never fully understood
37. Ask Claude to explain it — tell it your background so it pitches it right
38. Ask three follow-up questions
39. Ask Claude: 'What would be a great book, documentary, or website to learn more about this?'

Prompt Starters for This Session

Topic	Try Saying to Claude...
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Brain warm-up	Give me a 5-question quiz on [World War II history / classic films / gardening — your choice].
Daily fact	Tell me one fascinating fact I probably don't know. Make it something I can share at dinner.
Explain a concept	I never really understood how the stock market works. Can you explain it simply, as if I have no financial background?
Preserve a memory	Help me write down the story of my first job. Here is what I remember: [your story]

TAKE-HOME PRACTICE

Ask Claude to give you a 5-question quiz on any topic you choose, once per day this week. Write down one memory you want to preserve. Use Claude to turn it into a short story. Bonus: Ask Claude 'What are five habits that research shows support brain health in later life?'

Next session preview: Session 5 — Using Claude to enrich your hobbies, creativity, and daily life.

SESSION 5

Hobbies, Creativity & Daily Life

More Joy, More Ideas, Every Day

Learning Objectives

- Get creative project ideas and step-by-step help with hobbies
- Use Claude as a cooking assistant, travel planner, and daily helper
- Write poetry, stories, or personal essays with Claude
- Plan events, outings, or celebrations with Claude's help

Key Concepts

Claude as Your Creative Collaborator

Whether you paint, garden, sew, write, cook, or simply enjoy music — Claude can help you go deeper. It can suggest project ideas, find patterns and recipes, research techniques, and help you plan. Think of it as a creative partner who never runs out of enthusiasm.

Cooking & Nutrition

Have three random ingredients and no idea what to make? Tell Claude and it will suggest a recipe. Want to adapt a recipe for a dietary restriction, or scale it down for one person? Claude handles this effortlessly. It can also suggest meal plans for specific health goals.

Travel & Day Trips

Planning a trip or a local day out? Claude can suggest destinations, create detailed itineraries, recommend restaurants, and help you think through logistics. It knows about accessibility considerations too — just tell it what you need.

Writing & Creativity

Claude can help you write poetry for a loved one, draft the first chapter of a memoir, or compose a fun story for your grandchildren. You do not need to be a 'writer' — just share your ideas and let Claude help you shape them.



INTERACTIVE ACTIVITY

CREATIVE ACTIVITY: 'My Life in a Poem' (15 minutes)

Each person tells Claude 3-5 facts about their life: a place they loved, a defining moment, something they are proud of.

Ask Claude to write a short poem (8-12 lines) capturing those facts.

Read your poem aloud. The group celebrates each one.

Optional: take the printed poem home as a keepsake.

Guided Exercises

Exercise 1: My Creative Project

Get personalized help with a real hobby.

40. Describe your favorite hobby or creative interest to Claude
41. Ask: 'Can you suggest three new project ideas I could try this month, based on my interest in [hobby]?'
42. Pick one idea and ask Claude for step-by-step guidance to get started
43. Ask about materials, tips for beginners, or common mistakes to avoid

Exercise 2: What's for Dinner?

Let Claude help you in the kitchen.

44. Name 3-5 ingredients you have at home right now
45. Ask Claude: 'What can I make with [ingredients]? I'd like something simple that serves 1-2 people.'
46. Ask for the full recipe with steps
47. Ask: 'Can you make this recipe heart-healthy?' or 'lower in sodium?'

Exercise 3: Plan a Day Trip

Let Claude be your local travel guide.

48. Tell Claude your general location and interests
49. Ask: 'Can you suggest a lovely day trip within 2 hours of [city/region]? I enjoy [nature/history/food/art — your choice].'
50. Ask Claude to build a simple itinerary for the day
51. Ask about accessibility, best seasons to visit, and what to pack

Prompt Starters for This Session

Topic	Try Saying to Claude...
Recipe help	I have chicken, lemon, garlic, and green beans. What simple dinner can I make?

Hobby ideas	I love [knitting / woodworking / painting]. Can you suggest 3 project ideas I haven't tried?
Write a poem	Write a short poem for my wife's birthday. She loves the ocean and laughter.
Plan an outing	I'd like to plan a special lunch for four people in [your city]. We like quiet, accessible restaurants with good fish.

TAKE-HOME PRACTICE

Ask Claude to help you plan one enjoyable activity for this week — a meal, an outing, or a creative project.

Try the recipe or activity Claude suggested. Report back next week!

Bonus: Ask Claude to write a short story featuring you as the main character — give it a setting and a challenge to solve.

Next session preview: Session 6 — *Using Claude to manage finances, bills, and life administration with confidence.*

SESSION 6

Managing Money & Life Administration

Stay Organized, Stay in Control

Learning Objectives

- Use Claude to understand financial statements, bills, and documents
- Write letters, complaints, and formal requests with confidence
- Spot potential scams and protect yourself online
- Organize important documents and life records

Key Concepts

Understanding Financial Documents

Insurance explanation of benefits, Medicare statements, investment summaries, utility bills — these documents can be confusing and stressful. Claude can help you understand what they say, what you owe, what you are entitled to, and what questions to ask. Important: never share account numbers or Social Security numbers with Claude.

Writing Official Letters

Need to dispute a charge? Request a refund? File a complaint? Write to a government agency? Claude can help you write clear, professional, effective letters. Just describe the situation and what outcome you want.

Protecting Yourself from Scams

Scams targeting seniors are increasingly sophisticated. Claude can help you recognize warning signs in emails, letters, and phone calls. You can describe a suspicious message and ask Claude if it looks legitimate.

Organizing Your Life Records

Claude can help you create a checklist of important documents to have organized (will, insurance, medical records, contacts), write instructions for family members, or draft a simple personal information record for emergencies.



INTERACTIVE ACTIVITY

GROUP ACTIVITY: 'Scam or Legit?' (20 minutes)

Instructor displays 5 examples of messages (mix of real company emails and scams).

In pairs, ask Claude about each one and decide: Scam or Legit?

Share your verdict and reasoning with the group.

Discuss: What are the three biggest red flags to always watch for?

Guided Exercises

Exercise 1: Decode a Bill or Statement

Understand a real document you received.

52. Bring in a confusing bill, insurance document, or financial statement (with personal details covered)
53. Describe the document to Claude or read the confusing section aloud
54. Ask: 'Can you explain what this is saying in simple terms?'
55. Ask: 'What questions should I ask the company about this?'

Exercise 2: Write a Letter with Confidence

Draft a real letter you need to send.

56. Think of a situation where you need to write a formal letter (a complaint, a request, disputing a charge)
57. Tell Claude the situation and what outcome you want
58. Ask Claude to draft the letter for you
59. Review, personalize, and save it

Exercise 3: Scam Detector

Practice spotting suspicious messages.

60. Your instructor will show examples of common scam emails and letters on screen
61. Describe each one to Claude: 'I received this message. Does it look legitimate? What are the warning signs?'
62. Discuss as a group: what were the red flags?
63. Ask Claude: 'What are the most common scams targeting seniors right now?'

Prompt Starters for This Session

Topic	Try Saying to Claude...
Understand a document	I received a Medicare Explanation of Benefits. Can you explain what the 'Amount Applied to Deductible' section means?

Write a complaint	Help me write a polite but firm letter to my cable company to dispute a \$45 charge I don't recognize.
Check a suspicious message	I got an email saying my Amazon account is suspended and I need to click a link. Does this sound legitimate?
Organize documents	Can you help me make a checklist of important documents every senior should have organized and accessible?

TAKE-HOME PRACTICE

Ask Claude to help you create your personal Emergency Information Card — key contacts, medications, conditions, and documents to have ready.

Try describing a real bill or document you find confusing. Ask Claude to explain it.

Bonus: Ask Claude 'What are five rights seniors have that they often don't know about?'

Next session preview: *You have completed the course! Continue exploring Claude — it is always there when you need it.*

CONGRATULATIONS & NEXT STEPS

You have completed **Living Well with AI**. You now have the skills to use Claude as a daily companion for health, connection, learning, creativity, and life management.

Your Claude Daily Practice

- Morning: Ask Claude for an interesting fact or a gentle brain exercise
- Midday: Use Claude to help with any writing — messages, lists, letters
- Evening: Reflect on something from the day — ask Claude to help you write it down

Keep Going — Topics to Explore Next

Topic	What to Ask Claude
Your family history	Help me write the story of how my grandparents met. Here's what I know: ...
Local volunteering	I live in [city]. Can you suggest meaningful volunteer opportunities for a retired teacher?
Lifelong learning	Recommend a book or podcast for someone who loves [history / cooking / science].
Your own memoir	Help me write the opening chapter of a memoir about my life. I was born in [year] in [place].
Spiritual reflection	Help me write a short morning reflection or prayer for my day.



QUICK SAFETY REMINDERS

NEVER share: Social Security number, bank account numbers, passwords, or Medicare number

Claude is NOT a doctor — always confirm health decisions with your physician

If you receive a suspicious message, you can describe it to Claude and ask if it looks legitimate

It is always okay to say 'I don't want to share that' — Claude will not be offended

Claude makes mistakes — always double-check important information

You are never too old to learn something new. Keep asking. Keep exploring.

QUICK REFERENCE CARD

Print this page and keep it near your computer or phone.

How to Start Any Conversation

Situation	What to Type
You want help	Can you help me with...
Too complicated	Can you explain that more simply?
Too long	Can you give me a shorter version?
You didn't understand	I'm confused. Can you try a different way?
You want more	Can you tell me more about that?
Health questions	What does [medical term] mean in plain language?
Writing help	Help me write a [letter / email / card] to [person] about [topic].
Is this a scam?	I received this message: [paste it]. Does it look legitimate?
Daily learning	Tell me one interesting fact I probably don't know.
Creativity	Give me an idea for a [project / recipe / day trip] that I would enjoy.

Golden Rules

- There are NO dumb questions — ask anything
- Always review Claude's answer before using it for health or financial decisions
- Never share personal ID numbers, bank details, or passwords
- If Claude makes a mistake, simply say 'That's not right — can you try again?'
- Claude remembers nothing between sessions — start fresh each time

Claude is your patient, knowledgeable companion — available any time you need it.