

Prompt ChatGPT is useful for the elderly.

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Prompt simplifies everything.

Suggestion: *'Explain this in simple terms as if I've never heard of it: [content or word/term you want to ask about]'*

Whether it's a confusing email from a financial advisor, an explanation from a doctor, or a news item, this suggestion transforms massive amounts of information into something older adults can actually understand quickly.

Smart Consumer Tips for the Week

Suggestion: *'I want to save 100,000 VND this week without making too many lifestyle changes. Please give me a simple plan that I can implement today.'*

This ChatGPT prompt makes an immediate impression. It provides grandparents with quick, practical ways to cut costs, such as canceling unused subscriptions, adjusting grocery shopping habits, and even making small energy savings at home. Most importantly, it doesn't require budgeting apps or spreadsheets. This AI prompt is

effective because it's specific, easy to understand, and feels feasible from the start.



Prompt daily planning

Suggestion: *'Here are the things I need to do today: [list the tasks]. Arrange them into a simple plan that I can follow without feeling overwhelmed.'*

Even after retirement, older adults often have busy schedules and active social lives. For such individuals, this prompt helps them gain a clearer perspective on their day, allowing for more efficient organization. Now, instead of staring at a long to-do list, they have a clear, structured plan with specific priorities and timeframes.

Prompt suggests meals for each meal.

Suggestion: *'I have [list the ingredients]. What easy dish can I cook tonight?'*

This suggestion is perhaps the most frequently used. It eliminates the fatigue of having to choose and utilize readily available ingredients, thus preventing grandparents from having to browse through numerous recipes or eating the same boring meals every day. This suggestion solves a daily problem almost immediately.



Prompt suggests what to do next.

Suggestion: *'I'm trying to achieve [the goal]. What's the next simple thing I should do today?'*

For retired seniors with plenty of free time, the question *'What should I do first?' or 'What's next?'* often arises daily. This suggestion now serves as a helpful starting point for everything AI can be used in life—from tech issues to trip planning to paperwork. Instead of being stuck, they now have a point of reference, eliminating the hesitation that often arises when making decisions.

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