



GRAY FOR A DAY

This class will be taught January-May, 2019. 4 weeks advance notice is required to schedule this class. Registration is available now, please see contact below.

Grades: 4-8
60 minutes

Gray for a Day utilizes an empathic model to educate participants on the age-related sensory and functional challenges that older adults might face. Participants will get to “gear up” to discover what it is like to live with age related conditions.

Lesson Objectives

- Understand how the senses and functional abilities can decline with age
- Experience age-related sensory and functional decline
- Understand the influence of sensory and functional decline on daily life
- Be encouraged to develop the skills necessary to effectively interact with and support
- someone who may be experiencing age-related sensory and functional challenges
- Understand how taking steps to improve or maintain your health now will contribute to
- sensory and functional well-being in the future

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