



Say What?!

1. Distribute whiteboards – each person should have one whiteboard, marker, and eraser.
2. Choose one person to be the “aging listener”.
3. The aging listener should:
 - a. Wear the headset and turn on the radio function (hold the power button for 1 second to turn the headphones on, and 2 seconds to turn them off).
4. The rest of the group should:
 - a. Write a sentence on your whiteboard. **DO NOT SHOW YOUR SENTENCE TO THE AGING LISTENER.**
 - b. One-by-one, read your sentence to the aging listener. You should read it only twice and speak at a normal volume and pace.
5. The aging listener should attempt to write down each of the group members’ sentences, without asking questions or speaking to the group.
6. Once each member has relayed their sentence, the aging listener should take the headset off and share what they thought the sentences were.

Discussion

Aging Listener: Tell the group about your experience. What were you able to hear? How did you feel if you weren’t able to hear well? How did you compensate for not being able to hear well?

As a group:

1. What was it like to write with the sensory aging gear on?
2. How could you better talk with an older person who has hearing loss?
3. What impact can hearing loss have on older adults who are engaging in conversation?
4. How would you compensate in the conversation if you could only hear 1/4th of what was being said?



Dose Your Daily Medications

1. Each person should select a bag of “medication”.
2. Read the dosing instructions on each bottle.
3. Dispense your medications into the weekly pill organizer.
4. When you’re finished, return the “medication” to its bottle and place items in the bag.
Remember that each pill bottle has one color of bead.

Discussion

1. How difficult was it for you to dispense your medications for the week?
2. What made it so difficult?
3. How might a simple task such as dispensing medications become more difficult as you age?
4. How can you help an older adult with dispensing their medications?
5. How could someone receive help dispensing their medications if they had no living friends and all of their family members lived several hours away?



Go Fish!

1. If you have 6 or more people at your station, divide into two groups.
2. Choose one person per group to be the dealer for Go Fish!
3. The dealer should shuffle the cards, and share with the group what it's like to be shuffling the cards while wearing the sensory aging gear.
4. As a group, play one round of Go Fish! If you are unsure how to play, the instructions are below.

Discussion

1. What was it like to play a simple card game while wearing the sensory aging gear?
2. What made it more difficult than usual?
3. How did you compensate for your challenges?
4. How could you adapt a card game to make it more aging-friendly?

How to Play

Choose a “dealer” to hand out cards. If there are two or three players, each player is dealt seven cards. If there are more people taking part, each player is dealt five cards. The remaining cards are placed face down in a pile. This is the “fish pond.”

Each player sorts their cards into groups of the same number or suit (i.e. group of threes or group of kings), making sure not to show anyone. The “requester” (person to the left of the dealer) starts the game by asking another player for cards that will match his hand. For example, if the requester has two kings, he will ask the other player for kings. If the other player has these cards, he must hand them over. The requester continues asking the same player for more cards until the player does not have the cards he wants. If the player does not have the right cards, he can tell the requester to “go fish.” The requester then has to take one card from the “fish pond.” The player who told him to “go fish” becomes the new requester.

Anyone who collects all four cards of a set (i.e. all four eights or all four Queens) puts them face down in front of him. The winner is the first person to have no single cards left, only complete sets. If two people run out of cards together, the player with the most sets wins the game.