

THE 4-PART AI STACK FOR COGNITIVE HEALTH

1. ChatGPT



THINKING & EXPLAINING

- Learning and understanding
- Asking questions
- Breaking down complex ideas

2. Claude



MEMORY & IDENTITY (CONVERSATIONAL)

- Ongoing reflection
- Life story capture
- Decision support

AI

3. Gemini



DAILY LIFE INTEGRATION

- Routines and reminders
- Scheduling and organization
- Real-world task support

4. NotebookLM



YOUR GROUNDED KNOWLEDGE BASE

- Storing your documents and notes
- Analyzing your life patterns
- Answering questions based **ONLY** on your data

#COGNITIVEHEALTH #AI

8.5 X 11 INCHES

AI Cognitive Resilience Stack for Seniors

A Practical Framework to Future-Proof Your Mind

This framework shows how to use four free AI tools together to build a **cognitive safety net** - supporting memory, thinking, identity, and daily life as you age. Each section explains a use case, gives you the full context, and includes a ready-to-use starter prompt. A condensed quick-reference version of all ten prompts appears at the end.

The 10 Future-Proofing Use Cases (Integrated)

1. Cognitive "Flight Recorder" (External Memory)

Create a daily habit of speaking or typing short summaries of:

- What you did
- Who you interacted with
- Key decisions or instructions

AI organizes this into a **searchable timeline of your life**.

Why it matters:

If memory declines, you can still ask:

- "When did I last see my doctor?"
- "What did my daughter tell me last week?"

This becomes a **backup memory system trained on your real life**.

How:

- Speak or write daily summaries in Claude
- Periodically upload/export to NotebookLM

STARTER PROMPT ► Claude + NotebookLM

I want to start keeping a daily memory log with your help. Here is what happened today:

[Write or speak 3-5 sentences: who you talked to, what you did, any decisions you made or instructions you received.]

Please organize this into a short, dated summary with clear headings for: People, Activities, and Decisions. Then ask me one follow-up question to capture anything I may have forgotten.

⚡ **Our Tip:** *Do this every evening before bed. Think of it as brushing your teeth, except for your memory.*

Best tools: Claude + NotebookLM

Why:

- Now has **free long-term memory** across conversations
- Better at organizing long narrative input than others
- Feels more like a continuous "life log"

Alternative:

- ChatGPT (better voice input, slightly weaker persistent memory unless trained deliberately)

Outcome: A searchable timeline of your life | Backup memory system

2. Early Cognitive Drift Detection

Use AI regularly for conversation, journaling, or problem-solving.

Over time, AI can detect:

- Changes in language complexity
- Repetition or confusion
- Slower reasoning patterns

Why it matters:

It enables **earlier detection of cognitive decline** than most people or families notice.

How:

- Have regular conversations with ChatGPT
- Save transcripts and compare over time in NotebookLM

STARTER PROMPT ► ChatGPT + NotebookLM

I am starting a weekly cognitive check-in practice with you.
Today is [date].

Please ask me five questions that you will use every week, in the same order, to test my: word recall, short-term memory, reasoning, and conversation clarity.

After I answer, give me brief, honest feedback on how clearly I expressed myself. Save this as my Week 1 baseline. I will return each week using the same five questions so we can track any changes over time.

⚡ **Our Tip:** *Consistency is everything here. Same day, same time, same questions. The comparison only means something if the conditions stay the same.*

Best tools: ChatGPT + NotebookLM

Why:

- Strongest **voice interaction + natural conversation flow**
- Ideal for repeated, comparable conversations over time
- You can prompt it to track changes in:
 - word recall
 - sentence complexity
 - reasoning clarity

Pro tip: Have users reuse the *same weekly prompt*.

Outcome: Detect subtle changes in language, recall, or reasoning early

3. Adaptive Re-Explanation Engine

Anytime something is confusing (medical info, tech, finances), ask AI to:

- Re-explain it more simply
- Use analogies
- Break it into steps
- Repeat as many times as needed

Why it matters:

Maintains **learning ability and confidence**, even if processing speed declines.

How:

- Ask for multiple explanations
- Request simplification, analogies, or step-by-step guidance

STARTER PROMPT ▶ ChatGPT

I need you to explain [topic or concept] to me.

Please give me three separate explanations:

1. A one-sentence version for a complete beginner
2. A plain-English paragraph with a real-world analogy
3. A step-by-step version broken into no more than five steps

After each explanation, ask me: 'Does this make sense so far, or would you like me to try a different angle?'

Do not move on until I tell you I understand.

⚡ Our Tip: *There is no shame in asking for a fourth or fifth explanation. The shame would be in pretending you understood when you did not. AI has infinite patience. Use it.*

Best tool: ChatGPT

Why:

- Best at **step-by-step explanations and instruction following**
- "Explain it 5 different ways" - handles this extremely well

Alternative:

- Google Gemini (good for multimodal explanations)

Outcome: Maintain learning ability and confidence

4. Personalized Cognitive Training

Ask AI to create exercises tailored to you, such as:

- Memory recall based on your real experiences
- Reasoning tasks using your interests
- Language exercises adapted to your level

Why it matters:

Targets **your specific cognitive weak spots**, not generic ones.

How:

- Ask for exercises tailored to your interests and weaknesses
- Practice regularly with voice or text

STARTER PROMPT ▶ Claude + ChatGPT

I want you to create a personalized weekly brain exercise session for me.

Here is what you need to know about me: I am [age] years old. My main interests are [list 2-3 hobbies or topics]. My biggest mental challenge right now is [e.g., remembering names / staying focused / finding words].

Design a 15-minute session with three exercises that use my real interests as the content. Make the difficulty level moderate, and tell me how to make each exercise slightly harder next week if I do well.

⚡ **Our Tip:** *Generic brain games are fine, but exercises built around things you actually care about stick better. Your brain responds to relevance.*

Best tools: Claude + ChatGPT

Why:

- Strong at designing **structured exercises and progressive difficulty**
- Less "gamified," more **thoughtful and adaptive**

Alternative:

- ChatGPT (better if using voice-based exercises)

Outcome: Targeted brain stimulation

5. Decision Support "Second Brain"

- "Help me think this through step by step"
- "What am I missing?"
- "What are the risks?"

Why it matters:

Supports **judgment and executive function**, which are often early to decline.

How:

- Use Claude for structured thinking
- Use NotebookLM when decisions depend on your documents

STARTER PROMPT ▶ Claude + NotebookLM

I need to make a decision about [describe the situation in 2-4 sentences].

Please do the following, in order:

1. Summarize the decision I am facing in your own words so I know you understood it correctly
2. List the key factors I should be weighing
3. Identify what I might be overlooking or what questions I have not yet asked
4. Present the two or three most reasonable options with a brief honest assessment of each

Do not make the decision for me. Help me think it through.

⚡ **Our Tip:** Step 3 is the one most people skip. The question you have not thought to ask is almost always the important one. That is why we call this a *second brain*, not a replacement brain.

Best tools: Claude + NotebookLM

Why:

- Known for **clear reasoning and structured thinking**
- Produces better:
 - pros/cons
 - tradeoffs
 - nuanced judgment

Supporting insight: Different tools excel in different thinking tasks, not one "best overall"

Outcome: Stronger reasoning and judgment

6. Routine Anchoring System

Use AI as a daily structure guide:

- Morning and evening check-ins
- Step-by-step routines
- "Gentle prompts for what's next"

Why it matters:

Preserves **daily structure and independence**, reducing cognitive load.

How:

- Use for daily prompts, reminders, and scheduling

STARTER PROMPT ► Gemini

I want you to act as my daily structure assistant. My typical day looks like this:

[Describe your morning, midday, and evening in a few sentences.]

Using my Google Calendar and any reminders I have set, please:

1. Give me a brief rundown of today
2. Flag anything I might be forgetting
3. Suggest one small thing I could do today to stay socially connected

Keep your response short and conversational. I want a friendly check-in, not a report.

 **Our Tip:** Gemini earns its spot here because it actually connects to your calendar and email. The others cannot do that yet, at least not for free. Do not use a hammer where you need a screwdriver.

Best tool: Gemini

Why:

- Integrates with:
 - calendar
 - email
 - reminders
- Now includes **personalized context from Google apps**

 **This makes it closest to a real daily-life assistant**

Outcome: Maintains structure and independence

7. Identity & Values Archive

Record:

- Your beliefs, preferences, values
- How you make decisions
- What matters most to you

AI can organize this into a model of "how you think."

Why it matters:

If cognition changes, this becomes:

- A guide for future decisions
- A reference for caregivers and family
- A way to stay aligned with your identity

How:

- Record beliefs, stories, and preferences in Claude
- Store and analyze them in NotebookLM

STARTER PROMPT ► Claude + NotebookLM

I want to create a personal values and identity record with your help.

Today I will tell you about [choose one: a core belief I hold / a decision I am proud of / what matters most to me in relationships, money, health, or work].

Here it is: [Write or speak freely for a few minutes. Do not edit yourself.]

After I finish, please:

1. Reflect back what you heard in 3-4 sentences
2. Identify the core values you see in what I shared
3. Ask me one question that goes a layer deeper

We will build on this over time. This is entry number [1, 2, 3...].

⚡ Our Tip: Seeing your own values reflected back to you, clearly and without judgment, is unexpectedly powerful. It also turns out to be useful documentation for the people who love you.

Best tools: Claude + NotebookLM

Why:

- Memory + long-form writing strength
- Better at capturing:
 - tone
 - beliefs
 - personality patterns

 **This is where Claude currently stands out most.**

Outcome: A clear model of who you are and how you think

8. Social Continuity System

Have AI track and support your relationships:

- Who you care about
- When you last connected
- Suggested follow-ups

Why it matters:

Prevents **social isolation**, which is strongly linked to cognitive decline.

How:

- Track contacts and interactions
- Get reminders to reconnect

STARTER PROMPT ► Gemini

I want to stay better connected with the people who matter to me.

Here are five people I care about and roughly when I last spoke with them:

```
[Name 1] - [last contact]
[Name 2] - [last contact]
[Name 3] - [last contact]
[Name 4] - [last contact]
[Name 5] - [last contact]
```

Based on this and anything in my email or calendar you can see, please:

1. Tell me who I should probably reach out to this week
2. Suggest a simple, natural reason to get in touch with each one
3. Set a weekly reminder for me to update this list

⚡ **Our Tip:** We know it sounds clinical to track relationships in an app. But we track our medications. Why not our friendships?

Best tool: Gemini

Why:

6/18/2026 11:14 AM

10 of 18

- Can reference:
 - contacts
 - emails
 - past interactions

 It's the only free tool moving toward real relationship awareness at scale

Outcome: Maintains relationships and prevents isolation

"Catch Me If I'm Slipping" Safeguards

Use AI to monitor patterns like:

- Financial behavior changes
- Repeated mistakes
- Confusion in communication

Why it matters:

Acts as an **early warning system** for cognitive or functional decline.

How:

- Review patterns in conversations and records
- Ask AI to identify unusual behavior

STARTER PROMPT ► ChatGPT + Gemini

I want to set up a personal early-warning system with you.

Please ask me the following once a week, on [day of week]:

1. Did I make any financial decisions this week that felt unusual or that I second-guessed afterward?
2. Did I repeat myself or get confused in any conversations?
3. Was there anything I tried to do that I could not finish or could not figure out?

Record my answers and compare them to previous weeks.

If you notice any pattern that concerns you, say so directly.

I would rather hear an honest observation than a polite one.

 **Our Tip:** The hard part is not setting this up. The hard part is being honest when you answer. This only works if you treat it like a check-up, not a performance.

Best tool: Combination approach

- Primary: **ChatGPT**
- Secondary: **Google Gemini**

Why:

- ChatGPT - pattern recognition in conversations
- Gemini - integration with real-world behavior (email, scheduling, etc.)



No single free tool fully does this yet - this is early-stage territory

Outcome: Early warning system for decline or risk

10. Continuous Life Review & Meaning-Making

Regularly reflect with AI on:

- Life experiences
- Lessons learned
- What still matters

AI can guide structured reflection and identify themes over time.

Why it matters:

A strong sense of meaning is associated with:

- Better mental resilience
- Slower cognitive decline

How:

- Reflect regularly with Claude
- Use NotebookLM to identify themes across your life

STARTER PROMPT ► Claude + NotebookLM

I want to do a structured life reflection with you today.

The period I want to reflect on is [a specific decade / a major chapter of your life / a relationship / a career / recent years].

Please guide me through a 20-minute reflection by asking me:

1. What was happening in my life during that time

2. What I learned that I still carry with me
3. What I wish I had done differently, and what I am glad I did
4. How that period shaped who I am today

Ask one question at a time. Let me answer fully before moving on. At the end, summarize the themes you heard and ask if they ring true.

 **Our Tip:** *Life review therapy has been used for decades to support mental health in older adults. The fact that you can now do a version of it with AI, any time you want, for free, is quietly remarkable.*

Best tools: Claude + NotebookLM

Why:

- Best at:
 - reflective dialogue
 - thematic synthesis
 - emotionally nuanced conversation

 **Feels closest to guided life review therapy**

Outcome: Stronger sense of meaning and mental resilience

How the AI Tools Work Together

ChatGPT helps you think clearly in the moment

Claude helps you remember and reflect over time

Gemini helps you stay organized in daily life

NotebookLM helps you understand patterns across your life

Key Principle

Do not rely on one AI.

Instead: **Build a small team of AIs that support different parts of your mind.**

Simple Weekly Practice

- Daily: Talk to ChatGPT or Claude
- Weekly: Reflect and summarize in Claude
- Weekly: Upload key notes to NotebookLM
- Daily: Use Gemini for structure and reminders

Final Thought

The goal is not to replace your thinking.

The goal is to:

- Extend your memory
- Support your decisions
- Preserve your identity
- Maintain your independence

This is how AI becomes a **cognitive safety net for the future.**

Quick-Reference Prompt Guide

All 10 prompts in one place. Copy, paste, and fill in the brackets. No explanations here - just the prompts.

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1. Tell me who I should probably reach out to this week
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9. "Catch Me If I'm Slipping" Safeguards ▶ ChatGPT + Gemini

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