

KEEP THIS PAGE

Your Resource Guide



Print it and keep it next to your computer or phone. Type links exactly as written.



TRY AI HERE — FREE & SAFE

ChatGPT

<https://chatgpt.com>

Google Gemini

<https://gemini.google.com>

Microsoft Copilot

<https://copilot.microsoft.com>



IF SOMETHING FEELS WRONG — GET HELP

National Elder Fraud Hotline

833-372-8311

AARP Fraud Watch Helpline

877-908-3360

Report a scam to the FTC

<https://reportfraud.ftc.gov>

Identity-theft recovery help

<https://identitytheft.gov>



CHECK A TRUSTED SOURCE

Medicare

<https://www.medicare.gov> • 1-800-633-4227

Social Security

<https://www.ssa.gov>

FTC consumer advice

<https://consumer.ftc.gov>

Eldercare Locator

<https://eldercare.acl.gov> • 1-800-677-1116

“Useful AI • minimal exposure • human verification.”