

INSTRUCTIONS FOR MAKING A LIVING IN PLACE INSTITUTE EXPERIENTIAL MEAL KIT

MATERIALS NEEDED:

1. Eyeglasses – Three pairs, preferably with yellow lenses. You can order them on-line for about \$3 per pair ([order here](#)), or three pairs of glasses or sunglasses you will permanently modify.
2. Gloves – One pair. Nitrile gloves work best but latex gloves can also be used, or any [thin gloves](#). These are to reduce tactile sensations.
3. Common ballpoint pens or popsicle sticks – Five total to restrict finger movement.
4. Tape – About five feet of tape. You can use any household tape or you [order here](#). These are to tape fingers and/or thumbs together, simulating the limitations that various forms of arthritis may have.
5. Tape – About 12 inches (~30 centimeters) to create vision glasses. Solid color should be used. Black electrical tape is best.
6. Dishwashing or hand soap – To be smeared on to the diabetic retinopathy glassed below to better illustrate cataracts. **Be careful how you handle and use the glasses once the soap is on them.**
7. Bathroom Tissue Paper – At least six Kleenex® type, or equivalent sized toilet tissue or paper towels or napkins. These are to be inserted under the gloves to further reduce tactile sensation and add a grasping impediment on your palm.
8. Apron – One of your own as you may make a mess.
9. 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.

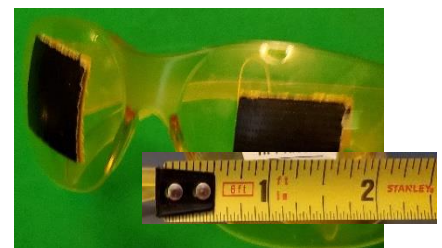


A. Macular Degeneration Glasses

Materials needed:

1. Two small pieces of solid color tape about 1 inch by 1 inch square (~2.5 by 2.5 centimeters).

Directions:



1. Place tape on the outside of the glasses about 1-1/4 inches (~3 centimeters) from center of glasses to center of tape.
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B. Diabetic Retinopathy Glasses

Materials needed:

1. Solid color tape
2. Scissors
3. Dishwashing or hand soap

Directions:

1. Cut tape into small irregular pieces
2. Place tape pieces randomly on glasses
3. Once complete, just before the meal, smear either dishwashing or hand soap onto the front surface of the glasses. Be careful when handling the glasses so you do not get it on yourself or any other surface. Once you are finished with using the glasses, you are welcome to rinse off the soap off the glasses prior to storage or discard them after use.



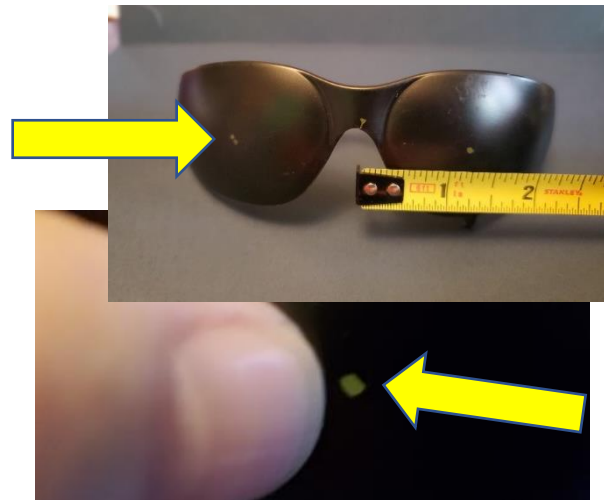
C. Glaucoma Glasses

Materials needed:

1. Solid color tape.
2. Scissors to cut tape.
3. Scissors or small knife to make the two holes.

Directions:

1. Cover the lens of the glasses completely with solid color tape.
2. Scratch off a small spot, about 1/16 inch (~1.5 millimeter) in diameter, about 1.25 inches (~3 centimeters) from the center of glasses, on both sides about half-way up.



If you would rather purchase a pre-made Experiential Meal Kit, please order at the time of registration for US\$75 shipped to continental US, outside areas please email Louie@LivingInPlace.Institute for the shipping and customs costs.

2. INSTRUCTIONS FOR FOOD

ITEMS NEEDED:

- Napkins
- Plates
- Forks

- Spoons
- Butter knives

PLEASE NOTE – NO SHARP KNIVES OR SCISSORS ARE TO BE USED ANY TIME DURING THE EXPERIENTIAL MEAL.

Food - modify based on the time of day for you and your personal choices or needs. All food should be in its original sealed (preferable) container, or in resealed packages.

- Bread - Croissants preferred
- Lunch meats and cheeses
- Condiments such as mustard, mayonnaise, pickles, etc.
- Fresh Salad
- Salad dressings
- Potato salad or macaroni salad
- Chips
- Cookies or other desserts
- Drinks – **NO GLASS CONTAINERS**

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 simulated conditions. When instructed, everyone will start preparing and eating their meal together. Everyone is encouraged to describe their challenges and frustrations they experienced.

This exercise will help participants gain an appreciation and basic understanding of everyday life and challenges many individuals face every day. At the end of the Experiential Meal, the instructor will ask participants for comments and observations.