## **Experiencing Vision Challenges**



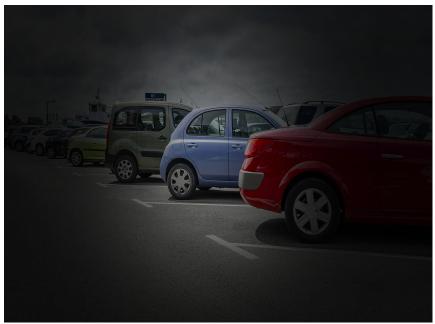




**Aging Sensitivity Experience** 

#### Glasses #1: Glaucoma







## Glasses # 2: Macular Degeneration







#### **Glasses # 3: Stroke**







#### **Glasses # 4: Cataracts**







## **Glasses # 5: Yellowing of the Lens**







# Examples of depth perception and how it relates to fall prevention









## **Depth Perception and Driving**





#### **Understanding Hearing Challenges**

#### Click here for hearing loss simulator

- 1. Listen to first segment and share what you hear.
- 2. List the different menu items that are discussed.

The website provided by:

Phonak – A Sonava brand



### Meeting the Hearing Loss Challenges

#### **Challenge**

- Pride
- Is a gradual loss over time
- Loses ability to hear highfrequency sounds
- Hearing aids

#### **Meeting the Challenge**

- Recognize there is a loss
- Make eye contact
- Slow your rate of speech
- Enunciate clearly
- Get rid of background noise
- Lower the tone of your voice
- Keep phone receiver close to mouth
- Teach back
- Hearing aids/devices



## **Understanding Dexterity Challenges**

#### Here are some activities of daily living to try:

- 1. Attempt to take an item out of your pocket, wallet or purse.
- 2. Try to button/unbutton your blouse or shirt.
- 3. Take your jewelry on and off.
- 4. Untie and tie your shoes.
- 5. Put 4 pills in each of the 4 slots in the daily pill container.



### **Understanding Dexterity Challenges**

#### **Impaired Manual Dexterity**

- Stiff joints
- Decrease in range of motion
- Arthritis
- Decrease in strength
- Decrease in circulation in extremities
- Lifestyle changes in appearance



#### **Understanding Loss of Taste**

- The aging process causes a loss in taste buds.
- Diminished taste and smell may cause a decrease in appetite.
- Certain medications may also affect our taste and smell.





#### **Causes of Confusion or Memory Loss**

- Poor nutrition
- Dehydration
- Medications and/or alcohol
- Infection urinary tract infection or high fever
- Thyroid problems
- Head injury
- Hardening of the arteries
- Dementia
- Alzheimer's disease
- Depression



## Communicating With a Confused Person

- Identify yourself
- Call the person by name
- Use short, simple words and sentences
- Speak slowly and distinctively
- Patiently wait for a response
- Repeat questions as needed
- Turn questions into answers
- Avoid confusing or vague statements
- Turn negatives into positives
- Give visual cues
- Avoid saying "Do you remember when?"
- Treat the person with dignity and respect





**Aging Sensitivity Experience**