

You've Been Dealt THE CARDS OF LIFE

Created by the Center on Aging  | College of Human Ecology

The purpose this game **You've Been Dealt** THE CARDS OF LIFE is to assist participants in two things: 1) To realize aging isn't as bad as often depicted and 2) To prevent overlooking of illness due to assumption it is age. While doing this, participants will be able to distinguish between normal aspects of aging versus pathological aging.

Instructions:

1. Print multiple sets of the **You've Been Dealt** THE CARDS OF LIFE cards. The 56 cards are available in PDF format at www.ksu.edu/he/aging. Print cards front and back and cut out each individual card. It is suggested to print the cards on cardstock paper and laminate them.
2. Set stacks of cards around the room on desks. Have participants group up with those around them. Tell them to imagine they are 85 and they are playing the **You've Been Dealt** THE CARDS OF LIFE game.
3. Each participant will choose 5 cards from the top of the deck. Have them look at the cards and see if they are familiar with everything in their hand. (*It may be necessary to explain some cards.*)
4. At this time, give the option of putting back 2 cards of the participant's choice due to medical/technological advances. Participants will place these cards at the bottom of the deck of cards remaining.
5. Each participant then needs to draw 2 additional cards off of the deck. (*Ask again if they are familiar with what is in their hand. It may be necessary to explain some cards.*)
6. Finally, have them switch with the person on their left. (*Ask one more time if they are familiar with what is on their cards. Explain any cards, if needed.*)
7. With the 5 cards that participants are holding at this time, have each person keep the normal aging cards in their hand and lay disease cards on the desk. Then ask them to share what they are holding onto. Discuss this in terms of when we distinguish normal "primary" aging from "secondary" aging/disease, aging isn't really as negative physically as we tend to assume. Normal aging includes the cards such as wrinkles and gray hair while disease includes card such as Alzheimer's disease, cancer, COPD, etc.

