

Myths and Misconceptions About the Aging Process



Meet Laura!

START



Meet Michel!

START



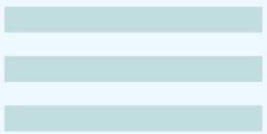
Meet Ana!

START

Welcome to this learning module. To learn more about one of these adults and myths and misconceptions about them, click on the start button.



Meet Laura!

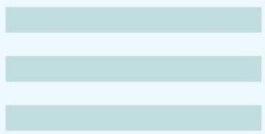


- Introduction
- Dialouge
- Assessment
- Insight





Meet Laura!



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Introduction

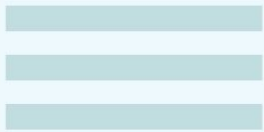


Older adults often experience challenges to their well-being. For this activity, you should imagine that you are experiencing what happens to Laura. Put yourself in Laura's shoes and think about how she feels. Laura is 87 years old. She is exercising with her friend around their neighborhood.





Meet Laura!



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Dialouge



Laura: Good Morning!

Susan: Hi, are you ready for our walk?

Laura: Yes, it's important to get out of the house and walk

Susan: I agree, we have to get our steps in somehow

Laura: Very true! Can we do yoga later in the week?

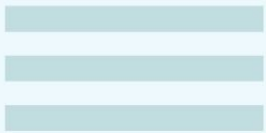
Susan: Of course!

Laura: Awesome, lets keep doing our workout





Meet Laura!

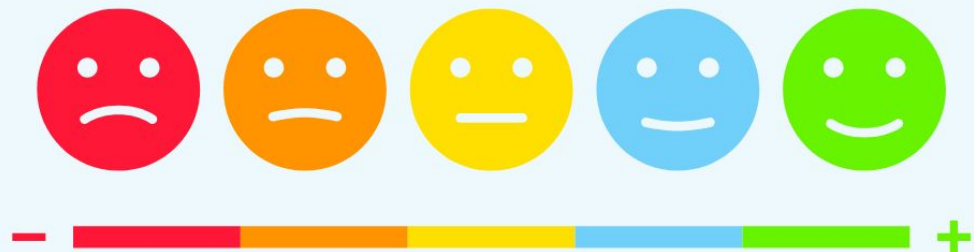


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Assessment



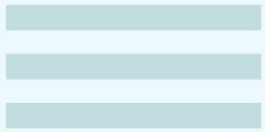
How does Laura feel about exercising with her friend Susan?



- A: Happy
- B: Jealous
- C: Depressed
- D: Tired



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Insight

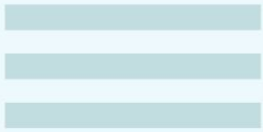


"As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others." (CDC, 2022)





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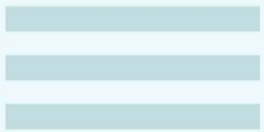
Learn More

Watch this video about Healthy Aging and Fitness and the importance of elderly people continuing to exercise





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Reflection

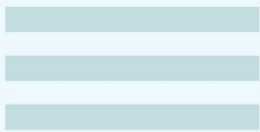


Please consider the experiences of most elderly individuals. Imagine you experience Laura's situation. Take a moment to think about how this would make you feel.





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References

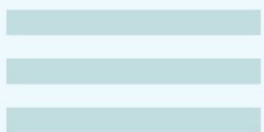


Centers for Disease Control and Prevention. (2022, June 3). How much physical activity do older adults need? Centers for Disease Control and Prevention. Retrieved November 11, 2022, from https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm#:~:text=It%20can%20prevent%20or%20delay,better%20than%20none%20at%20all.

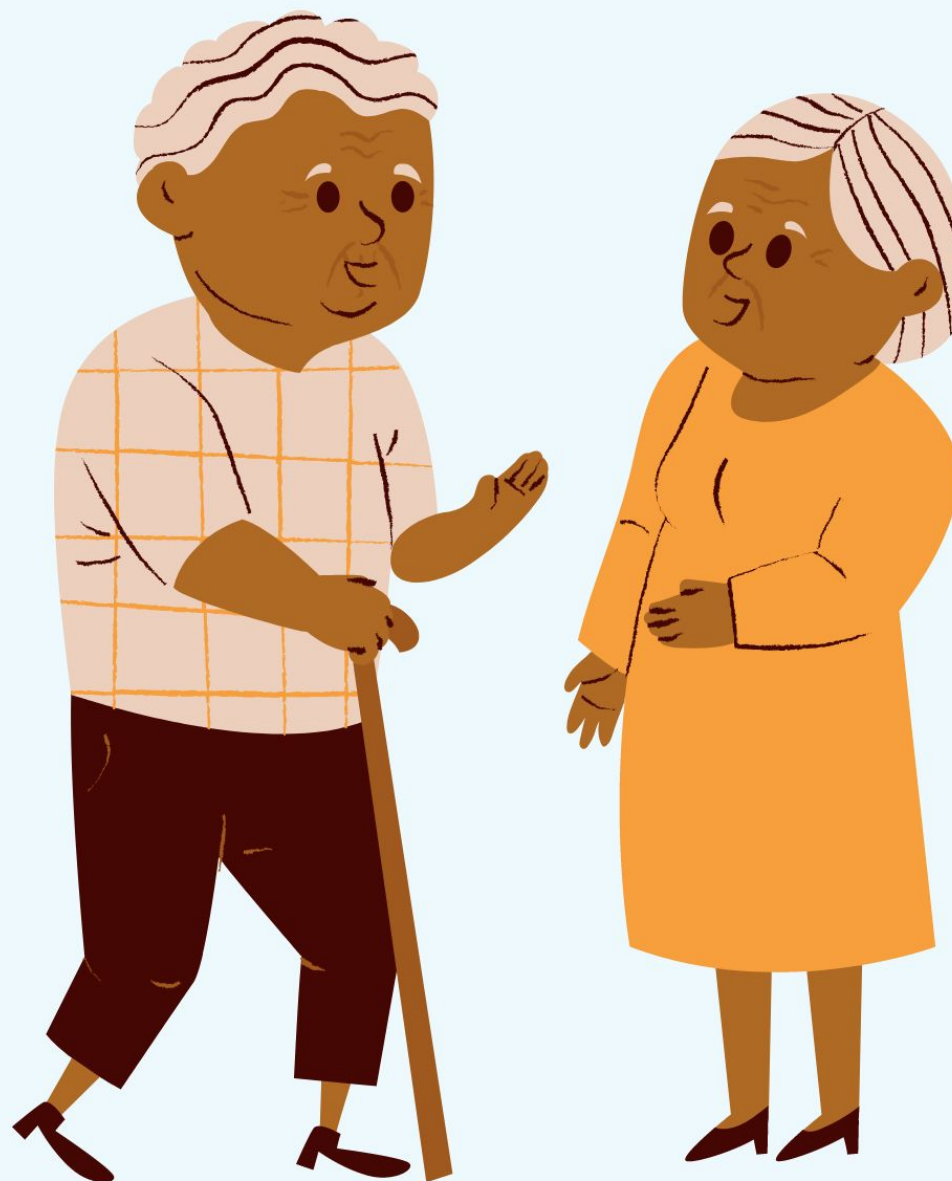
YouTube. (2015). Healthy Aging & Fitness | Aging Matters | Npt Reports. YouTube. Retrieved November 11, 2022, from https://www.youtube.com/watch?v=AGJg9OxKx7o&t=16s&ab_channel=NPTReports.



Meet Michel!

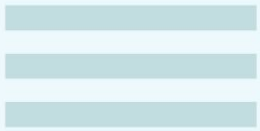


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Meet Ana!

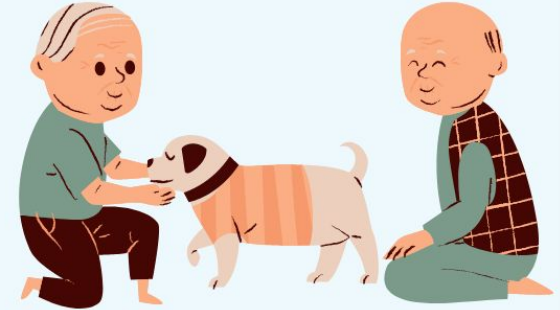


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Thank you for taking
time to learn more
about older adults!



Design Choices

This design caters to the different stakeholders in the case study by storyboarding a sample learning module that is inviting and provides opportunities to build empathy and gain perspective while also incorporating effective instructional design principles. To start off, Adam and Lorena discussed having three diverse individuals in the case study, which is reflected in the module. Lorena's storyboard was a simplified version of the module while Adam's was more extensive, so I designed the module in the middle to make sure both stakeholders needs were met. It has the required elements while also not overwhelming the learner. For the text on the slides, eventually it can be replaced or supplemented with Suzie's narration tracks. This is the same with the picture elements in the storyboard. The large visuals at the beginning of each of the modules (Slides 3, 11, 12) can be swapped with the role playing scenario that can be linked in the learning module. Then, the learners can go through the module to learn about the scenario they just experienced and complete the assessment and reflection. This gives Suzie a space to input her animations into the module. The faculty has been catered to by including all of the materials for completing a lesson on the material for the course. The students have been catered to by including a simplistic and easy to navigate design and a pleasing font and visuals.

The multimedia I included in the learning module help address the stakeholders and help add to the module. First off are the volume buttons on each slide to help guide the narration. This will help guide the learners and give a space for Suzie to add her narration audio tracks. The other multimedia I incorporated is the video on slide 8. This video can help engage the learners with real statistics and information from elderly adults. It also adds an opportunity to build empathy and perspective which is one of Lorena's biggest objectives. Lastly, the inclusion of the animated materials that Suzie will create will help engage the learners and help their retention and understanding of the scenarios.