

Incorporating Artificial Intelligence into our lives

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*Artificial Intelligence (AI) is becoming an increasingly significant part of our daily lives, transforming the way we **work, connect, and solve problems**. From the smartphone in your pocket to the smart appliances in your home, AI is already embedded in many aspects of modern living.*

AI at Home

There are several examples - that come to mind - of AI that are commonly being used in the home environment. These include –

Virtual Assistants – this includes devices like Google Assistant, Amazon Alexa, and Apple's Siri that can help manage schedules, set reminders, play music, and control smart home devices with simple voice commands.

Smart Appliances – embraces AI-powered refrigerators, washing machines, vacuum cleaners, pool cleaners and thermostats can learn your preferences and optimise energy use, saving both money and the environment.

Home Security – utilising AI-driven security cameras can detect unusual activity, recognise familiar faces, and alert you to potential risks in real-time.

AI at Work

In the workplace we are seeing considerable activity including -

Productivity Tools - where AI can automate repetitive tasks, schedule meetings, and provide writing assistance, freeing up time for more meaningful work.

Data Analysis - using AI algorithms to quickly process large amounts of data, helping businesses make informed decisions and identify trends.

Customer Service - utilising chatbots and virtual agents offering 24/7 support, answering common questions, and resolving simple issues – often quite efficiently.

AI in Daily Activities

In our daily lives AI is providing increasing support -

Personalised Recommendations – such as streaming services, online shopping platforms, and news feeds that use AI to suggest content and products tailored to our interests.

Navigation and Travel – utilising AI-powered maps and transport apps provide real-time traffic updates, suggest the fastest routes, and estimate arrival times.

Healthcare – with the help of AI-driven fitness trackers, symptom checkers, and appointment scheduling helping individuals monitor their health and access medical advice more conveniently.

Responsible and Ethical AI Use

While AI offers convenience and innovation, it is important to *use it responsibly*. Being mindful of privacy settings; understanding how your data is used; and staying informed about the ethical implications of AI is essential. It is critical to choose only reputable providers and regularly review permissions and privacy policies.

Learning and Adapting

Embracing AI also means staying open to new technologies and learning how they can benefit you. Many online courses and resources can help you better understand AI, from basic introductions to advanced applications.

Incorporating AI into our lives does not require technical expertise – it simply requires a willingness to explore and adapt. By thoughtfully integrating AI into our homes, workplaces, and daily routines, we can improve efficiency, enhance our experiences, and prepare for a future where technology and humanity work hand in hand.

Emeritus Professor Greg Whateley is currently Chief Executive and Executive Dean at the Australian Guild of Education (Melbourne). He has developed a positive relationship with his pool robot and house vacuum robot – *who would have thought*.