**OLDER ADULT LAB**

**Assignment:** To simulate individually, what it is like to being an older adult and the struggles they face everyday. Each person within the kitchen unit will complete the first three steps at the start of class and will continue with them throughout the entire class period. After completing these steps, you will follow and complete the recipe as given. Do not remove any of the items from your body until the end of the class period or you will earn a 0 for the day. ***Write a one-page paper about today’s experience preparing and eating the chocolate cake as an older adult. It will be due next class period.***

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1. **With approximately two 8-inch pieces of duct tape, tape three knuckles on each hand tightly together. This will simulate dexterity.**
2. **Each person takes one cotton ball and cuts it into two pieces. Stick each of the halves into a separate ear. This will simulate hearing.**
3. **Take a pair of reading glasses and rub a very thin layer of Vaseline on the inside of the lens. This will simulate vision.**

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Remember, you must keep all the items on your body until the end of the class period. That means while you are cooking, cleaning and eating. Have fun! ☺

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