



AGEMAN[®] PREMIUM

AgeMan[®] & Co
Age Simulation 2025

AgeMan® as a Bridge Between Young and Old

Personal experience is one of the most effective ways to change attitudes and behaviors.

The AgeMan® allows younger people to experience a variety of aging processes. One can get an impression of how older people perceive their environment and the difficulties and obstacles they must overcome in professional and daily life.

For example, what it feels like as an older person to climb into a bathtub, walk up stairs, go shopping, or not hear everything that's being said in a room?

Someone who has experienced firsthand the difficulties and the time it takes to, for example, take a coin out of a wallet with less nimble fingers, will be more tolerant towards their fellow human beings. One develops a completely different understanding and more patience for older individuals.

Younger people can also learn to differentiate between the physical and mental abilities of older individuals. Slow walking should not be equated with slow thinking. This is essential in the coexistence of old and young: The AgeMan significantly helps in mastering this challenge better.

From the perspective of older people, deficits can be recognized that many younger people might not notice. This releases creative energy. Thus, the AgeMan helps in many ways to optimize behavior towards older people, as well as products and services. It is a **bridge of understanding** between generations.

AgeMan® Premium simulates

Vision

- Age-related farsightedness (presbyopia): significant limitation of near vision, slight limitations in distance vision
- Altered color vision in the shortwavelength part of the visible spectrum
- Vertical and horizontal restrictions of the visual field

Hearing

- Age-related hearing loss (presbycusis): attenuation of sound pressure and frequencies above 1,000 Hz

Gross Motor Skills

- Reduced mobility of the cervical spine in three planes: inclination/reclination, lateral flexion, rotation
- Reduced flexion of elbow and knee joints
- Reduced mobility of the lumbar spine in two planes: inclination/reclination, lateral flexion

Fine Motor Skills

- Movement restrictions of the hand and finger joints (typical for mild arthritis)
- Weaker grip strength, less tactile sensation, less finger dexterity

Endurance and Shortness of Breath

- Reduction in endurance due to loss of strength
- Slight shortness of breath (e.g., early stages of heart failure)

Holistic Effect

- Feelings of isolation through coordinated multimodal restrictions

Delivery Content



- 1 Special visor
with integrated hearing damper
- 1 neck bandage
- 1 weight vest (approx. 1~ kg)
- 2 elbow bandages
- 1 lumbar spine bandage
- 3 pairs of leather gloves (open fingers)
- 48 pairs of textile gloves
- 2 knee joint bandages



Optional: Glasses

Expands the range of applications, e.g., eating, moving sports ...

The Skin of the Elderly

With the AgeMan Premium suit, one literally slips into the skin of older people. The suit, as a new identity, allows immersion into the world of aging.

Jacket and pants with 22 weights (approx. 5 kg) in anatomically correct positions.

Product improvements and design changes reserved.

Function of Individual Parts

Multifunctional **Special Visor** with Integrated Hearing Damper
The visor simulates altered color vision, especially in the blue-green area of the spectrum.

1. The visor is horizontally divided and provides a realistic impression of age-related vision only slight age-related limitations in distance vision, but significant limitations in near vision.
2. Furthermore, the visor simulates vertical and horizontal restrictions of the visual field based on perimetric data on the peripheral vision of older people.
3. Through its construction and color design, the visor conveys feelings of isolation and slight shortness of breath.
4. The visor can be worn over regular corrective glasses.
5. The capsule hearing damper reduces sound pressure and frequency ranges based on scientific data on the altered hearing ability of older people (presbycusis).

Weight Vest (approx. 10 kg)

Simulates decreasing endurance strength.

Jacket and Pants

The jacket and pants convey the feeling of decreasing mobility in old age. With the AgeMan suit, one literally slips into the skin of older people. The weights in the jacket and pants simulate decreased strength in arms and legs.

Neck Spine Bandage

Simulates reduced mobility of the cervical spine in three planes: inclination/reclination, lateral flexion, rotation.

Joint Bandages

Simulate restricted mobility of elbow and knee joints.

Leather Gloves with Open Fingers

Simulate restricted mobility of hands and fingers (sizes S, L, XXL).

Textile Gloves

Simulate reduced sensitivity of fingertips, finger dexterity, and grip strength, especially wrist strength.

AgeMan is continually improved

The visor of our AgeMan® Basic and Premium models was completely redesigned in 2024.

The limitations of peripheral vision are now even more realistic. We have optimized the visor based on scientific data on peripheral vision and our own perimetric examination.

The visor now has integrated hearing dampers. This speeds up the fitting process and ensures an optimal fit of the visor.

We have reduced the distance between the view shield and the face by a few millimeters. This is intended to make breathing harder and enhance feelings of isolation.



The visor screen can be flipped up with a hinge for a quick comparison between old and young perception.

No other aging suit in 2025 has these features.

Putting on the AgeMan® Premium

1. Elbow and Knee Bandages

Possible Explanation:

"Many older people can no longer stretch or bend their arms and knees s well. This can have an impact when, for example, you want to reach for products on high shelves during shopping, hang clothes on high hooks, sit on low seats, or simply comb your hair."

2. Neck and Lumbar Spine Bandage

"The mobility of the cervical spine decreases with age. You can't move your neck forward or to the side as well anymore, or tilt it. Turning the head becomes harder and is only possible to a limited extent. To give you this feeling, you get a neck bandage."

"The mobility of the lumbar spine also decreases with age. You can't move your torso forward or to the side as well anymore. To give you this feeling, you get a lumbar spine bandage."

The wearing of the neck bandage is experienced as claustrophobic by some subjects. They can then do without the bandage. It's important when specifically drawing attention to the reduced mobility in the cervical spine area, e.g., for hairdressers or in road traffic situations ("shoulder check").

As a hygiene measure, you can equip the neck spine bandage with a replaceable tube bandage (included).

3. Weight Vest

"Next, we'll weigh you down with weight in the form of this weight vest. Because you now have to deal with more weight, you'll feel tired and weak faster: We know that older people have less strength than younger ones, they tire more easily, and many activities are more challenging for them than for the young. Instead of dealing with adversities, one tends to avoid them more in old age."

Possible Question:

"Oh, this is heavy. Do people get this much heavier/fatter in old age?"

Possible Answer:

"No, we simulate the increased strength demand with the additional weight, thus indirectly the declining strength with age."

4. Gloves

Provide light textile gloves to be put on after hand disinfection (included in delivery).

Then, put on the black leather gloves (3 sizes available) over the textile gloves. The leather gloves must fit snugly.

"Now you first get textile gloves that limit your finger dexterity and fine motor skills. The leather gloves reduce the mobility of the fingers and make bending the hands and the mobility of the wrist joints more difficult. Many everyday things become more challenging, like taking coins out of a wallet or turning a key in a lock. It also becomes harder to, for example, open a bottle because you slip more easily as if you had less strength in your fingers and hands."

5. Jacket and Pants

Pants: Always open all buttons and zippers and release the suspenders over the shoulders so that the subjects can easily step into them. It's best to let the subjects sit on a chair to put on the pants. You can leave the shoes on, but you should help the subjects pull the pant legs over the heel. Then help by pulling the pants up from behind and fasten the suspenders.

Let the subjects then close the zippers on the legs themselves. This is not an easy task with gloves on.

Subsequently, adjust the pant legs by folding them to match the subject's leg length. The pant leg should not drag on the ground.

Note: The zippers on the legs should always be open for putting on and taking off. Adjustments for different sizes can be made via the pants' suspenders and by folding the pant legs and sleeves.

Jacket and pants contain 22 weights (total approx. 5 kg) in anatomically correct positions to simulate strength loss in arms and legs.

Jacket

Let the subject put on the jacket and close the buttons themselves.

If the arms feel too tight, open the red zippers on the under-side of the sleeves.

„The weights in the jacket and pants give you a feeling of decreasing strength in arms and legs. The jacket and pants give you an impression of decreasing mobility in old age. With the AgeMan suit, one literally slips into the skin of older people.“

6. Visor-Hearing Damper Combo

„The visor gives you an impression of common changes in vision in old age: visual acuity decreases (especially in the near range), one feels more dazzled, the field of vision is restricted, and colors can't be distinguished as well anymore.

We know that the lens of the eye turns yellowish over time due to sun exposure in many people (like many things exposed to the sun). Therefore, any older people perceive color tones somewhat differently than younger ones; white appears more yellowish, blue appears greenish.

When a person gets older, they don't necessarily notice these restrictions to the extent you do now: The different changes happen very slowly and are thus often not so conscious to the elderly, even though they become noticeable in everyday life.“

„Hearing also declines with age. To experience this, you get a special hearing damper. It filters out the high frequencies that can no longer be heard well in old age. Everything sounds more muffled now; you have to concentrate much more, can't understand speech as well, and can't locate sounds and voices as well.

Think, for instance, about how startled some older people react to cyclists coming from behind.“

Unnoticed, drop a coin on the ground and let them locate the sound.

„Could you hear where the coin hit the floor or where it rolled?“

Position of the weights in Jacket trousers



Questions and Answers

What age does the aging suit convey?

Aging is a multidimensional process that leads to very diverse results. The differences in physical and mental capabilities among different people become greater with age. Therefore, it's neither meaningful nor possible to depict a specific age. However, the following can be noted:

Most of the changes experienced in the aging suit occur for the majority of people after the age of 70.

Example: About three-quarters of those over 70 have to deal with more or less severe lens clouding (cataract). Increased sensitivity to glare and declining visual acuity (especially at night) are mentioned as consequences ...

Does AgeMan® also consider psychological aging processes?

AgeMan focuses on experiencing physical changes, where general psychological effects can become apparent, e.g., feelings of isolation or insecurity.

Does it feel exactly like this when you're old?

AgeMan® does not aim to provide a 1:1 simulation of aging.

Firstly, there are great individual differences.

Secondly, the aging suit allows one to experience a variety of possible limitations of old age. Not everyone will be affected by all these changes.

A third aspect: AgeMan lets one age in seconds. Reality is much slower, hence accompanied by adaptation and habituation processes.

The aging suit enables, as a complex system, experiencing a variety of aging processes in different manifestations. This creates a comprehensive effect, a change in perspective, which is of great importance for the holistic understanding of the behavior of older people.

In this way, AgeMan breaks down barriers and acts as a bridge of understanding between generations.

Handling AgeMan®

- Do not expose the individual parts to external force.
- Do not place heavy objects on the visor and hearing damper.
- Do not lay the visor down on its screen.
- Do not drop the visor or hearing damper on the ground.
- Do not disassemble the visor or hearing damper.
- Do not use AgeMan and its components in areas with smoke, steam, high humidity, or dust.
- Clean AgeMan and all components carefully and according to instructions.
Do not use a wet cloth or solvents like alcohol, benzene, or thinners.
- Do not expose the components to rain or strong heat.

Disinfection and Cleaning

Joint Bandages

Wash in wool cycle at 30° C with a mild detergent. Do not use fabric softener. Dry in a tumble dryer on the gentle cycle at the lowest temperature.

Neck Bandage

Wash in wool cycle at 30° C with a mild detergent. Do not use fabric softener; close Velcro before washing. Air dry.

Cotton Gloves

Replace when dirty. Replacement gloves can be obtained through our company or at specialty stores for work clothing or safety gear.

Leather gloves with open fingers

do not require maintenance as they are always worn over the cotton gloves.

Weights

Not washable

Weight Vest

Not washable

Visor-Hearing Damper Combo

Disinfect the ear-contact pads of the hearing damper after each subject.

Clean the inside of the visor very carefully with mild soap if necessary. It is provided with an anti-fog coating.



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Precautions/Insurance

Age Suit Germany GmbH / Swiss AgeExplorer Institute GmbH have been using aging suits for over 20 years. No subject has ever been injured. However, it cannot be ruled out that a subject might fall or otherwise be injured.

Therefore, we recommend that you take out insurance to cover such possible damages.

Regardless, we explicitly point out the following precautions:

- Always keep in mind that by wearing AgeMan, you and the subjects are consciously limiting your usual physical capabilities in a comprehensive manner.
- Use AgeMan only under expert supervision, preferably by specially trained personnel.
- Be particularly careful when walking around, being dazzled, or climbing stairs. Always use the handrail or another safety measure on stairs.
- Do not operate machines while in AgeMan if incorrect operation could pose a danger.
- Exercise increased caution if you wish to ride a bike. Do not do this on public roads under any circumstances.
- Move around in traffic on foot only in company.
- Do not drive a car with AgeMan on under any circumstances!
- Remove AgeMan if you feel unwell.
- Avoid activities or actions that could put you in danger while wearing AgeMan or its components.

Service

For all questions regarding your AgeMan®, the teams at Swiss AgeExplorer Institute and Age Suit Germany GmbH are happy to assist you.

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