

# Understanding Tremor in the Elderly

## Curriculum Overview

### Designed for:

- High school students
- Post-secondary courses in health care
- Certified Nursing Assistant training courses
- In-service training for nursing home facilities
- Public health organizations
- Community education

### Length:

The activities in this curriculum will last approximately 2 ½ to 4 hours. With supplemental materials, this curriculum can be adapted to a longer block of time.

### Goal:

To help participants learn about the impact of tremor conditions, especially as it relates to the hands. This will also help participants gain a sense of empathy and sensitivity to the challenges these conditions have on daily life.

### Synopsis:

This curriculum helps participants understand what tremor is, specific types of tremors and how to discern Essential Tremor from Parkinson's Disease. Using the Tremor Simulator on one hand, participants will feel the impact of what it is like to live with and deal with a tremor on a daily basis. A series of tasks such as eating, writing, or dressing will be attempted while experience the hand tremor. Participants will reflect on the experience and debrief, address key questions. A brief quiz is included to assess understanding. A fully immersive lesson is included as well.

### Curriculum Components:

- Teacher's guide – Complete lesson, including detailed steps of activities, time and materials needed, student handouts and instructor information to teach the lesson
- Student materials
- Assessment tools
- PowerPoint presentation slides

### Learning Objectives:

#### Lesson 1: Understanding Tremor in the Elderly

- Define what a tremor is
- Identify different types of tremors
- Discern Essential Tremor from Parkinson's Disease
- Understand how tremor conditions make daily tasks challenging for older adults

#### Lesson 2: The Geriatric Experience

- Experience physical changes due to aging
- Understand what it means to be empathetic
- Increase empathy and understanding of what it is like to age and the impact it has on daily life