# Assignment: Reflections on experiential exercises

In this assignment, you are to report in writing your reflections on the following experiential exercises.

The aim of the exercises is for you to live the part of what it is like to have a disability. You can do this by either increasing the demands from your environment or by reducing your own ability.

**Try it out at home on your own by:**

* **using only one arm.**
* **putting on a blindfold.** (Please note: A blindfold is only to be used at home in a familiar setting – not outside in traffic. Do not attempt any activities involving fire, hot water or other potentially harmful items.)

Try to carry out as many every day activities as you can, such as getting dressed, showering, eating breakfast, studying, watching TV, etc.

**Write down your thoughts and reflections (about one A4 page)**

What activities did you carry out?

What difficulties did you encounter?

What was more difficult than you had expected?

What was easier than you had expected?

What improvements in products and settings can you come up with based on your experiences?

What more have you thought about?