

## Orientation Activity Ideas

We recommend building into your student and parent orientation the time to complete some of the activities below that will help make students more aware of potential limitations their mentors might have.

Thank you, Andrews Academy, for these orientation activity ideas!

### Ambulatory Activity

*Major threats to mobility and other activities of daily living (ADLs) are caused by illnesses, such as arthritis, strokes, or pulmonary disease. These types of disabilities can impede even the simplest task of picking up dropped items, especially when coupled with osteoarthritis in the hands.*

Set Up: Use tape to create a path made of arrows around a set of bookcases or desks. On the path, place 6 items in various areas for your students to pick up during the activity. Have a pair of leather gloves at the start line. [Example items are listed below].

Directions: Put on the leather gloves and begin following the path. While doing so, bend down and pick up all the items in your path, bringing them to the start. You should find the following items:

- a checker game piece
- an eraser
- a piece of paper
- a straw
- a wrench
- a pen cap
- a penny

When you are finished, replace the items on the path for the next person.

### Auditory Activity

*Changes in acoustic acuity begin at midlife. They usually are very mild until individuals reach 60 or 70 years of age, when reduced ability to hear low intensity and high frequency sounds pose significant problems for over a third of older individuals. This type of challenge makes it difficult to hear and understand someone who has called on the phone.*

Start by getting out your phone or your parent's phone.

Have a partner call you from their phone, give you your phone to hold up to your ear and walk across to the opposite of the room.

As they have you on the phone, your "caregiver" will get out the set of secret questions and ask them one at a time waiting for you to answer and judging whether you answered correctly.

#### **"Secret Questions" for the Auditory Activity**

"Caregiver": Ask these questions over the phone after you are across the room from your student.

1. What color is the Cat in the Hat's hat? (Ans: red and white)
2. Where is our house? (Ans: your address)
3. Who was the first president of the U.S.? (Ans: Washington)
4. When is this event finished? (Ans: 5:00)

### **Fine Motor Activity**

Among the over 100 different types of arthritis conditions, osteoarthritis is the most common and affects over 20 million people in the United States alone. Before age 45, osteoarthritis occurs more frequently in men. After age 55, it affects women more frequently. How difficult does this disability make counting out change at the store? What if it is coupled with an eyesight problem like macular degeneration or cataracts?

For this exercise, please count out \$0.74 from the pile using at least one of every denomination of coin. Put the correct amount in one of the small mason jars. Your “caregiver” will double check to make sure you have the right amount and have used each coin at least once. Then carefully pour the change back in the pile.

### **Wheelchair Challenge**

Sit in one of the wheelchairs and CAREFULLY wheel yourself out of the library into A-wing and attempt to get in and out of the bathroom without help. One at a time in the bathroom please or wheel have a traffic jam.

For an easier challenge, get a drink from the drinking fountain.

## Aging Simulation Activity

Simulation Tool	What to do and Why	Student's Reactions
<p><b>Beans:</b> Put 5 beans in each shoe. Keep them in place until you do the Straw activity.</p>	<p>Walk very slowly into the chapel, down to the stage and back. Caregiver should remind the student to keep a slow pace.</p> <p>Major threats to mobility and other activities of daily living (ADLs) are caused by illnesses, such as arthritis, strokes, or pulmonary disease.</p>	
<p><b>Ear Plugs:</b> Put an ear plug in each ear. Keep them in place throughout the entire simulation. (You may take the gloves off for this activity.)</p>	<p>Using a cell phone, call someone you know and explain to them what you are doing and why.</p> <p>Changes in acoustic acuity begin at midlife. They usually are very mild until individuals reach 60 or 70 years of age, when reduced ability to hear low intensity and high frequency sounds pose significant problems for over a third of older individuals.</p>	
<p><b>Glasses:</b> Put on a pair of glasses. Keep them in place throughout the entire simulation.</p>	<p>Go over to the Student/Parent table and read and sign the ASSIST Permission Slip. The Parent should also sign it. Put the completed form in a pile under the table.</p> <p>Age-related changes in vision usually begin in midlife, then tend to stabilize until around age 70 or 80 when further visual changes occur. About 95% of individuals over 70 years of age develop cataracts or some other form of vision loss.</p>	
<p><b>Straw:</b> Put a straw in your mouth and breathe only through the straw. (You may take the beans out of your shoes for this activity.)</p>	<p>Do swift jumping jacks like Mrs. Mills would make you do them for one minute.</p> <p>The effects of aging on the respiratory system are like those that occur in other organs: maximum function gradually declines. Decreased air flow and gas exchange may occur, as well as weakening of the respiratory muscles.</p>	
<p><b>Gloves:</b> Put on a pair of gloves. Tape your thumbs to each hand and tape two fingers together on each hand. Keep these on until you do the Ear Plug activity.</p>	<p>Untie and remove your shoes. Put them back on and tie them.</p> <p>Among the over 100 different types of arthritis conditions, osteoarthritis is the most common and affects over 20 million people in the United States alone. Before age 45, osteoarthritis occurs more frequently in men. After age 55, it affects women more frequently.</p>	