

Everyday AI Tools for Seniors

A short, printable catalog of AI helpers that make everyday tasks easier. Each tool has one plain-language tip so you can try it today.

Five tools worth trying

1. Transcription helper

Record a voice memo or upload a family video and the AI turns the spoken words into a written note you can save, print, or send.

2. Email-drafting assistant

Tell it in one sentence who you are writing to and what you want to say, and it writes a polite reply you can send as-is or tweak.

3. Photo-organizing tool

Drop a folder of family photos in and it groups them by date, fixes blurry shots, and writes captions so you can find them later.

4. Calendar reminder writer

Type "remind me Tuesday at 3 to call the pharmacy" and the AI puts it on your calendar in plain English so you never forget.

5. Recipe helper

Tell it what is in your fridge and it suggests a simple recipe with steps you can follow without scrolling past ads.

Try one tool this week. If something feels unclear, reply to any FrexOS email and we will help.