



## Orientation Activities

We recommend building time into your student and parent orientation to complete some of the activities below. The goal is that they will help make students more aware of potential limitations their mentors might have. Thank you, Andrews Academy, for these orientation activity ideas!

### Aging Simulation Chart

Simulation Tool	What To Do and Why	Student's Reactions
<b>Beans:</b> Put 5 beans in each shoe. Keep them in place until you do the Straw activity.	Walk very slowly down the hall and back. Keep a slow pace.  <i>Major threats to mobility and other activities of daily living (ADLs) are caused by illnesses, such as arthritis, strokes, or pulmonary disease.</i>	
<b>Ear Plugs:</b> Put an ear plug in each ear. Keep them in place throughout the entire simulation. (You may take the gloves off for this activity.)	Using a cell phone, call someone you know and explain to them what you are doing and why.  <i>Changes in acoustic acuity begin at midlife. They usually are very mild until individuals reach 60 or 70 years of age, when reduced ability to hear low intensity and high frequency sounds pose significant problems for over a third of older individuals.</i>	
<b>Glasses:</b> Put on a pair of glasses slightly smeared with Vasline. Keep them in place throughout the entire simulation.	Go over to the Student/Parent table, read, and sign the Permission Slip. Parent should also sign it. Keep the completed form for records.  <i>Age-related changes in vision usually begin in midlife, then tend to stabilize until around age 70 or 80 when further visual changes occur. About 95% of individuals over 70 years of age develop cataracts or some other form of vision loss.</i>	
<b>Straw:</b> Put a straw in your mouth and breathe only through the straw. (You may take the beans out of your shoes for this activity.)	Do swift jumping jacks for one-minute while being timed.  <i>The effects of aging on the respiratory system are like those that occur in other organs: maximum function gradually declines. Decreased air flow and gas exchange may occur, as well as weakening of the respiratory muscles.</i>	
<b>Gloves:</b> Put on a pair of gloves. Tape your thumbs to each hand and tape two fingers together on each hand. Keep these on until you do the Ear Plug activity.	Untie and remove your shoes. Put them back on and tie them.  <i>Among the over 100 different types of arthritis conditions, osteoarthritis is the most common and affects over 20 million people in the United States alone. Before age 45, osteoarthritis occurs more frequently in men. After age 55, it affects women more frequently.</i>	

Student Name \_\_\_\_\_ Date \_\_\_\_\_

### **Ambulatory Activity**

*Major threats to mobility and other activities of daily living (ADLs) are caused by illnesses, such as arthritis, strokes, or pulmonary disease. These types of disabilities can impede even the simplest task of picking up dropped items, especially when coupled with osteoarthritis in the hands.*

Set Up: Use tape to create a path made of arrows around a set of bookcases or desks. On the path, place 6-10 small items in various places for your students to pick up during the activity. Have a pair of leather gloves and beans at the start line. [Example items are listed below]

Directions: Student should put on leather gloves and a handful of beans in each shoe. Begin following the arrow path. While doing so, bend down and pick up all the items in your path, bringing them back to the start. You should find the following items:

- a checker game piece
- an eraser
- a piece of paper
- a straw
- a wrench
- a pen cap
- a penny

When you are finished, replace the items on the path for the next person.

## **Auditory Activity**

*Changes in acoustic acuity begin at midlife. They usually are very mild until individuals reach 60 or 70 years of age, when reduced ability to hear low intensity and high frequency sounds pose significant problems for over a third of older individuals. This type of challenge makes it difficult to hear and understand someone who has called on the phone.*

Set Up: Provide cotton balls or ear plugs and two cell phones.

Directions: Give student a phone and have another individual call them on a different phone. Have them stand in separate rooms or on opposite sides of a room (outside of hearing distance). Student should then place cotton balls or ear plugs in their ears and caller will begin asking them “secret questions.” [Example questions below]

### **“Secret Questions” for the Auditory Activity**

1. What color is Winnie the Pooh? (Answer: yellow)
2. Where do you live? (Answer: address)
3. Who was the first president of the U.S.? (Answer: Washington)
4. What time did this event start? (Answer: 2:00)

### **Fine Motor Activity**

*Among the over 100 different types of arthritis conditions, osteoarthritis is the most common and affects over 20 million people in the United States alone. Before age 45, osteoarthritis occurs more frequently in men. After age 55, it affects women more frequently. How difficult does this disability make counting out change at the store? What if it is coupled with an eyesight problem like macular degeneration or cataracts?*

**Set Up:** Provide leather gloves, a mason jar, a variety of coins, and a pair of glasses [permission slip should be signed by parent for these].

**Directions:** Student should put on gloves and glasses. From a pile of coins, they should count out \$0.74 using at least one of every denomination of coin and then place the amount in a mason jar. Jar “checker” will count to see if student retrieved the correct amount and then pour the change back into the pile.

## **Wheelchair Challenge**

Set Up: Provide a wheelchair.

Directions: Student should sit in a wheelchair and carefully attempt to get in and out of a bathroom without help. As a second challenge, get a drink from the drinking fountain.

## Visual and Memory Activity

*Age-related changes in vision usually begin in midlife, then tend to stabilize until around age 70 or 80 when further visual changes occur. About 95% of individuals over 70 years of age develop cataracts or some other form of vision loss. Almost 40 per cent of people over the age of 65 experience some form of memory loss. When there is no underlying medical condition causing this memory loss, it is known as "age-associated memory impairment," which is considered a part of the normal aging process. It involves occasional forgetfulness as opposed to brain diseases like Alzheimer's that involve frequent and degenerative memory loss.*

Set Up: Print off copies of the quiz below. Provide a pen and glasses [permission slip to be signed].

Directions: Student should put on glasses and then use a pen to take the quiz below [example questions; can be changed].

### Quiz for the Visual and Memory Activity

1. How old are you?
2. What is your favorite color?
3. What is your favorite food?
4. Who do you look up to the most?

Signature \_\_\_\_\_ Date \_\_\_\_\_