



Leader's Guide

Purpose

Gray for a Day is a simulation experience that utilizes an empathic approach to educate individuals on the age-related sensory and functional challenges that some older adults might face.

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 declines.
5. Be encouraged to develop the skills necessary to support someone who may be experiencing age-related sensory and functional decline.
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 be adapted and made fun for people of all ages (including youth and older adults), skill levels, and professions.
- This program can be delivered to groups of all sizes, ranging from 5 to 300.
- It is recommended to have at least 1 facilitator for every 30 participants.
- This program is designed to be given in 60 minutes, however it can be shortened by removing activities or lengthened by allowing more time for activity and conversation.
- This program has been successfully facilitated with the following groups (among others):
 - 4-H youth (you might consider implementing this activity before engaging in a senior-service project or visiting a long-term care facility)
 - Middle school, high school, and college classrooms
 - CNA, LPN, pre-med, and students in a variety of medical professions
 - Staff of long-term care facilities, home-based services, and hospice organizations
 - Staff and users of senior centers
 - ...and more! The possibilities are truly endless as aging affects *everyone*.

Preparing for your Lesson

- Gain familiarity with the program and ask any necessary questions (erinyelland@ksu.edu). Be sure to review the scripted PowerPoint, activities, and required materials in-depth.
- Learn the space; it is best if the tables can be divided into stations that align with the number of activities you will be implementing
- Check your materials – Do you have enough materials for all of your participants? Do any items need to be purchased? Is everything in good condition?
- Print evaluations

Evaluation Procedure

At the end of the program, distribute the evaluation. You may choose to add questions to the evaluation template (see pages 5 & 6), but it is required that you ask the questions provided on the template at a minimum. Once completed, collect the evaluations and e-mail scanned copies to erinyelland@ksu.edu **OR** mail them to Dr. Erin Yelland, 343 Justin Hall, 1324 Lovers Lane, Manhattan, KS 66506. Alternatively, you can share your evaluation findings via a frequency summary.

Program Materials

Gray for a Day leaders have access to this Leader’s Guide, scripted PowerPoint presentations (in English and in Spanish), and an evaluation template (one for adults and one for youth). All materials can be found at: www.aging.ksu.edu, under programs and publications.

All participants should receive the following materials (with the number of each material needed per participant in parentheses).

- Cotton balls (3)
- Gloves (1 pair)
- Masking tape (~ 6 inches)
- Plastic straw (1)
- Popsicle/craft sticks (2)
- Simulation glasses* (1 pair) or 1 strip of plastic wrap
- Popcorn kernels (~6)
- 2 ft. piece of yarn (1)

*See pages 7 & 8 for instructions on how to make the simulation glasses.

Six activities have been designed to accompany this program. Two activities have been designed for each of the following categories: daily routines, simple tasks, and leisure or social activities. It is recommended that you select at least 3 activities for your program, but you may choose more or less depending on the amount of time you have. The required materials for each activity are described below. A optional worksheet has been developed for use with the activities (i.e., if you would like to assign points, take attendance, provide further engagement, etc.) and can be found on the website. If you are not implementing all of the activities, simply select the columns of activities you will not be implementing and press backspace to delete them from the worksheet.

Daily Routines	Simple Tasks	Leisure/Social Activities
<p>What Should I Eat?</p> <ul style="list-style-type: none"> • Printed nutrition labels (provided on pages 9 & 10) 	<p>Doctor, Doctor!</p> <ul style="list-style-type: none"> • Computer/tablet/smart phone (you can instruct participants to use their own devices) 	<p>Go Fish!</p> <ul style="list-style-type: none"> • 1 deck of playing cards
<p>Getting Ready for the Day. Bring items from home that you use each morning:</p> <ul style="list-style-type: none"> • Button-up shirts, items with zippers, laced shoes, ties, pantyhose • <i>Empty and clean</i> mouthwash, toothpaste, shampoo, contact lens cases, etc. • Ponytail holders, hair clips, etc. 	<p>What’s This Pill?</p> <ul style="list-style-type: none"> • Pony beads (to simulate pills) in clean, childproof medicine bottles. Each bottle will need to be labeled with dosing instructions (e.g., take twice a day with food) in small text to mimic a prescription label. • Weekly pill organizer 	<p>Say What?</p> <ul style="list-style-type: none"> • Jumbo marshmallows

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:** 3 cotton balls, 2 popsicle sticks, 1 pair of gloves, several popcorn kernels, 1 pair of simulation glasses *or* a strip of plastic wrap, 1 plastic straw, and 1 piece of yarn. Participants can share a roll of masking tape **OR** you can tear off approximately 6 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) in the center of each station.

Program Procedure

The program procedure is located in the notes section of the PowerPoint presentation. Activities are described in the next section of this guide.

Activity Procedure

There are 6 different activities designed to enhance the Gray for a Day experience. It is recommended that you implement at least 3 activities, but you may choose more or less depending on the amount of time you have for the program. While participants are engaging in the following activities, provoke thought and discussion by asking:

- How is this making you feel? Are you frustrated? Annoyed?
- How might this task become more difficult as you age?
- What is making this more difficult than usual?
- How are you compensating for your challenges?
- How could you adapt this situation to make it more aging-friendly?
- What could you do to help an older adult in this situation?

What Should I Eat?

Many older adults can struggle to prepare healthy meals for themselves and may rely on pre-packaged frozen meals. Various nutrition labels from a popular brand of frozen meals have been provided. Instruct participants to select three meals that would be the best options for an individual with diabetes to eat. (*Note:* There is no correct answer provided. Instead, the goal is for participants to experience what it may be like to select an easy-to-prepare meal with little knowledge or resources about their diet requirements).

Getting Ready for the Day.

Instruct participants to pretend they are getting ready for the day. Encourage them to utilize all of the materials you have brought, such trying on clothes, tying a tie, putting on pantyhose (over their existing clothes), opening/closing bottles, doing their hair, etc.

Doctor, Doctor!

Imagine you now live in Scobey, Montana (the county seat of Daniels County – considered the most rural county in the continental United States in the 2010 Census) and are needing to find the CLOSEST medical doctors in the following specialties: neurologist, urologist, cardiologist, and oncologist. Instruct them to locate the physicians using a smartphone, tablet, or computer. If you choose, you may instruct participants to write down their findings, including the doctor's name, telephone number, and location (city and state).

What's This Pill?

Instruct participants to read the dosing instructions on each pill bottle and dispense their medications for a week into a weekly pill organizer.

Go Fish!

Instruct participants to play Go Fish! or another preferred card game.

Say What?

Instruct one individual in the group to SAFELY stuff their mouth with a jumbo marshmallow. This will help to simulate speech impairment as a result of a stroke. This individual will try to carry on a conversation with a partner/the group. Instruct them to talk about their morning routine (what they ate, what they did, etc.) or what they plan to do tonight.

Debriefing Procedure

It is imperative that proper debriefing and conversation occur during this program. Be sure to thoroughly review the discussion questions before hosting the activity and allow adequate time for the discussion questions embedded at the end of the PowerPoint presentation during your implementation. These required discussions will enhance the effects of the simulation, protect against the enabling of ageism and misunderstandings of the program's purpose, and conclude the experience in an effective, positive way.

Program Adoption

This program is free for adoption by any agency, organization, or educator. You may remove K-State Research and Extension branding and replace it with your own, given that you give proper credit to Dr. Erin Yelland and K-State Research and Extension. The formal citation for this program is as follows:

Yelland, E. L. (2017). *Gray for a Day*. Manhattan: K-State Research and Extension.

Questions?

All questions regarding this program, its implementation, and evaluation can be directed to:

Dr. Erin Yelland, Kansas State University
erinyelland@ksu.edu
785-532-1905
343 Justin Hall
1324 Lovers Lane
Manhattan, KS 66506



Gray for a Day: Evaluation

Thank you for participating in *Gray for a Day*. We would really appreciate your feedback.

Place a ✓ in the appropriate box for each statement.



Agree



Not sure



Disagree

I learned how the five senses (hearing, vision, taste, smell, and touch) can change as you grow older.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I learned how changes in the five senses can impact your daily life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I thought about how I could help older people who might not be able to see or hear as well as they used to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I learned that I need to always take care of my body so that I might not have all of these challenges as I grow older.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After knowing what could happen to me when I grow older, I plan to take better care of my body.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What is the most important thing you learned today about aging?

Please tell us a little about yourself.

Age:	Gender:	Racial Identity:	Ethnic Identity:
____ years	<input type="checkbox"/> Female <input type="checkbox"/> Male	<input type="checkbox"/> American Indian/Alaskan Native <input type="checkbox"/> Asian <input type="checkbox"/> Black <input type="checkbox"/> Native Hawaiian/Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Mixed Race (more than 1 race) Other _____	<input type="checkbox"/> Latino/Hispanic <input type="checkbox"/> Not Latino/Hispanic

Thank you!



Gray for a Day: Evaluation

Thank you for participating in *Gray for a Day*. As a participant, we value and appreciate your feedback. If you choose, please take a moment to answer the following questions.

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
This program increased my awareness of age-related sensory and functional decline.					
This program increased my understanding of how age-related sensory and functional decline can impact one's daily life.					
This program encouraged me to think about how I can better interact with older adults who may be experiencing sensory and functional decline.					
This program encouraged me to think about how I can better support older adults who may be experiencing sensory and functional decline.					
My participation in this program helped me to understand that taking steps to be healthy now can contribute to my sensory and functional well-being in the future.					
I plan to improve my lifestyle in order to improve my sensory and functional well-being in the future.					

Please list the three most important things you learned today.

- 1)
- 2)
- 3)

Please tell us a little about yourself.

Age:	Gender:	Racial Identity:	Ethnic Identity:
____ years	____ Female ____ Male	____ American Indian/Alaskan Native ____ Asian ____ Black ____ Native Hawaiian/Pacific Islander ____ White ____ Mixed Race (more than 1 race) Other _____	____ Latino/Hispanic ____ Not Latino/Hispanic

Please share any other comments you may have about this program on the back of this page.

Thank you!

Gray for a Day: Simulation Glasses Instructions

The Gray for a Day program has the option of utilizing manipulated safety glasses as a means to simulate visual losses as a result of cataracts, glaucoma, diabetic retinopathy, and macular degeneration. Experiencing these deficits will allow participants to experience the world as individuals with various eye disorders do. Instructions for manipulating safety glasses for each disorder are below.

Cataracts

Cataracts produces generalized blurry vision, but can also yellow the lens of the eye over time. Here is an example of vision affected by cataracts:



In order to simulate cataracts, purchase yellow-lensed safety glasses, paint a thin layer of Mod Podge® or clear fingernail polish over the entire lens, then smudge the paint with a tissue or bristle brush while it is still wet. You may need to repeat this process several times until the vision is adequately blurred.

Glaucoma

Glaucoma is a disease that damages the optic nerve which reduces then eliminates your peripheral vision. Below is an example of vision affected by glaucoma:



In order to simulate glaucoma, purchase clear-lensed safety glasses, cover a dime-sized hole over the center of each lens with masking tape, and paint the rest of the glasses with flat black spray paint. Alternatively you can utilize black electrical tape to tape all of the glasses except for a dime-sized hole in the center of each lens.

Diabetic Retinopathy

Diabetic retinopathy is caused by damage to the blood vessels at the back of the eye and is the most common cause of vision loss among individuals with diabetes. Below is an example of vision affected by diabetic retinopathy:



NORMAL VISION
Vision remains intact



DIABETIC RETINOPATHY
Vision is obstructed by macular edema

To simulate diabetic retinopathy, purchase clear-lensed safety glasses, paint a thin layer of Mod Podge® or clear fingernail polish over the entire lens, then smudge the paint with a tissue or bristle brush while it is still wet. You may need to repeat this process several times until the vision is adequately blurred. Once that has dried, draw several large asymmetrically shaped spots in a scattered pattern with a black permanent marker all over the lens. These black spots will resemble large floaters and will illustrate the effects of leaking blood vessels in the field of vision.

Macular Degeneration

Macular degeneration occurs when central part of the eyes' retinas begin to deteriorate. Below is an example of vision affected by macular degeneration:



Normal Vision



Vision with AMD

To simulate macular degeneration, purchase clear-lensed safety glasses then, utilizing permanent marker or black paint, cover the center of both lenses with large, thick, black circles.

Pizza

Nutrition Facts	
Serving Size: 1 Pizza (173g) Servings Per Container: 1	
Amount Per Serving	
Calories 430	Calories from Fat 120
% Daily Value *	
Total Fat 13g	20%
Saturated Fat 5g	25%
Monounsaturated Fat 3.5	
Polyunsaturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 780mg	33%
Total Carbohydrate 57g	19%
Dietary Fiber 5g	18%
Sugars 7g	
Protein 21g	
Vitamin A	15%
Vitamin C	20%
Calcium	30%
Iron	20%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. Nutritional information is subject to change. Please see label of product on store shelves for the most current information.

Lasagna Bake

Nutrition Facts	
Serving Size: 1 Package (255g) Servings Per Container: 1	
Amount Per Serving	
Calories 250	Calories from Fat 45
% Daily Value *	
Total Fat 5g	8%
Saturated Fat 1.5g	7%
Monounsaturated Fat 1g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 570mg	24%
Total Carbohydrate 39g	13%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 12g	
Vitamin A	6%
Vitamin C	6%
Calcium	15%
Iron	10%

Thai Beef

Nutrition Facts	
Serving Size 1 Pouch (283g) Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 480mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 15g	30%
Vitamin A 70%	Vitamin C 40%
Calcium 4%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Pulled Pork with Black Beans

Nutrition Facts	
Serving Size: 1 Package (255g) Servings Per Container: 1	
Amount Per Serving	
Calories 230	Calories from Fat 35
% Daily Value *	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Monounsaturated Fat 1.5g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 480mg	20%
Total Carbohydrate 30g	10%
Dietary Fiber 7g	27%
Sugars 12g	
Protein 19g	
Vitamin A	15%
Vitamin C	4%
Calcium	6%
Iron	15%

Roasted Vegetables with Angel Hair

Nutrition Facts	
Serving Size 1 Package (283g) Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 610mg	25%
Total Carbohydrate 45g	15%
Dietary Fiber 7g	30%
Sugars 7g	
Protein 9g	15%
Vitamin A 95%	Vitamin C 75%
Calcium 8%	Iron 15%

Roasted Turkey with Vegetables

Nutrition Facts	
Serving Size 1 Package (255g) Servings Per Container 1	
Amount Per Serving	
Calories 240	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 45mg	15%
Sodium 580mg	24%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	14%
Sugars 16g	
Protein 20g	40%
Vitamin A 365%	Vitamin C 25%
Calcium 8%	Iron 10%

Mini Chicken Wraps

Nutrition Facts	
Serving Size: 2 Pieces (113g) Servings Per Container: 2	
Amount Per Serving	
Calories 220	Calories from Fat 50
% Daily Value *	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Monounsaturated Fat 2.5g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 590mg	24%
Total Carbohydrate 30g	10%
Dietary Fiber 7g	27%
Sugars 3g	
Protein 12g	
Vitamin A	4%
Vitamin C	0%
Calcium	10%
Iron	8%

Mini Burgers

Nutrition Facts	
Serving Size: 1 Mini Burger (70g) Servings Per Container: 2	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value *	
Total Fat 8g	13%
Saturated Fat 3g	16%
Monounsaturated Fat 2.5g	
Polyunsaturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 360mg	15%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	14%
Sugars 3g	
Protein 9g	
Vitamin A	2%
Vitamin C	0%
Calcium	8%
Iron	8%

Angel Hair with Marinara

Nutrition Facts	
Serving Size: 1 Package (255g) Servings Per Container: 1	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value *	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Monounsaturated Fat 1.5g	
Polyunsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	28%
Total Carbohydrate 34g	11%
Dietary Fiber 6g	23%
Sugars 6g	
Protein 7g	
Vitamin A	20%
Vitamin C	4%
Calcium	8%
Iron	25%

Chicken Enchiladas

Nutrition Facts	
Serving Size: 1 Package (255g) Servings Per Container: 1	
Amount Per Serving	
Calories 290	Calories from Fat 60
% Daily Value *	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Monounsaturated Fat 2g	
Polyunsaturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 780mg	33%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 12g	
Vitamin A	8%
Vitamin C	10%
Calcium	10%
Iron	6%

Chicken and Fries

Nutrition Facts	
Serving Size: 1 Package (134g) Servings Per Container: 1	
Amount Per Serving	
Calories 310	Calories from Fat 140
% Daily Value *	
Total Fat 15g	24%
Saturated Fat 3g	15%
Monounsaturated Fat 4.5g	
Polyunsaturated Fat 6g	
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 510mg	21%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 14g	
Vitamin A	2%
Vitamin C	2%
Calcium	0%
Iron	6%

Meatloaf

Nutrition Facts	
Serving Size: 1 Package (255g) Servings Per Container: 1	
Amount Per Serving	
Calories 270	Calories from Fat 80
% Daily Value *	
Total Fat 9g	14%
Saturated Fat 4g	20%
Monounsaturated Fat 3.5g	
Polyunsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 650mg	27%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	13%
Sugars 3g	
Protein 21g	
Vitamin A	4%
Vitamin C	10%
Calcium	8%
Iron	10%