

Hearing Impairment Station

Common signs of age-related hearing loss:

- Misunderstanding what others are saying
- Asking people to repeat themselves
- Straining to understand a conversation
- Difficulty hearing when on the phone
- Difficulty hearing when there is background noise
- Difficulty following a conversation when two or more people speak at once
- Claiming others are mumbling or not speaking clearly
- Turning the TV volume up too high

Instructions (for the person not wearing the simulator):

1. Power on the headphones using the switch on the right. Make sure both **Volume** and **Age Control** dials are turned all the way to the “-” position (off).
2. The first green mode is *Normal* hearing. Press the **Selection** button until the red *Tinnitus* indicator light turns on.
 - Sing or hum a verse from a popular song. Does the person wearing the simulator know the song?
3. Press the **Selection** button until the blue *Dementia* indicator light turns on.
4. Turn the **Volume** all the way up.
 - Ask what the person wearing the simulator hears.
 - Tell them your name and where you are from. Can they hear you?
 - Ask them to stand up, turn around 3 times, and sit down. Do they understand?
5. Turn the simulator off using the power switch.
6. Switch roles and repeat the activity.



Empathy Stations

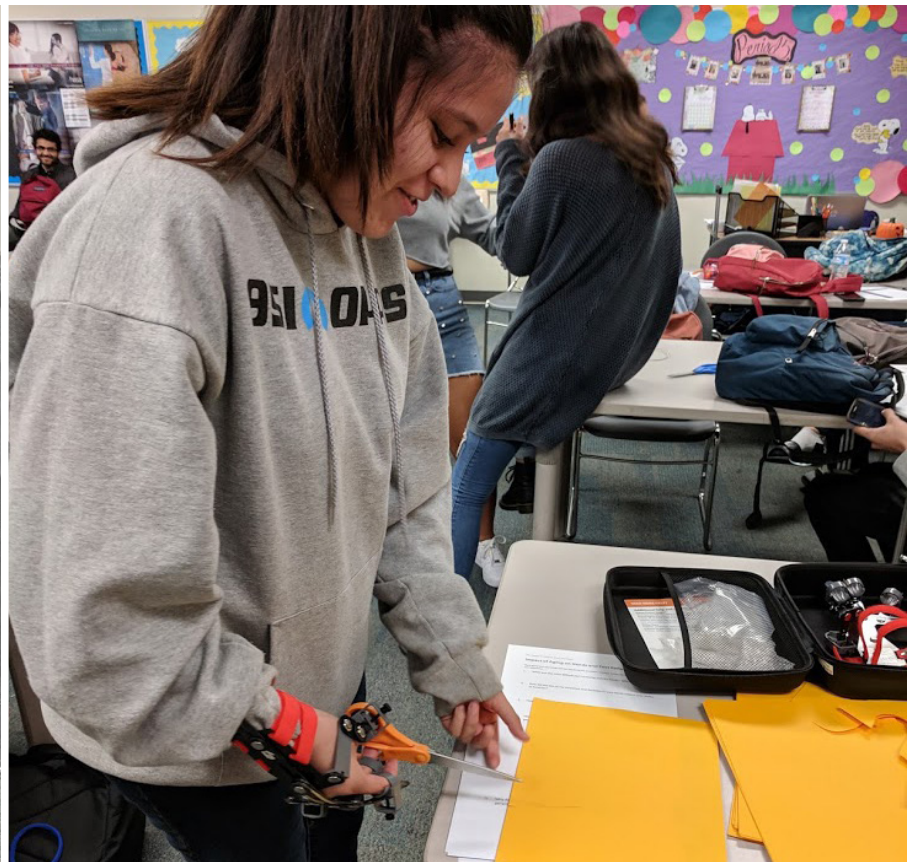
Arthritis Station

Typical signs of inflammatory arthritis include:

- Morning stiffness in and around the affected joints
- Pain and stiffness worsens with inactivity and improves with physical activity
- Pain, swelling, and stiffness in one or more joints
- Sometimes fever, weight loss, fatigue, and/or anemia
- Reduced range of motion

Instructions (1 hand simulator per person):

1. Locate the hand indication sticker to determine whether your simulator is for the right or left hand.
2. Turn the knobs counterclockwise to loosen them.
3. Insert your hand into the straps with the arthritic hand on top.
4. Insert your fingers into the loops.
5. Tighten the straps on your wrist.
6. Position the simulator joints over the joints in your hand.
7. Tighten the joints until slightly uncomfortable.
8. Perform a few of the following tasks:
 - Write your name with a pen.
 - Send a text to a friend.
 - Turn a doorknob.
 - Pick up a bag or book.



Visual Impairment Station

Instructions:

1. Complete each activity wearing the appropriate pair of glasses. The glasses can be worn over prescription glasses.

- **Glaucoma:** Damage to the optic nerve, which carries information from the eye to the brain
 - *Impact:* Peripheral (side) vision is gradually lost first.
 - *Activity:* Remove or put on shoes, then check the soles for gum or dirt.
- **Macular Degeneration:** The macula, a small central portion of the retina, deteriorates
 - *Impact:* Dark or blurry areas appear in the center of your vision.
 - *Activity:* Read a magazine.
- **Cataracts:** A painless, cloudy area in the lens of the eye blocks light from reaching the retina
 - *Impact:* Your vision becomes cloudy, fuzzy, or foggy.
 - *Activity:* Look up the weather on your phone. Will it rain tonight?
- **Diabetic Retinopathy:** The most common diabetes-related eye condition
 - *Impact:* Damage to the retina causes poor vision or blindness.
 - *Activity:* Read an email.
- **Retinal Detachment:** Part or all of the retina detaches from the back of the eye
 - *Impact:* Floaters and flashes of light may appear.
 - *Activity:* Send a text to a friend.
- **Retinitis Pigmentosa:** A progressive degeneration of the retina, the light-sensitive layer inside the eye
 - *Impact:* Peripheral vision gradually decreases and may eventually be lost.
 - *Activity:* Read a pill bottle label.



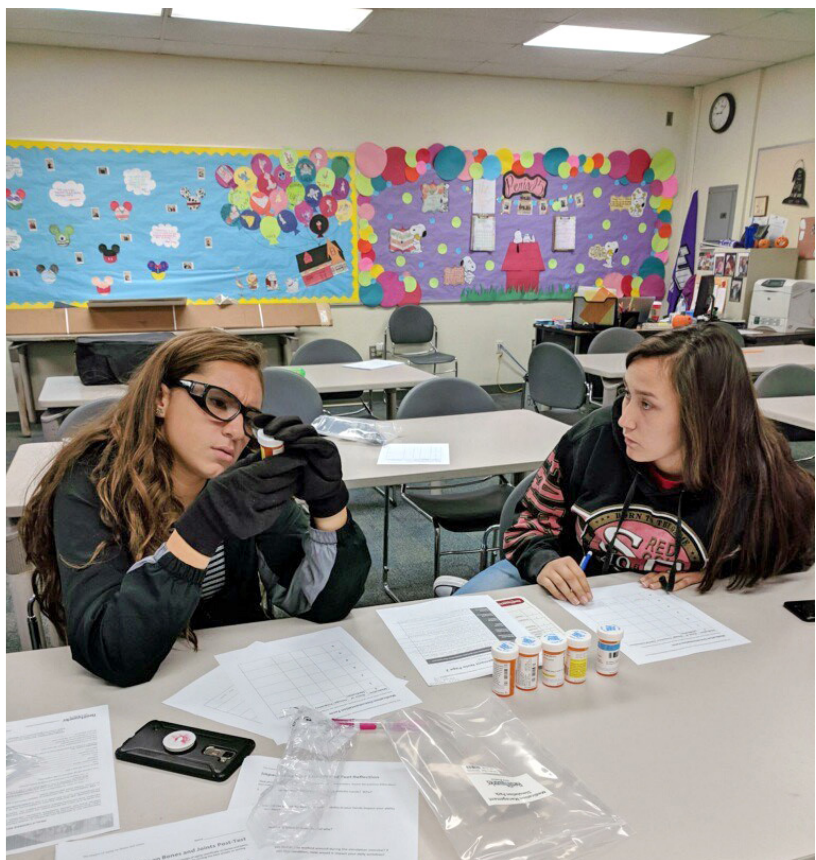
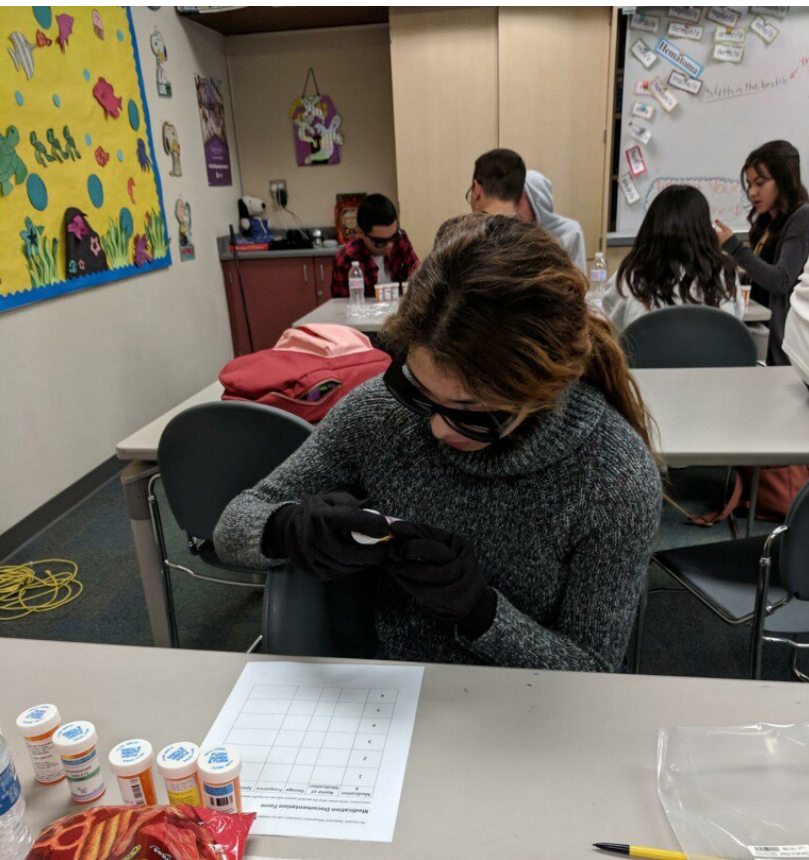
Medication Management Station

Polypharmacy prevalence and risk statistics:

- About 1 in 3 adults ages 60-79 take 5 or more prescription medications regularly (Johns Hopkins Medicine)
- An estimated 750 older adults are hospitalized every day in the U.S. due to serious medication side effects (Lown Institute)
- Older adults ages 65 and older account for over 600,000 emergency department visits annually for adverse drug events (CDC)

Instructions:

1. Work in pairs with one person acting as the older adult patient and the other as the documenter.
2. The patient must:
 - Open each medication vial.
 - Tell the documenter the name of the medication.
 - Take the correct number of pills out for one day.
 - Tell the documenter the frequency of the dosage and any special instructions.
3. The documenter must:
 - Compare the accurate dosage and administration instructions.
 - Identify what was correct and what the patient got wrong.
4. If time allows, switch roles and repeat the activity.



Declining Mobility Station

The Geriatric Simulator enables users to experience:

- Visual impairment
- 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

Instructions:

1. Work in pairs with one person helping the other into the Geriatric Simulator.
2. Perform the following tasks while wearing the simulator:
 - Bend over to pick up a pen or pencil.
 - From a seated or standing position, tie your shoes.
 - Sit down and stand up several times.
 - Toss and catch a ball.
 - Walk the length of the room and back.
3. If time allows, switch roles and repeat the activity.

