

April 25th, 2017

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HEALTH & OPTIMAL AGING



# **Alzheimer's Disease Simulation Information and Instructions**

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## **Preparing for the Simulation** *For 20 participants*

### **You will need the following:**

20 pairs of safety goggles

1 package of non-latex gloves [with enough for each participant to have 1 pair of gloves]

20 pairs of socks [1 pair for each person that is not wearing appropriate shoes; what you do not use can be used in the laundry portion of the simulation]

1 jar of vaseline

2-3 rolls of clear scotch tape

1-2 magic markers [dark in color, preferably black]

An assortment of clothing such as pants, sweaters, jeans, cardigans, button-down shirts  
*You will need as many sweaters as you have participants*

Sheets of plain white or lined paper

1 box of plain envelopes

Pens or Pencils

10-15 sets of food utensils including knives, spoons, and forks

10-15 Plastic plates

10-15 Plastic cups

1 package of Sandwich size Ziplock bags

1 package of Gallon Ziplock bags

1 bag of individually wrapped candy [enough pieces for each participant to fill 1 ziplock bag with 5 pieces of candy]

1 large bowl [to hold candy]

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1 canister of popcorn kernels [at least 28 oz of kernels]

1 device to play sounds [can be a computer with loud speakers or a CD player]

**In preparation for the simulation, for every participant, you will need to do the following:**

1. Take goggles, darken the lenses
2. In sandwich ziplock bags, place corn kernels to be placed in socks and gloves.

**The day of the simulation, for every participant, you will need the following:**

1 Packet of corn for hands

1 Packet of corn for feet

2 gloves

1 pair of socks

1 pair of goggles

Divide the large group up into 2 groups of 8-10 people. Ideally, you don't want more than this number because of the nature of this simulation.

You will need to have the participants line up, while one of the facilitators puts vaseline on the goggles, and places tape on the gloves.

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On the day of the event you will need to set up the following:

**Table A: Laundry**

Pile articles of clothing on the table.

Make it messy! Make sure that all clothing is unfolded.

If using socks, unroll them so that participants have to pair them

**During the simulation, you will ask participants to fold 2 articles of clothing from the pile and set them on the table.**

**You will also ask participants to take a sweater from the pile and put it on.**

**Table B: Letter Writing Table**

Set up a table with a notebook or blank sheets of paper, envelopes and pens or pencils.

**During the simulation, you will ask participants to write a letter of at least 3 sentences to their family telling them that they love them.**

**Table C: Candy Table**

Set up a table with a bowl filled with candy. Set sandwich sized ziplock bags next to the bowl.

**During the simulation, you will ask participants to take 5 pieces of candy, place in a ziplock bag, seal and place next to the bowl.**

**Alternative Table: Setting a table**

If you do not have enough sweaters or laundry, you can use an alternative task by having the participants pull items from a tub.

Set up a table with plates, utensils, etc in a box or tub. Have participants take out 1 cup, 1 plate, and 1 set of utensils during the

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### **Facilitator A Instructions**

You will have eight minutes to complete the following four tasks:

1. Put on a sweater
2. Fold two pieces of laundry from the big laundry pile and put them neatly on the table
3. Write three sentences to your family telling them you love them and put the letter in an envelope and seal the envelope
4. Go to the table where you will find a bowl of candy. Put two pieces of candy in a zip lock bag and close the bag. Put the bag on the table next to the bowl.

### **Facilitator B Instructions**

You will have eight minutes to complete the following four tasks:

1. Go to the table where you will find a bowl of candy. Put two pieces of candy in a zip lock bag and close the bag. Put the bag on the table next to the bowl.
2. Write three sentences to your family telling them you love them and put the letter in an envelope and seal the envelope
3. Fold two pieces of laundry from the big laundry pile and put them neatly on the table
4. Put on a sweater

## **Alternative Simulation instructions**

### **Facilitator A Instructions**

You will have eight minutes to complete the following four tasks:

1. Go to the table where the dishes are located, take out a 1 plate and 1 cup put it on the dining table.
2. Fold two pieces of laundry from the big laundry pile and put them neatly on the table
3. Write three sentences to your family telling them you love them and put the letter in an envelope and seal the envelope
4. Go to the table where you will find a bowl of candy. Put two pieces of candy in a zip lock bag and close the bag. Put the bag on the table next to the bowl.

### **Facilitator B Instructions**

You will have eight minutes to complete the following four tasks:

1. Go to the table where you will find a bowl of candy. Put two pieces of candy in a zip lock bag and close the bag. Put the bag on the table next to the bowl.
2. Go to the table where the dishes are located, take out 1 plate and 1 cup and place on the dining table.
3. Fold two pieces of laundry from the big laundry pile and put them neatly on the table
4. Write three sentences to your family telling them you love them and put the letter in an envelope and seal the envelope