

This activity is intended to teach students some potential challenges that someone with Alzheimer's or a related dementia may face when attempting to do everyday activities. It does not represent the experience of every individual with Alzheimer's or a related dementia. However, doing this activity with vision, dexterity, and hearing compromised, enables students to gain some insight into what it may feel like to live with Alzheimer's disease.

MATERIALS

- Cereal, bowl and spoon
- Button up shirt
- Toothpaste and toothbrush
- Gloves and tape, or oven mitts
- Goggles and black sharpie
- Tote and miscellaneous items to place in tote (e.g., keys, glasses, lotion, floss, mints, phone, tissues, gum)
- Headphones



PREPARATORY STEPS

- Fill tote with items
- Use marker to draw on goggles and scratch goggles (to represent visual impairment)
- Place spoon in a drawer or on table
- Connect headphones to a YouTube video of rain or crowd noise
- Ask student to put on goggles, gloves, and headphones
- Tape 2-3 fingers together on each hand after the gloves are put on
- Once the visual (goggles), auditory (headphones), and mobility (gloves) impediments are on, ask the student to complete the following activities

ALZHEIMER'S SIMULATION ACTIVITIES

1. Find spoon and fill bowl with cereal
2. Unscrew toothpaste and put toothpaste on toothbrush
3. Put shirt on and button up shirt
4. Retrieve specific item from tote (e.g., floss or mints)