

AI Voice Scam Defense Checklist

Smart Senior Daily | Trusted Tips for Smarter Living After 60

1. Pause Before You Panic

- ☐ Hang up immediately — don't respond emotionally.
- ☐ Take a deep breath and remind yourself: scammers create urgency on purpose.

2. Verify the Caller's Identity

- ☐ Call your loved one back using a known number (not the one they give you).
- ☐ Ask a "family password" or safe phrase only your family knows.
- ☐ If possible, request a video chat — scammers will resist it.

3. Secure Your Personal Information

- ☐ Avoid posting videos or voice clips of yourself or your family on social media.
- ☐ Lock down Facebook, Instagram, and TikTok privacy settings.
- ☐ Delete old voicemails with recognizable speech.

4. If You Suspect a Scam

- ☐ Stop all communication immediately.
- ☐ Contact your bank if money was sent.
- ☐ File a report with the FTC (reportfraud.ftc.gov) or AARP Fraud Watch Network.
- ☐ Alert your local police non-emergency line.

5. Talk About It

- ☐ Share this checklist with your family.
- ☐ Practice a "scam drill"— what you'd do if a fake emergency call came in.
- ☐ Remind others: even smart people get fooled when emotions run high.

Smart Senior Daily Reminder: The more realistic AI scams get, the more important calm, pause, and verify become. Don't let emotion make you a target.

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