

Webinar:

Why Wearables Are So Effective in Teaching Empathy



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Today's agenda:

- Who is Realityworks, Inc.?
- Review the needs of today's students and the importance of empathy and other soft skills
- Learn how wearables simulate real-life challenges to foster empathy and emotional intelligence
- See tools in action: Geriatric Simulator, Geriatric Sensory Impairment Kit, COPD and Mobility Challenges Simulation, Hemiplegia Simulator, and Dementia Simulation Experience
- Get free resources!



Who are today's students?



Meet Generation Z

- **Born:** 1997–2012
- **Tech-savvy:** Digital natives who've never known life without smartphones or instant internet access
- **Education:**
 - 94% have a high school diploma or are enrolled students
 - 50% are in or have completed college
- **Fun Fact:** Gen Z is more likely to finish high school and attend college than previous generations!



Source: <https://www.aecf.org/blog/generation-z-and-education>

How Gen Z learns best



- **Learning preferences:**
 - Visual, interactive content
 - Real-world relevance is key
 - Immediate feedback expected
- **Challenge for educators:**
 - Competing with constant digital input
 - Attention is hard to *earn*, not because of short attention spans, but because there's so much noise

Source:

<https://www.aecf.org/blog/generation-z-and-education>

Understanding generational differences

Silents	Baby Boomers	Generation X	Generation Y	Generation Z
Born 1925-1945	Born 1946-1964	Born 1965-1981	Born 1982-1995	Born 1996-2009
a.k.a. Traditionalists Veterans Builders	a.k.a. Boomers Me Generation	a.k.a. Gen X Latch-Key Kids MTV Generation 13 th Generation	a.k.a. Gen Y Millennials Echo Boomers	a.k.a. iGeneration (iGen) Post-Millennials Centennials
Telephone	TV	PC	Internet	iPhone, Social Media
Largely disengaged from technology	Early IT adopters	Digital immigrants	Digital natives	Technoholics
Face-to-face	Face-to-face; telephone or email if required	Text messaging or email	Online/social media and text messaging	Visual communication using technology
Teach Me Prefer a structured "command and control" oriented learning, classroom lectures, books and on-the-job training	In Person Prefer classroom setting with in-class participation; will use technology and may prefer books to reading online	Learn by Doing Prefer self-directed learning and freedom to figure things out on own; computer before books	Short and Sweet Thrive on flexibility and space to explore; favor on-demand, highly personalized and interactive training	Get it Now. Do it Now. Learn it Now. Want to learn on their own terms; prefer visual and interactive, bite-sized and hands-on learning; use of technology and social media is a given



What is empathy and why is it important?



“I want to be able to teach my students to be more understanding and empathetic with the aging process by the time they make it to their clinical rotation at the local nursing home... I want them to understand why the residents move so slowly, and I want them to learn to be patient and kind while working with them.”

- Miranda Kessler, RN-BSN, Nicholas County Career and Technical Education Center, WV

**Empathy is essential in all helping professions —
especially when working with older adults.**

Demand for empathy in the workplace

- **85%** of customers prefer emotionally intelligent representatives - empathy improves customer satisfaction
- **76%** of employees say empathy boosts productivity
- **61%** say they're more loyal to empathetic coworkers
- **1 in 2** people say lack of empathy causes them to disengage

Source: [42 Emotional Intelligence Statistics for 2025](#)





Why wearables?



Why use wearables to teach empathy?

- **Protect privacy:** Avoids discomfort of peer-to-peer physical exams
- **Realism with safety:** Simulates real challenges while maintaining psychological safety
- **Teaches empathy + skills:** Supports both technical and interpersonal skill development
- **Backed by research:** University of Minnesota found students wearing wearables were rated satisfactory by both peers and faculty



Source: [Development and Evaluation of a Wearable Simulator System - Clinical Simulation In Nursing](#)

Wearables build empathy & emotional intelligence



- ✓ Students experience real-life physical and emotional challenges
- ✓ Helps students see the person beyond the task
- ✓ Emphasizes communication, compassion, and emotional cues
- ✓ Cost-effective realism for deeper engagement and learning

Source: [Wearable Healthcare Simulators Lead to Better Prepared Learners | HealthySimulation.com](https://www.healthysimulation.com/blog/wearable-healthcare-simulators-lead-to-better-prepared-learners/)



Hands-on tools for teaching empathy



RealCare™ Geriatric Simulator

Additional features and functions:

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



Experience aging: the Geriatric Simulator

- Simulates physical effects of aging (joint stiffness, vision/hearing loss, reduced mobility)
- Includes wearable components for hands-on use
- Builds empathy for aging adults through lived experience
- Great for use in health science, FCS, human services & more

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What does aging feel like?



Geriatric Simulator

Understand sensory decline: the Geriatric Sensory Impairment Kit

- Simulates vision loss, tremors, arthritis, and hearing impairment
- Used for task completion and empathy-building exercises
- Ideal for developing patience and respectful communication
- Includes curriculum and activities



See sensory loss through their eyes



Geriatric Sensory Impairment Kit

Feel the struggle: COPD & Mobility Challenges Simulation

- Simulates breathlessness, muscle weakness, and fatigue
- Weighted vest mimics respiratory strain
- Includes tasks like walking stairs or rising from a chair
- Creates insight into energy conservation and support strategies



Living with limited breath

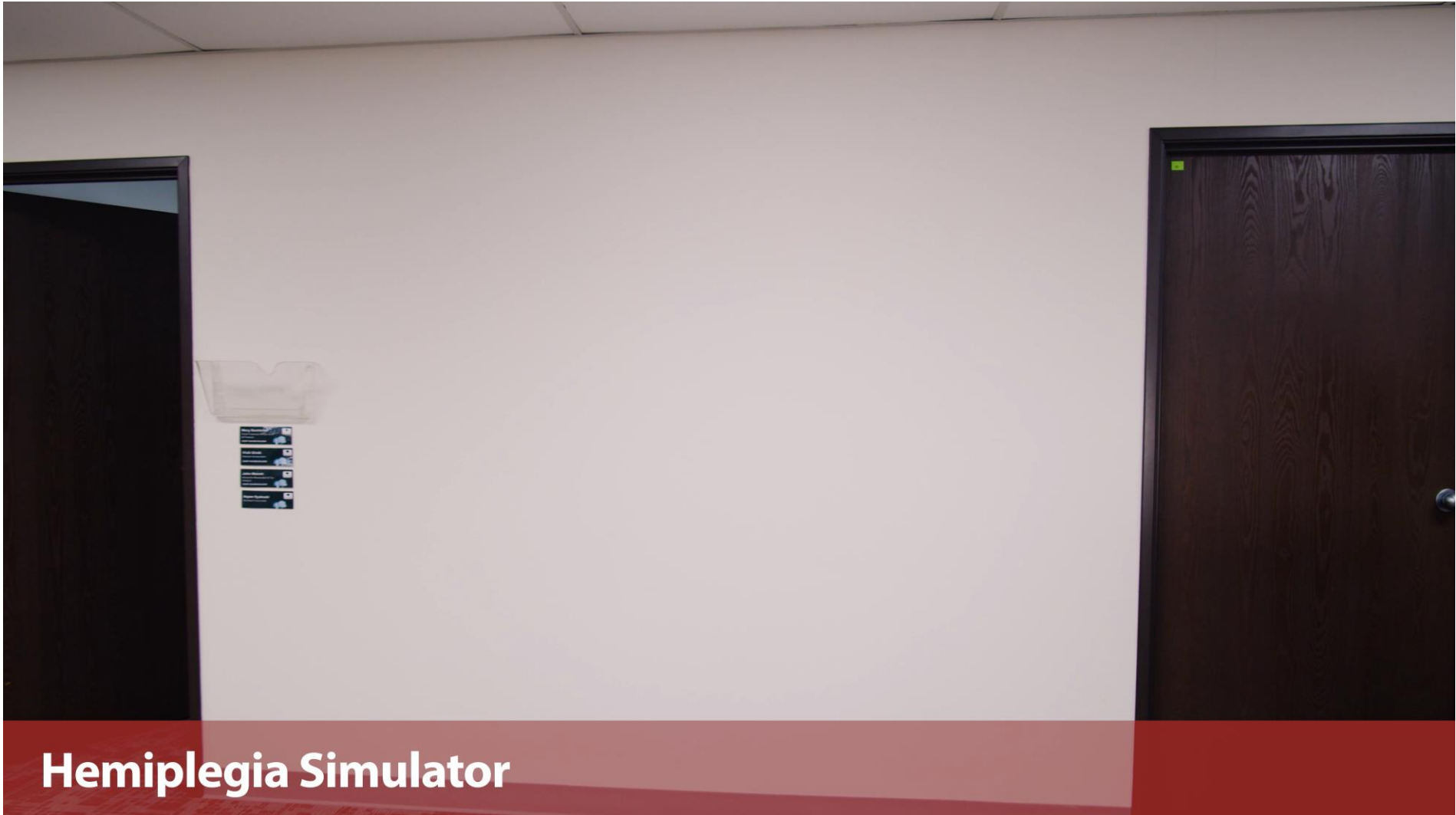


Simulate one-sided paralysis: the Hemiplegia Simulator

- Simulates stroke-induced one-sided paralysis
- Restricts arm, hand, and leg movement on one side
- Used to complete tasks like dressing or mobility
- Teaches frustration, empathy, and adaptive strategy



A day in the shoes of an individual with Hemiplegia



Hemiplegia Simulator

Dementia Simulation Experience

- Simulates symptoms of dementia: disorientation, overstimulation, memory loss
- Uses audio, sensory, and visual input to create confusion
- Students complete tasks in a controlled “dementia experience”
- Powerful debrief leads to lasting impact

Audio sample: realityworks.com/wp-content/uploads/2024/05/Dementia-Sim_Audio-Sample.mp4

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)



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Now what?





Free resources to keep the learning going!

- Download a free Healthcare Soft Skills Poster realityworks.com/resources/realityworks-interactive-posters
- Get our free guide: Teaching Empathy Toward Older Adults realityworks.com/geriatric-training-tools
- See the tools: realityworks.com/product-category/health-science/geriatricstraining/
- Have questions?
Email us, call us, or live chat on realityworks.com



Questions?





Let's connect!

We can help you start or refresh your own program!

Scan to:

- Connect with your local Realityworks account manager
- Request a free quote
- Ask questions and more!

Scan me)

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