**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Prior to beginning the Aging Simulation Activities describe the following:**

|  |  |
| --- | --- |
| **Cataract** |  |
| **Osteoporosis** |  |
| **Myopathy** |  |
| **Arthritis** |  |
| **Restriction** |  |
| **Mobility** |  |
| **Simulation** |  |

**Aging Simulation Suit Stations**

|  |  |  |  |
| --- | --- | --- | --- |
| **Stations** | **Task** | **Directions** | **Comments** |
| **1** | Walk down the hall | Quietly, walk down the hallway 1st w/o the aging suit on then with the aging suit and finally with the aging suit and cane. During all three tasks make sure to have a partner time you. | 1. How long did this task take without the aging suit? 2. How long did this task take with the aging suit? With the suit and cane? 3. Insight about the experience: |
| **2** | Walk up and down one flight of stairs | Quietly and Carefully, walk down one flight of stairs. 1st w/o the aging suit on then w/the aging suit and then w/the aging suit and the cane. During all three tasks make sure to have a partner time you. | 1. How long did this task take without the aging suit? 2. How long did this task take with the aging suit? With the aging suit and cane? 3. Insight about the experience: |
| **3** | Sit and get up from a chair | Sit and stand up 10 times w/o the aging suit NEXT sit and stand up 10 times w/ the aging suit then sit and stand up 10 times w/ the aging suit and cane. During all three tasks make sure to have a partner time you. | 1. How long did this task take without the aging suit? 2. How long did this task take with the aging suit? 3. Insight about the experience: |
| **4** | HOH | Put the ear plugs in and have your partner read 3 pages of a story to you. Describe to your partner what you heard. | Insight about the experience: |
| **5** | Opening/  Using objects | Put on the gloves and glasses  Try pushing one piece of gum from the packet  Try opening the treat  Try holding the toothbrush, opening toothpaste, pretend to put paste on the brush  Pretend to comb your hair and look in the mirror | Insight about the experience: |
| **6** | Try to read a:  \*Recipe  \*Phone book  \*Dictionary | Put on the googles and try to read:  \*A recipe from the All About Vegetarian cooking  \*Find the phone number and address for Rochester Family Eye Clinic  \*Find “Gratitude” in the dictionary | Write your findings for the phone book and definition of gratitude: |
| **7** | Pick things up from the floor | Spread out 20 objects on the floor (playing cards, pasta, popcorn, etc.)  Try to pick up all 20 objects  Make sure to have your partner time you  Put on the gloves  Try picking up all 20 objects  Make sure to have your partner time you | 1. How long did this task take without the gloves? 2. How long did this task take with gloves? 3. Insight about the experience: |
| **8** | Carry objects | Carry 5 medical terminology books down the hallway  Put the aging suit on, use your cane and now carry the five books down the hallway  Have your partner time you for both experiences | 1. How long did this task take without the aging suit? 2. How long did this task take with the aging suit? 3. Insight about the experience (think about carrying grocery’s into a house, carrying laundry baskets full of clothes): |
| **9** | Pour food | Pour the noodles and popcorn from one cup to the other 10 times  With the gloves and glasses on try to pour the noodles and popcorn from one cup to the other 10 times | Insight about the experience (think about preparing meals): |
| **10** | Read things:  \*The board  \*A map | Put on the googles and try to read what is written on the board and the map, try to find the cities on the map the are listed on the board | Insight about the experience (think about driving): |
| **11** | Balance | Check your balancing abilities by first standing on two discs, next try to balance on just one foot, then try balancing on one foot on the discs. Next, put the aging suit on and try all three tasks again. Remember to have your partner time you for all 6 challenges. ☺ | Insight about the experience: |