



Hello Paul,

Like many, I've been intrigued by all the recent discussions about Artificial Intelligence (AI) and began 'playing around' with ChatGPT. On my journey down that rabbit hole, I wrote the prompt, "How do I make a caregiving plan for my dad?" Within seconds 11 bullet points appeared. They were well-structured and comprehensive in scope, but missing something.

I wasn't sure what was missing at first, but I knew the list wasn't something I would be comfortable giving to a family asking me the same question. I went to my files and pulled out an article clipped from the NYT on [how to make a caregiving plan](#) hoping the comparison might offer some light.

The difference was subtle but revelatory. the third paragraph of the Times article begins with a quote from a caregiver, "We had plenty of time early on to talk about what he wanted." The list in Times springs from that. What does the recipient of care want? Start with goals not problems.

Why was The Times article different? It relied on experts and caregivers contributing in a natural exchange of ideas on what they had learned taking care of people or speaking to those who had. The AI article, on the other hand, was a collection of boxes to check - it was task-centered not person-centered.

Down another rabbit hole, I went. "What is the opposite of Artificial Intelligence?"



what is the opposite of artificial intelligence?



The opposite of artificial intelligence (AI) is "natural intelligence."



Artificial intelligence refers to the simulation of human intelligence in machines that are programmed to think and learn like humans. It involves the use of algorithms, data, and computing power to mimic cognitive functions such as problem-solving, decision-making, and language understanding.

On the other hand, natural intelligence is the intelligence possessed by living beings, particularly humans and animals. It is the innate ability to understand, reason, learn from experiences, and adapt to new situations. Natural intelligence arises from the complex interactions of the brain, nervous system, and the environment.

In summary, artificial intelligence represents machine intelligence, while natural intelligence represents human and animal intelligence.

When caring for another person we do a better job when we "learn from experiences (our own and those of others) and adapt to new situations".

Susan likes to tell families we work with, "Your mom deserves better than a Google search. She's right, *naturally*."

Tips for Starting the Conversation

"Can We Talk?"

Your parents cared for you when you were young, championed you as you grew up, left home, and started a life of your own, and now it's dawning on you that now they may need support from you. This is a difficult realization that can leave you feeling worried, sad, and perhaps scared.

Chances are, it's as difficult - and scary - for them as it is for you. Knowing how to open the conversation about their care and keep it going can be a challenge, but if you prepare, keep the lines of communication open, and always act from a place of love and compassion, you will be fine.

The fact is, it's best to have these conversations now, while your parents are still in a good place and any possible danger signs are still on the horizon. You'll be glad you were proactive. Even though they may resist at first, they will be glad too.



[READ MORE](#)

Cooking for one or two?

Zucchini Pie

This month's
The Downsized Gourmet™

Ingredients

- 2 large zucchini, peeled and chopped
- 1 onion, chopped (you can substitute leeks)
- 4 eggs, beaten
- 1 cup Bisquick baking mix
- ½ cup vegetable or canola oil
- ½ cup grated Romano or Parmesan cheese
- ½ tsp salt and pepper
- 2 TBSP fresh parsley, chopped

Instructions

- Preheat oven to 350 degrees.
- Spray large pie plate with cooking spray. I used an 8x8 baking dish but 10x10 or 11x8 work well. (The pie will just be thicker if you use a smaller dish.)
- Mix all ingredients in a large bowl until well blended. Pour mixture into a large pie dish. Sprinkle with more grated cheese.
- Bake until browned and eggs are set, about 35 minutes.

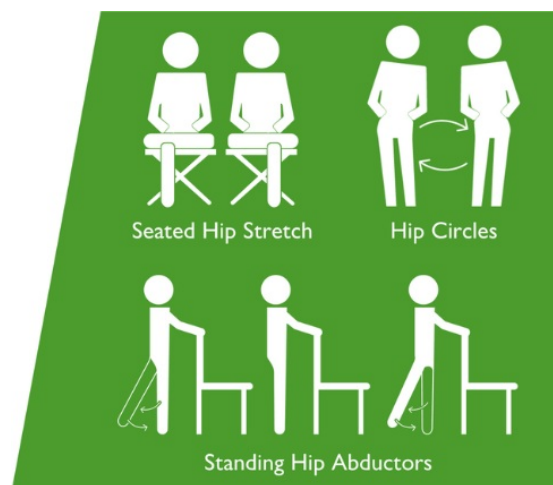
Enjoy!

[CLICK HERE TO WATCH THE VIDEO](#)

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