Table 1. Experiential Learning to Simulate Sensory Changes in Older Adults

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| **Station** | **Activity** | **Materials Needed** | **Time needed** | **Debriefing topic** |
| Glaucoma | One student acts as a caregiver, the other as a patient. The caregiver leads the patient to get a cup of water and assists with drinking. Students then switch roles. | Eyeglasses to simulate glaucoma; cups for water. | 20 minutes | How it felt to experience a sensory change, as well as to be a caregiver. |
| Yellowing lens | Wearing the yellow lens glasses, student attempts to administer daily medications. | Eyeglasses to simulate yellowing lens; pastel colored, flat candies to simulate pills; medication bottles. | 20 minutes | The effects of color distortion and the dangers of using colors to teach med administration. |
| Macular degeneration | Wearing the macular degeneration glasses, student attempts to thread a needle. | Eyeglasses to simulate macular degeneration; needle and thread. | 20 minutes | How it felt to experience a sensory change. |
| Cataracts and diminished sensation | Wearing the cataracts glasses and rubber gloves, student must simulate paying bills. One student acts as a bill collector, while the other has to pay for services rendered, such as yard work, house cleaning, grocery delivery. | Eyeglasses to simulate cataracts; rubber gloves; pretend money; wallet. | 20 minutes | How it felt to experience a sensory change, as well as recognition that dexterity changes causes slowed movements. When caring for an older adult, nurses need to allow more time. |
| Diabetic retinopathy | Wearing the diabetic retinopathy glasses, student walks through the building to locate an object that requires reading (such as a certain picture, a particular office, or a sign). | Eyeglasses to simulate diabetic retinopathy. | 20 minutes | How it felt to experience a sensory change. |
| Age-related hearing loss | Students listen to an audio recording of a physician giving instructions about taking a new medication in the presence of extraneous noise. | Audio recording of physician giving instructions in a noisy environment. | 20 minutes | The importance of providing a quiet environment when teaching older adults. |
| Health literacy | Students create a teaching brochure for older adults that describes sensory changes. The expectation is that students utilize knowledge of age-related changes to create the brochure. | Paper, markers, and other materials to create brochures. | 20 minutes | The need to present content in a way that addresses the sensory changes in an older adult, as well as good practices of health literacy. |
| Assessment case study | Students complete a written case study. | Case study to review prior content. | 20 minutes | Make answers to the case study available. |