

Experiencing Vision Challenges





AgePlay™

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 high-frequency 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



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