



## Nervous System- Parkinson's Disease

### Don't Spill the Pills

In this simulation, you will experience the tremors associated with Parkinson's disease. Tremors can be described as the shaky movement of a limb that can happen during active movement or at rest. These frustrating movements are one of the most common symptoms of Parkinson's and can result in an inability to carry out the normal activities of daily living such as standing, walking, or keeping balance (1). This simulation aims to help you experience what living with tremors feels like. Your experience will hopefully evoke a greater level of empathy towards older adults living with Parkinson's disease.

### Materials

- A handheld vibration device. Options include a cellphone, electrical toothbrush, handheld massager, or any other vibration device you have at home.
- A way to secure the vibrating device to your hand (e.g., rubber bands, tape, wrist bands).
- An empty pill container and a pill sorter. If you do not have a sorter, you can use 7 small containers labelled by day or you can draw a grid with 7 small squares for each day of the week.
- At least 7 different shaped or coloured "pills" such as candy, M&Ms, beans, or beads.
- Table and chair

### Procedure

1. Complete the precursor simulations if you have not already done so.
2. Place all materials on the table in front of you.
3. Begin with a pill container filled with all "pills" mixed together and an empty pill sorter (or drawn squares on the paper).
4. Allow an assistant to fasten the vibration devices to your dominant hand using the band or tape.
5. Start the vibration device so your hands begin to vibrate.
6. Sort the pills by colour into the sorter while experiencing tremors.

### Reflection Questions

1. Which part of this simulation did you find the most challenging?
2. This simulation was only a few minutes long. How would you feel if you lived with tremors all the time?
3. What other activities in your life would be impacted if you had to live with tremors of Parkinson's disease?