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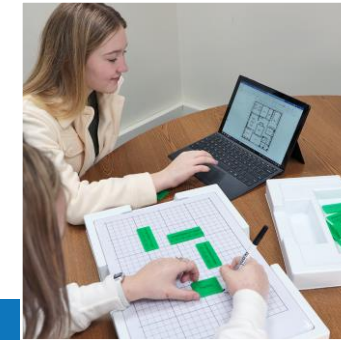
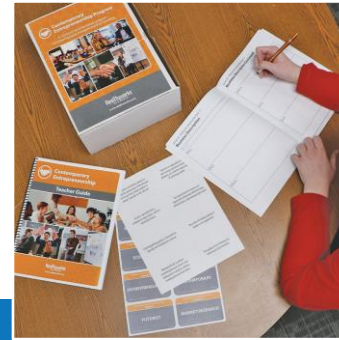
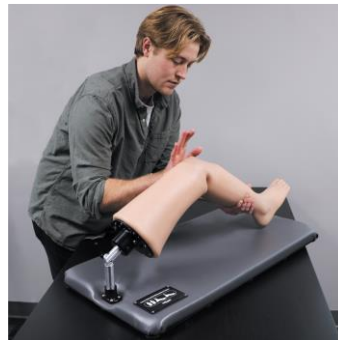
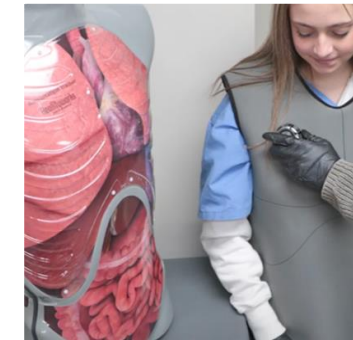
Creating a Wearable Geriatric Simulation Program - Walking in the Shoes of an Aging Individual

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Who is Realityworks?



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What we will discuss today...

- Power of Wearable Simulators
- Geriatric Simulator
- Geriatric Sensory Impairment Kit
- Hemiplegia Simulator
- COPD and Mobility Challenges Simulation
- Dementia Simulation
- Best Practices for Using Wearable Simulators
- Free Resources
- Q&A

Power of Wearable Simulators

- Offers realism while protecting privacy
- Can be used to teach technical skills AND interpersonal skills
- Leads to better prepared learners
- Builds empathy, understanding and sensitivity which will result in more effective patient interactions

Power of Geriatric Wearable Simulation Experiences

“When used properly, empathy suits can give important insight into patients’ experiences for the wearer and allow the participants to share their experiences and frustrations with learners in the caregiver role.”

“The aging-simulation experience is an effective educational tool to raise awareness among health professionals of age-related difficulties. This sensory activity allows health professionals to put themselves in the shoes of older patients and to feel age-related difficulties.”

Geriatric Simulator

The Geriatric Simulator enables users to experience:

- Visual impairment

Glaucoma Macular degeneration
Cataracts Diabetic retinopathy
Retinal detachment
Retinitis pigmentosa

- Restricted range of motion
- Decreased mobility
- Stooped posture
- Loss of sensation in hands
- Joint stiffness
- Loss of strength
- Fatigue
- Change in body image
- Decreased sense of balance
- Confusion

RealCare™ Geriatric Simulator

Additional features and functions:

- Decreased sense of balance
- Change in body image
- Confusion
- Loss of strength
- Fatigue



Curriculum Highlights

10-15 hours

1. Exploring Geriatrics and Gerontology
2. Visual Impairment
3. Declining Mobility Due to Aging
4. Impact of Aging on Bones and Joints
5. Hearing Loss
6. Cognitive Changes with Aging
7. The Geriatric Experience
8. Amazing Aging



Product Highlights Video

Free Activity

- Transparent tape or duct tape
- Scissors
- Pen
- Pill bottle or bottle with twist cap
- Glass
- Coins
- Gloves
- Envelope
- Socks
- Popcorn kernels (unpopped) or dried peas/frozen peas



Arthritis Experience Chart

Use this organizer to take notes on your arthritis simulation experience.

Task	Impact on Movement	How I Felt	How would this impact my daily life as an older adult?
Cut paper with scissors			
Write with a pen			
Open a pill bottle (or similar)			
Drink from a cup or glass			
Pick up and count change			
Other			

Geriatric Sensory Impairment Kit

Hearing Impairment Simulator: Headphones that enable the user to experience tinnitus, high-frequency hearing loss, general hearing loss and dementia-related confusion

Geriatric Arthritis Simulator: A wearable for each hand that simulates moderate to severe arthritis

Geriatric Tremor Simulator: A portable device that uses EMS technology to induce hand tremors



Curriculum Highlights

7-13 hours

1. Hearing Loss and Impairment
2. The Impact of Aging on Bones and Joints
3. Understanding Tremor in the Elderly
4. The Geriatric Experience



Product Highlights Video

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Free Activity

- Water
- Cups
- Pitcher
- Small items like buttons or coins
- Pen or pencil

Suggested tremor videos:
[Differences Between Essential Tremor and Parkinson's Disease \(youtube.com\)](#) (3:59)

[NeuroBytes: Essential vs Parkinsonian Tremor - American Academy of Neurology \(youtube.com\)](#) (4:13)

What is Parkinsons Tremor
<https://www.youtube.com/watch?v=9YsLzrGRzyg> (3:14)

[Understanding-Tremor-in-the-Elderly-Curriculum_SAMPLE.pdf \(realityworks.com\)](#)

Understanding Tremor in the Elderly

Tremor Simulation Experience

Use this organizer to take notes on your tremor simulation experience.

Task	Impact on Movement	How I Felt	How would this impact my daily life as an older adult?
Write your name			
Pour water from a pitcher into a glass			
Pick up a glass with water in it and take a drink			
Sort through or pick up some coins			
Draw a straight line			

15

ence Schedule Denise - Word

Hemiplegia Simulator

One-size-fits-all simulator with an adjustable cane, arm, sling, wrist brace, knee immobilizer, eyepatch and ear plugs (may be used on either side of the body)

Carrying/storage case

Quick start guide

Curriculum

1-year limited warranty



Curriculum Highlights

1-2 hours

1. Physical Symptoms, Treatment and Prevention of Hemiparesis
2. Patient-Focused Care



Free Activity

[Geriatric-Patients-Patience-Scenario-free-asset.pdf](#)
([realityworks.com](#))

RealCareer™ Employability Skills Program
Nursing Careers: Geriatric Patients

Patience

Scenario: Although quite shaky, Mrs. Martinez insists on feeding herself at meals. It takes her an hour to finish a meal. Nina, the nursing assistant, has requested to leave early. The nurse tells Nina she can leave after Mrs. Martinez is finished eating. Nina sits across from Mrs. Martinez and begins to wait. After a few minutes, Nina tells Mrs. Martinez how she has an exam tomorrow and how she really needs to go home to study but cannot leave until Mrs. Martinez is finished eating. Mrs. Martinez says she is done eating despite food being left on her plate.

Points of view to consider

- Mrs. Martinez
- Nina, the nursing assistant

Key questions

- Do you think Nina should have been more patient with Mrs. Martinez? Why or why not?
- How do you think Mrs. Martinez felt after hearing Nina's situation?
- How does someone learn patience?

Information: [Living with Hemiplegia and Hemiparesis: Causes, Treatment + Coping \(spinalcord.com\)](#)

Videos:

[James' Story: Recovery from Left Side Paralysis After Stroke \(youtube.com\)](#)
(1:39)

[\(10\) What Is Hemiplegia? – YouTube](#)
(0:33)

COPD and Mobility Challenges Simulation

- The COPD simulation will include the following symptoms: Shortness of breath, especially during physical activities, wheezing, chest tightness and lack of energy.
- The mobility simulation will simulate difficulty ambulating and a shuffled, unsteady gait.

Use this wearable simulation kit to create interactive, immersive scenarios for your students that help them walk in the shoes of an individual with a variety of physical conditions and challenges.

Product includes:

1. COPD Simulation (2 student kits)
 - a. Abdominal binder
 - b. Straws
2. Mobility Challenge Simulation (4 student kits)
 - a. Folding cane
 - b. Overshoes
3. Nursing Careers: Working with Geriatric Patients Scenario Cards
4. Soft-sided storage case
 - Downloadable curriculum and student workbook
 - 1-year limited warranty



Curriculum Highlights

5 ½ - 7 1/2 hours

1. Respiratory Illnesses of the Elderly
2. Mobility Challenges with Age
3. Enhancing Soft Skills when Working with Aging Adults



Free Activity

[\(10\) copd – YouTube](#) (4:36)

[COPD I Nucleus Health \(youtube.com\)](#)
(4:01)



The Impact of Restriction on Breathing: COPD Simulation Experience

TASK	Breathing on a scale of 1-5 1 – Easy 5 - Difficult	Observations about how your body felt
Walking down the hall		
Going from seated to standing position		
Bending over to tie shoe or pick something up		
Walking up a flight of stairs		
Button/zip a coat/shirt/fleece/etc.		
Cough forcibly three times (into your elbow, please!)		
Sit on floor and stretch to your toes		
Do 10 jumping jacks		

Dementia Simulator

1 Soft-sided storage case



Dementia Simulation Experience

Additional features and functions:

- Allows users to feel common emotions and cognitive symptoms associated with dementia: Confusion, fear, anxiety, frustration, and anger
- Users can experience visual and tactile impairment
- Simulates: Alzheimer's disease, Lewy body, frontotemporal, vascular, and mixed
- Five-minute audio recordings are specific to each of the 10 scenarios in the program are included for realism
- Two scenarios included for each type of dementia, one in a medical setting and another in a home care setting
- Standards-based, downloadable curriculum

10 Student kits (each include):

Headphones and MP3 player
(10 dementia simulation audio files)



Dementia
simulation
glasses



Gloves



Storage case

Curriculum Highlights

5 -10 hours

1. Introduction to Dementia
2. Alzheimer's Dementia
3. Lewy Body Dementia
4. Frontotemporal Dementia
5. Vascular Dementia
6. Mixed Dementia



Free Activity

Divide the class into 5 small groups.

Assign 1 question to each group. For the multiple questions, do not provide answer choices – just the question.

Give students 5 minutes to research an answer.

Call the class back together and ask each question.

Each group should answer the question with the answer they came up with.

Here is your answer key to share results.

This is a good ice breaker activity to see what they know or think they know about dementia.

Introduction to Dementia Pre/Post-Test Answer Key

1. **True** or False There are multiple forms for Dementia.
2. True or **False** Some degree of Dementia is always expected as people age.
3. What increases the risk for dementia?
 - a. **Family history**
 - b. Occupation
 - c. Diabetes diagnosis
 - d. Lack of sleep
4. How is dementia diagnosed? Select all that apply.
 - a. **Physical exam**
 - b. **Blood tests**
 - c. **Brain scans (CT, MRI)**
 - d. PHQ-9
5. What are the most common types of dementia?
 - a. Alzheimer's disease
 - b. Vascular dementia
 - c. Lewy body dementia
 - d. Fronto-temporal dementia
 - e. Mixed dementia
 - f. Reversible causes
 - g. **All of the above**

A few more geriatric simulations to consider...



Elder Abuse Training Kit



Geriatric Medication Management Simulation Kit



Geriatric Skin Conditions Simulation Set

Best Practices For Using Wearable Simulators #1

- Encourage group interactions whenever possible



Best Practices For Using Wearable Simulators #2

- Provide opportunities for a post-simulation debrief
- Journaling exercises
- Pre and post- simulation activity



Best Practices For Using Wearable Simulators #3

Take time to reflect

- How did it go?
- How did you feel during this experience?
- How can you make this a good experience for your patient?

We do not learn from experience... we learn from reflecting on experience.

- John Dewey

Best Practices For Using Wearable Simulators #4

Use the wearables in a scenario

- Consider role assignments of Caregiver and Patient
- Teach nursing skills
- Teach empathy, communication and other soft skills



Best Practices For Using Wearable Simulators #5

- Set up stations to rotate through



Now what?

- Download our Free Geriatric Implementation [Guide](#)
- Free Career Exploration [Lessons](#)
- Free Posters and Infographics at <https://www.realityworks.com/resources/realityworks-interactive-posters-downloads/>
- Contact us with questions!



Let's connect!

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