

Claude After 50

5-Minute Quick Start Guide

A simple Wise Years Living guide for getting useful results while protecting your privacy and checking important answers.

1. Open Claude

Go to **claude.ai** and sign in or create an account. Start with the Free plan; you can learn the basics before deciding whether you need a paid plan.

2. Try your first prompt

Copy this:

“I am new to AI. Explain what you can help me with in simple language. Give me five practical examples for everyday life.”

3. Make the answer fit you

Follow with:

“I am over 50 and not very experienced with technology. Choose the easiest example and walk me through it one step at a time.”

4. Improve instead of starting over

If the answer is confusing, say:

“Explain that again in simpler language and give me one real-life example.”

5. Verify before acting

For important information, ask:

“Which parts of this answer could be uncertain or outdated? Show me authoritative sources I can check myself.”

The 4-Part Prompt Formula

Part	What to tell Claude
Situation	What is happening or what you are working on.
Goal	What you want Claude to help you accomplish.

Part	What to tell Claude
Constraints	Important limits: time, budget, skill level, preferences.
Format	How you want the answer: steps, table, short summary, etc.

A Useful Everyday Example

“Help me plan a three-day trip. Keep the schedule comfortable for adults over 60, include rest time, and put the plan in a simple day-by-day table.”

Privacy: Share Only What Claude Needs

Do not unnecessarily enter passwords, Social Security numbers, full financial account numbers, government ID numbers, or other highly sensitive personal information. Remove or mask sensitive details from files when Claude does not need them.

Remember: Ask → Question → Verify

Ask Claude for help. **Question** assumptions, uncertainty, and outdated information. **Verify** consequential information with the original authoritative source before acting.

Wise Years Living

Practical guidance for adults 50+ to use technology with more confidence, independence, and care.

Information reviewed: September 20, 2026. Claude features, limits, and pricing can change.