

## MATERIALS NEEDED:

1. Eyeglasses – three pairs, preferably with yellow lenses. On-line - about \$3 per pair – [order here](#) or three pairs of glasses or sunglasses you will permanently modify.
2. Gloves – one pair. Nitrile work best, or any [thin gloves](#) – to reduce tactile sensations.
3. Common ballpoint pens – five each - to restrict finger movement.
4. Tape – about five feet – [order here](#) or use any household tape – to tape fingers together.
5. Tape – about 2-3 inches - to create vision glasses. Solid color - black is best.
6. Tissue Paper – five pieces – Kleenex type, or equivalent sized toilet tissue or paper towels or napkins – to insert into palm to further reduce tactile sensation and add an impediment on your palm.
7. Apron – one of your choice – *you may make a mess!*
8. Food – your choice – see information below.

## 1. INSTRUCTIONS for EYEGLASSES:

You will be creating three different sets of glasses to simulate three different vision conditions - macular degeneration, diabetic retinopathy, and glaucoma.

The yellow tint helps simulate the natural yellowing of our eye lenses as we age.



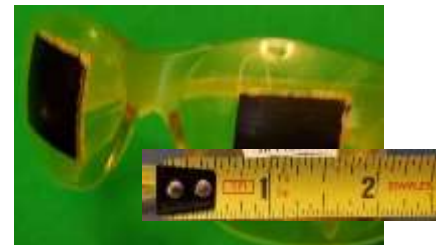
### A. Macular Degeneration Glasses

Materials needed:

1. Small pieces of solid color tape about 1" square

Directions:

1. Place tape on the outside of the glasses about 1-1/4" from center of glasses to center of tape.



### B. Diabetic Retinopathy Glasses

Materials needed:

1. Solid color tape
2. Scissors

Directions:

1. Cut tape into small irregular pieces
2. Place tape pieces randomly on glasses



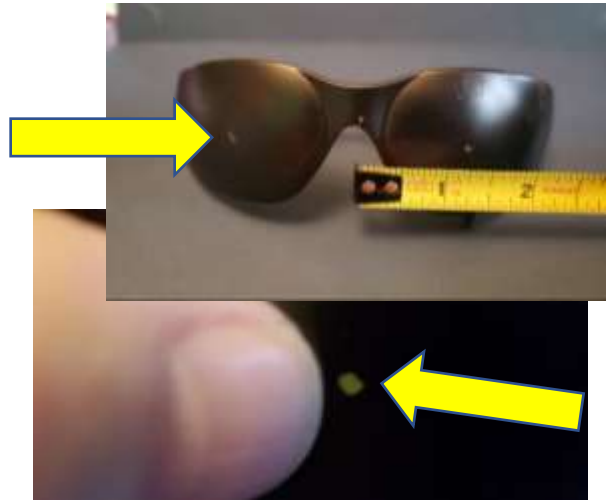
### C. Glaucoma Glasses

Materials needed:

1. Solid color tape.
2. Scissors to cut tape.
3. Scissors or small knife to make a hole.

Directions:

1. Cover glasses completely with solid color tape.
2. Scratch off a very small spot, about 1/16", about 1-1/4" from the center of glasses, about half-way up.



*If you would rather purchase a pre-made kit, please order at the time of registration for \$75 shipped to continental US, outside areas please email for shipping cost  
Louie@LivingInPlace.Institute*

## 2. INSTRUCTIONS for FOOD:

**ITEMS NEEDED:**

- |                                  |  |
|----------------------------------|--|
| <input type="checkbox"/> Napkins | <input type="checkbox"/> Spoons                      |
| <input type="checkbox"/> Plates  | <input type="checkbox"/> NO sharp knives or scissors |
| <input type="checkbox"/> Forks   |  |

Food - modify based on the time of day for you and your personal choices. All in original sealed, or resealed packages.

- |  |   |
|--|---|
| <input type="checkbox"/> Bread - croissants preferred              | <input type="checkbox"/> Salad dressings                |
| <input type="checkbox"/> Lunch meats and cheeses                   | <input type="checkbox"/> Potato salad or macaroni salad |
| <input type="checkbox"/> Condiments such as mustard and mayonnaise | <input type="checkbox"/> Chips                          |
| <input type="checkbox"/> Fresh Salad                               | <input type="checkbox"/> Cookies or other desserts      |
|  | <input type="checkbox"/> Drinks – NO glass              |

## 3. INSTRUCTIONS *During* EXPERIENTIAL MEAL:

At the scheduled time of this class exercise, have all items ready at your computer. As a group, your class instructor will guide you how to put on your equipment and explain some of the typical conditions simulated. When instructed, everyone will start preparing and eating their meal together. Everyone will be encouraged to describe their challenges and frustrations experienced. This exercise will help participants gain an appreciation and basic understanding of everyday life for many persons. At the end of the Experiential Meal the instructor will ask participants for comments and observations.