

Feedback from Terry Montana – Prairie Community Hospital Staff Declining Mobility Simulation
Feedback from staff: What did you learn or experience while wearing the Geriatric Simulation Suit that will change how you approach your Older Adult Patients that you provide care for?

- I will speak slower
- I will allow more time for tasks to be completed
- Probably just to be more empathetic and how long it can take to do a task
- How hard it was to lift things and generally get around
- Just taking time with them and not to rush them
- Be more patient!

Hearing Loss Reflection Feedback from staff: What was the most difficult part of the hearing loss and why?

- Not understanding what was being said to me
- Asking 'what?' repeatedly was difficult
- Felt like I didn't comprehend and couldn't function
- Missing out on total dialogue – becoming isolated
- I had to pay such close attention
- I couldn't understand anything
- I felt slow and confused
- Trying to read lips
- I felt like I was speaking very loudly
- I felt very distracted

What could you do to help an older adult with hearing loss if you were a healthcare worker?

- Speak clearly
- Speak when face to face
- Use hand gestures to help with what you are saying
- Use simple phrases
- Do not yell
- Speak slowly
- Be patient!
- Do not speak into their ear, they need to SEE you to read lips or your facial expression
- Talk louder
- Enunciate words
- Help listen for them
- Use sign language if there are signs they know
- Get to their eye level when speaking to them
- Make sure you have their attention before speaking

- **Visual Impairment Experience feedback from nursing staff:**
 - **Glaucoma:** *I felt:* Dizzy, very uncomfortable, gave me a headache, nauseated, disorientated, bad, hard to see, discombobulated, impatient, frustrated, confusing and confounding, very limited, blind
This would impact my daily life by: I would not be able to read very well, pay bills correctly or drive, I wouldn't want to read, It would disrupt everything I do, I wouldn't be able to see prices, I

wouldn't be able to see what I was eating, would need assistance with vision related tasks, I'd have to ask for help, I would be very cautious in my movements and would not do any tasks, ADL's would be difficult, it would take forever to find what you want to buy, I would not read much, I would not look for the 'sale' items if I had this.

- **Macular Degeneration:** *I felt:* Dizzy, made my head hurt, I felt a pain in my eyes, not too bad, I could still see for the most part, slow to count the right change, fine, I counted out too much money, felt like everything was far away, Had to hold the cash and coins close to my eyes to see the difference, frustrated, I felt like it took a lot of time, difficult, terrible, in a fog.
This would impact my daily life by: I would not be able to read, write or drive, I would stop going out shopping, it would be difficult to see where I was going, I think it would cause headaches, I would drop the money when counting it out, I would not go shopping anymore, I couldn't tell nickels from quarters, Would begin to not trust that I was counting the money correctly, I would need assistance for money management, fearful I would count the wrong amount of money, it would take a long time for transactions, I would be so much slower, it would impact ADL's, would take forever to shop, it would be hard to function.
- **Cataracts:** *I felt:* Dizzy, my head hurt, not good, mad, I could not see, lost, blind, frustrated, a bit scared, I couldn't see a thing, my neck began to hurt from turning my head, nervous, incompetent, couldn't sort the cards,
This would impact my daily life by: Giving me headaches, I wouldn't be able to do much, hard to see to have a conversation or to eat, it would be very hard on me, I hated everything about it, I would need assistance with most tasks, it was dangerous to distinguish things, I wouldn't be able to do anything that needed me to look ahead, it would take forever to do everything, ADL's would be hard, it was impossible to recognize colors or shapes, I don't think I could do anything.
- **Diabetic Retinopathy:** *I felt:* Dizzy, sharp pain in my eyes, lost, felt like spots were everywhere, slow, frustrated, sick, Like I had floaters, cloudy, confused, blind, had to turn my head frequently, incompetent, foggy, annoyed.
This would impact my daily life by: Was constantly dizzy, I wouldn't want to do daily activities, I'd have trouble with some daily tasks, it made me sick, it was hard to put the puzzle together, I wouldn't want to finish tasks, I would feel confused, I would need assistance for many tasks, it was hard to distinguish things, It would be hard to do daily tasks, It slowed down everything I tried to do, made written directions hard to follow, I'd get frustrated by every task, things would take a lot of time, I don't know that I could go anywhere.
- **Retinal Detachment:** *I felt:* discomfort, saw bugs flying, pressure, bad, blurry, made things look cloudy, fine, dizzy, frustrated, sick, nauseous, blocked, made my eyes water, blind, a little foggy, annoyed.
This would impact my daily life by: I would need help with everything, trouble recognizing things, made me have to use my left eye more, being disorientated, I think I'd be able to compensate, I'd be afraid of someone surprising me on my right side, I would need assistance

with a lot of tasks, I'd miss things on the right, I wouldn't do anymore crossword puzzles, ADL's, walking, eating, I couldn't read, it would be hard to adjust.

- **Retinitis Pigmentosa:** *I felt:* dizzy, blind, frustrated, lost, disoriented, slow, like I was looking through two holes, irritated, uncomfortable, blind, frustrated, like everything was a chore, scared,
This would impact my daily life by: I would need help with everything, I wouldn't do anything, it would be hard to see colors, I would need assistance with money management, everything would be so much harder, it would make me very inactive, I would need a lot of help, I feel like I would be able to do very little on my own, I couldn't complete the task.