



SilverSmartNZ



Things to Ask Helen

Your SilverSmart Prompt Book

250 Questions You Can Copy & Paste Directly Into Helen's Chat

How To Use This Book

Every question in this guide can be copied and pasted directly into Helen's chat.

Press and hold a question, tap Copy, open Helen, tap in the chat box, choose Paste and press Send.

There are no silly questions. Helen is here to help.

Meet Helen

Kia ora! I'm Helen.

I'm your SilverSmart companion and I'm here whenever you need a hand.

The more we chat, the better I'll get to know you.

Staying Safe

Copy and paste any of these questions directly into Helen's chat.

COPY & PASTE THIS:

Is this text message a scam?

COPY & PASTE THIS:

Can you check this email for me?

COPY & PASTE THIS:

Someone says they are from my bank. Is it real?

COPY & PASTE THIS:

What should I do if I clicked a suspicious link?

COPY & PASTE THIS:

Can you explain this bank message?

COPY & PASTE THIS:

How do scammers trick people?

COPY & PASTE THIS:

Can you check this Facebook message?

COPY & PASTE THIS:

Is this website safe?

COPY & PASTE THIS:

What are the latest scams in New Zealand?

COPY & PASTE THIS:

Can you explain this parcel delivery message?

Technology Made Easy

Copy and paste any of these questions directly into Helen's chat.

COPY & PASTE THIS:

How do I make the text bigger on my phone?

COPY & PASTE THIS:

How do I send a photo to my daughter?

COPY & PASTE THIS:

How do I video call my grandchildren?

COPY & PASTE THIS:

Why won't my Wi-Fi connect?

COPY & PASTE THIS:

What does this error mean?

COPY & PASTE THIS:

How do I use WhatsApp?

COPY & PASTE THIS:

How do I back up my photos?

COPY & PASTE THIS:

How do I clear browser history?

COPY & PASTE THIS:

How do I use Google Maps?

COPY & PASTE THIS:

How do I update my phone?

Everyday Help

Copy and paste any of these questions directly into Helen's chat.

COPY & PASTE THIS:

Help me write a thank-you card.

COPY & PASTE THIS:

What should I cook for dinner tonight?

COPY & PASTE THIS:

Help me write an email.

COPY & PASTE THIS:

Can you explain this letter?

COPY & PASTE THIS:

Help me organise my week.

COPY & PASTE THIS:

What gift could I buy my granddaughter?

COPY & PASTE THIS:

Help me make a shopping list.

COPY & PASTE THIS:

Suggest a book I might enjoy.

COPY & PASTE THIS:

Help me plan a family gathering.

COPY & PASTE THIS:

Can you help me create a budget?

Health & Wellbeing

Copy and paste any of these questions directly into Helen's chat.

COPY & PASTE THIS:

Help me prepare for my doctor's appointment.

COPY & PASTE THIS:

What are the signs of a stroke?

COPY & PASTE THIS:

What gentle exercises can I do at home?

COPY & PASTE THIS:

How much water should I drink?

COPY & PASTE THIS:

How can I improve my sleep?

COPY & PASTE THIS:

What foods are good for my heart?

COPY & PASTE THIS:

How can I reduce stress?

COPY & PASTE THIS:

Explain this medical term.

Family History & Memories

Copy and paste any of these questions directly into Helen's chat.

COPY & PASTE THIS:

Help me write down my life story.

COPY & PASTE THIS:

What was New Zealand like in the 1950s?

COPY & PASTE THIS:

Help me create a family tree.

COPY & PASTE THIS:

Turn this memory into a story.

COPY & PASTE THIS:

Help me write memories for my grandchildren.

COPY & PASTE THIS:

What happened when I was born?

COPY & PASTE THIS:

Tell me about old Kiwi traditions.

COPY & PASTE THIS:

Help me preserve old photos.

Travel & Holidays

Copy and paste any of these questions directly into Helen's chat.

COPY & PASTE THIS:

Help me plan a South Island holiday.

COPY & PASTE THIS:

What should I see in Nelson?

COPY & PASTE THIS:

Plan a day trip from Christchurch.

COPY & PASTE THIS:

Explain travel insurance.

COPY & PASTE THIS:

What should I pack for a cruise?

COPY & PASTE THIS:

Suggest a scenic train journey.

COPY & PASTE THIS:

Help me plan a campervan trip.

COPY & PASTE THIS:

What documents do I need to travel?

Things Helen Can Remember

- Grandchildren's names
- Birthdays
- Appointments
- Medication routines
- Garden projects
- Travel plans
- Favourite hobbies
- Family stories
- Special dates

[illegible]



SilverSmartNZ

Helen is always just one tap away.

Open SilverSmart and simply say 'Hello Helen'.

silversmart.co.nz

Free to Join • Made in New Zealand