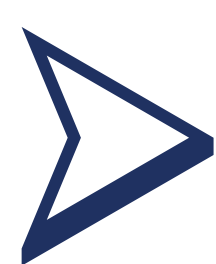
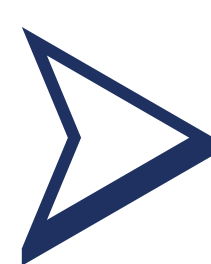


# How AI Can Make Life Easier for Individuals with Down Syndrome

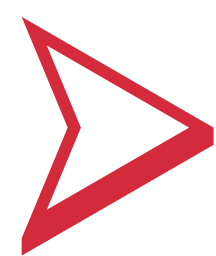
Artificial Intelligence (AI) is a program on your computer or your phone that can act almost like a human! You can ask it to write something, answer questions, or make graphics. AI can be used in different ways to improve independence for people with Down syndrome. **AI models can provide new opportunities and access for people with disabilities.** Here are some ways AI can help people with Down syndrome and other intellectual and developmental disabilities:



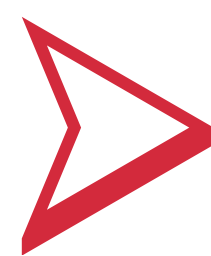
Explain confusing things like medical forms or new laws in plain language



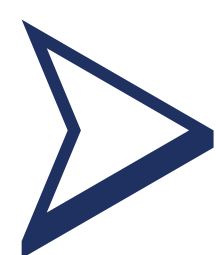
Generate daily schedules and reminders to help keep you organized



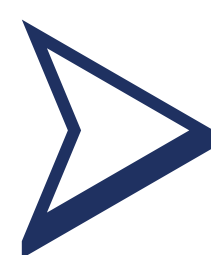
Create practice questions for an upcoming job interview



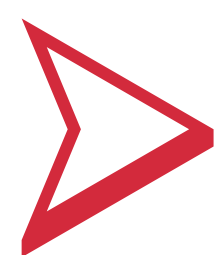
Edit emails for grammar and a more professional tone



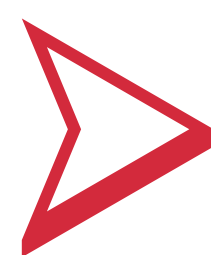
Design a personalized workout to match your fitness goals



Create packing lists for an upcoming weekend trip



Provide practice questions for an upcoming math test



Plan meals to eat for the week with visual grocery lists

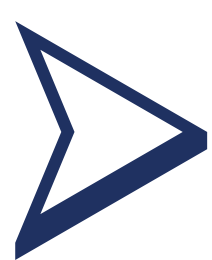


**“I use AI to help me stay organized at work. It helps me write important emails in a professional tone and creates a packing list for my work bag so I don’t forget anything important!”**

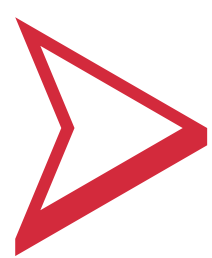
*-Madison Essig, NDSS Administrative Coordinator*

# Understanding the Risks of AI for Individuals with Down Syndrome

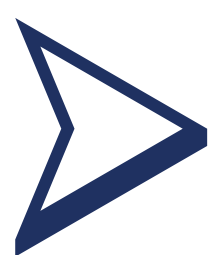
Artificial Intelligence (AI) is a program on your computer or your phone that can act almost like a human! **AI can be a powerful tool to support individuals with Down syndrome, but it also brings new risks that didn't used to exist.** It's important to understand how AI and the internet can sometimes cause harm. Below are some reminders to help you stay safe while using AI:



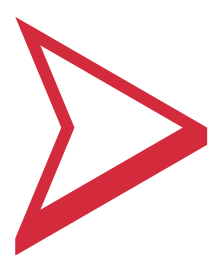
Don't give out your personal information on an AI platform like your name, address, or bank information. This information is personal to you and should only be shared with trusted sources



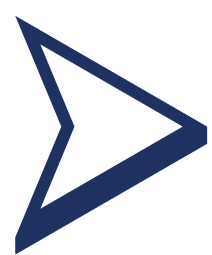
Be careful with pictures and videos. Don't share personal photos with AI, and don't always trust images or videos you see online. AI can change or fake pictures to look real, even when they're not



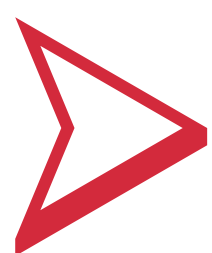
AI can sometimes make mistakes. It's important to always double check the answers AI gives you and not take every response as factual



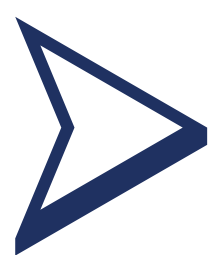
AI might talk like a real person, but it's important to remember that it's just a computer



Don't use AI for everything! It is important to keep exercising your brain, so you don't forget how to think for yourself



Use strong passwords to prevent hackers from accessing your private data



Always check with a trusted person if AI gives you an answer that makes you uncomfortable or confused