

The Do-Not-Share-With-AI List

If you wouldn't say it out loud at the bank, don't type it into ChatGPT. A simple reference for older adults using AI tools.

THE ONE RULE

Treat any public AI tool like a stranger sitting next to you in a coffee shop.

You wouldn't read your Social Security number out loud to a stranger. Don't type it into ChatGPT, Gemini, Claude, or any free AI chatbot. The conversation may be saved, reviewed, or used to train the next version of the tool.

NEVER SHARE WITH AI

Treat these like cash on a city sidewalk.

- Social Security number
- Medicare number
- Bank account or credit card numbers
- One-time passcodes or passwords
- Date of birth or home address
- Medical records or prescription details
- Photos of IDs or insurance cards
- Family emergency details
- Security questions or recovery answers
- When you'll be home or traveling

GOOD WAYS TO USE AI

These are safe — and genuinely helpful.

- Explain a confusing letter or form in plain English
- Summarize a news article or document
- Help write a friendly email or thank-you note
- Look up a general health topic (then talk to your doctor)
- Convert a recipe to different serving sizes
- Translate a phrase to or from another language
- Brainstorm gift ideas, party plans, or trip ideas
- Practice a conversation you're nervous about

REMEMBER

AI tools are not your bank, your doctor, or your family. They are tools that work best when you give them information that doesn't matter if a stranger sees it.

When in doubt: ask the question without your name, your numbers, or your story.

WANT A SCORE INSTEAD?

The **Elder AI Risk Snapshot** is a free 2-minute self-assessment that scores your AI risk across data governance, staff use, and client vulnerability — and tells you which of the items above to prioritize.

Go to centrexit.com/tools/elder-ai-risk-snapshot



YOU CALL. WE ANSWER. IT WORKS