



## Leader's Guide

### Purpose

*Gray for a Day* aims to educate participants on age-related sensory and functional challenges some adults might face through various simulations that reflect daily routines, simple tasks, and leisure or social activities.

### Lesson Objectives

1. Understand how the senses and functional abilities can decline with age
2. Experience age-related sensory and functional decline
3. Understand the influence of sensory and functional decline on daily life
4. Be encouraged to develop the skills necessary to effectively interact with someone who may be experiencing age-related sensory and functional challenges
5. Be encouraged to develop the skills necessary to support someone who may be experiencing age-related sensory and functional challenges
6. Understand how taking steps to improve or maintain your health now will contribute to sensory and functional well-being in the future

### Program Facilitation

This program can effectively be delivered by one person, however, if you have a larger group and will have participants engage in all three activity stations, three facilitators would be ideal.

### Target Audiences

This program is intended for use with people of all ages and professions. For that reason, there are two versions of the PowerPoint and Evaluation (adult and adolescent/4H).

### Group Size

The number of participants should be limited to 30.

### Program Length

This program is designed to be given in 60 minutes, however can be shortened by removing activities or lengthened by allowing more time for activity and conversation.

## Program Materials

Each sensory aging kit includes:

### Leader Materials

- Leader's Guide
- PowerPoint Presentation/Script
- Evaluation

### Participant Materials

- Cotton balls
- Masking tape
- Popsicle sticks
- Gloves
- Ear plugs
- Popcorn kernels
- Eye glasses
- Plastic straw
- 2 ft. piece of yarn

### Activity Station Materials

#### *Say What?!*

- Whiteboards
- Dry erase markers and erasers
- Headset
- Laminated instruction sheet

#### *Dose Your Medications*

- 10 bags of medications  
(5 bottles and 1 pill box)
- Laminated instruction sheet

#### *Go Fish!*

- 2 decks of cards
- Laminated instruction sheet

**Note:** You can add an activity that simulates age-related change in one's sense of taste. To do so, you will need to purchase chocolate kiss candies (1 per participant).

### Preparing for your Lesson

- Decide if you will use the adult version or the adolescent/4H version of the PowerPoint and evaluation
- Gain familiarity with the program and ask any necessary questions
- Learn the space; it is best if the tables can be divided into three sections or stations
- Check the sensory aging kit – Do you have enough materials for all of your participants? Do any items need to be purchased? Is everything in good condition?
- Print evaluations

### Program Set-Up

Before your participants arrive, distribute the materials and set-up the activity stations. **Each person should have the following set out in front of them:** 1 cotton ball, 2 popsicle sticks, 1 pair of gardening gloves, 1 pair of ear plugs, 2 or 3 popcorn kernels, 1 pair of eye glasses, 1 plastic straw, and 1 piece of yarn. If you choose to do the optional taste activity, each participant will also need one chocolate kiss candy. Participants will share the roll of masking tape OR you can tear off approximately 12 inches of tape per person and hang it off the side of their place at the table. To **set-up the activity stations**, center the Activity Station Materials (listed above) and the laminated instruction sheet in the center of each station.

### Program Procedure

The program procedure is located in the notes section of the PowerPoint presentation.

### Evaluation Procedure

At the end of the program, distribute the evaluation. Once completed, collect the evaluations and enter the results on K-PICS. Alternatively, you can e-mail scanned copies to erinyelland@ksu.edu or mail them to Erin Yelland, 343 Justin Hall, 1324 Lovers Lane, Manhattan, KS 66506.