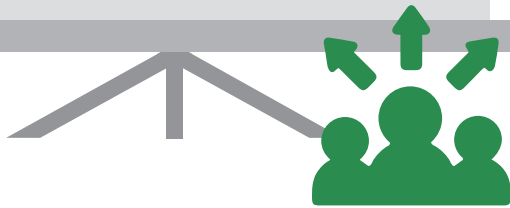




### BUILDING A NEW NURSING HOME

Your team has been called to advise an architect who is in charge of building a new nursing home. Please make a list of all the features the nursing home should include. Think of everything that adds value to the life of the residents, such as: a garden, endless corridors, shops, etc. Be creative and think of everything the residents need to socialize, to make friends, for recreational activities, for private meetings, for prayer, etc. Include barrier-free accessibility, colour schemes, etc.

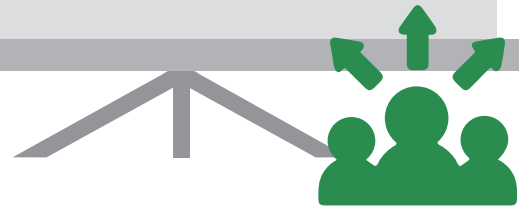


- The team who comes up with the most features or options wins the contest and is allowed to **MOVE 3 SPACES FORWARD**.
- The other team **MOVES 1 SPACE FORWARD**.

COMPENDIUM: **P 2.1.**

### SPORTS AND PHYSICAL ACTIVITIES FOR THE RESIDENTS

When it comes to sports or physical activities, individuals likes and dislikes can be very different, regardless of age. Some people believe that old people are no longer interested in sports, or only in a few specific physical activities. However, there are many examples of older people doing physical activities that may not immediately come to mind, even at a very advanced age. Brainstorm with your team, and make a list of the sports and/or physical activities you know of that the residents may like to practise or may still be practising.

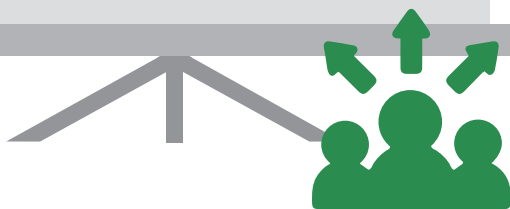


- The team who comes up with the most number of physical activities or sports wins the contest, and is allowed to **MOVE 3 SPACES FORWARD**.
- The other team **MOVES 1 SPACE FORWARD**.

COMPENDIUM: **P 2.2.2.**

### EXERCISING THE RIGHT TO VOTE

Ms Weiss has always been interested in politics. She watches political debates on TV, and considers it her civic duty to vote. Unfortunately, her health has deteriorated a lot in the last few months. She can no longer fill out the ballot paper, or go to the polling site on her own. Because of this, she was not able to vote in the last elections. Please discuss with your team how this issue could be solved in the future, in order to guarantee that care home residents are able to exercise their right to vote.

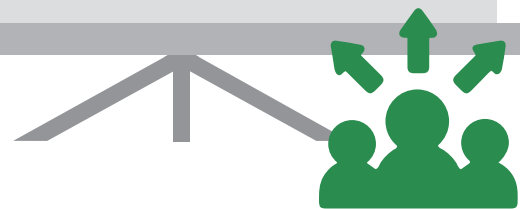


- **STAY PUT AND REFLECT.** Analyse the issue with your team, make a suggestion on how to solve this problem. After that, you may resume playing the board game.

COMPENDIUM: **P 2.5.3.**

### EATING HABITS

Eating habits can be very different. Cultural influences lead to preferences for particular foods and methods of preparation. In certain cases, this can lead to restrictions such as exclusion of meat and milk from the diet. How and what people eat can also depend on individual choices. Make a list of the different eating patterns you know of, and make suggestions on how this should be reflected in the culinary offerings in the nursing home.



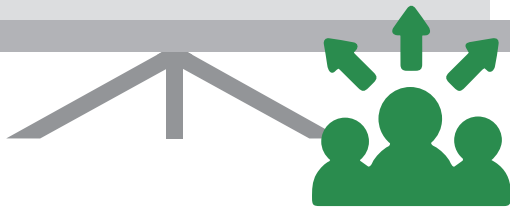
- The team who comes up with the most meal choices and viable suggestions to increase the variety in the food offered is allowed to **MOVE 3 SPACES FORWARD**.
- The other team **MOVES 1 SPACE FORWARD**.

COMPENDIUM: **A 1.5.2.**



## EUTHANASIA

Many older people want to be sure that they can die the way they choose, and some also want to choose when they die. However, euthanasia does not only depend on the individual's will. In some countries, euthanasia is forbidden by law, whereas in other countries, requests for active euthanasia are rewarded if the resident is mentally or physically suffering, when this suffering is not in line with human dignity values.



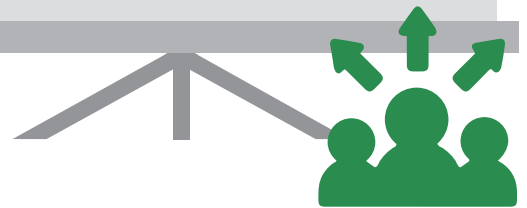
- **STAY PUT AND REFLECT.** Analyse the issue with your team. List all the arguments in favour of euthanasia and all those against. After that you are allowed to resume playing the board game.

COMPENDIUM: **D 3.5.**

## RESPECTFUL COMMUNICATION - "STOP RINGING THE BED BELL!"

Mr. Johnson is bedridden, and had been ringing the bed bell many times in a row. The nurse, annoyed, tells him in a harsh way: "Stop it! You are waking everyone up! I'll come see you as soon as I have the time".

Please discuss with your team, if you think this is an appropriate, and respectful way to communicate, and explain your answer. If you think it is not appropriate, please tell us how you think the nurse should have communicated, and explain your answer.



- **STAY PUT AND REFLECT.** Discuss the communication style with your team, and if necessary, make a suggestion on how to communicate instead. After that, you are allowed to resume playing the board game.

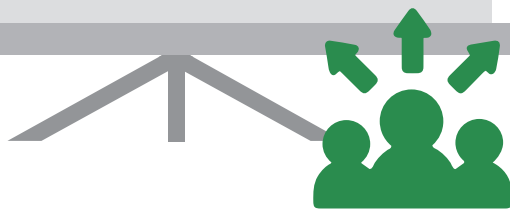
COMPENDIUM: **D 3.2.**

## RESPECTFUL COMMUNICATION - "OLD PEOPLE BECOME JUST LIKE CHILDREN"

It happens quite often that staff say: "Old people become just like children!".

Please discuss this with your team, if you think this is an appropriate, and respectful way to communicate and interact with older people.

Please explain your answer, whether you think it is respectful and appropriate, or not.



- **STAY PUT AND REFLECT.** Discuss the issue with your team, and explain your opinion. After that you are allowed to resume playing the board game.

COMPENDIUM: **D 3.2.**

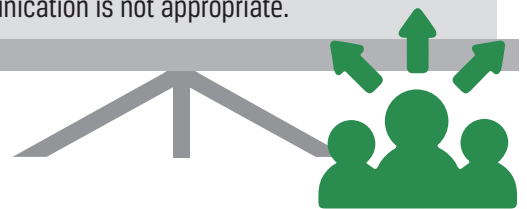
## RESPECTFUL COMMUNICATION - "LOOK WHAT YOU'VE DONE?"

Mr Jason is bedridden, and he has soiled his bed. The reaction of the staff taking care of him is:

"Look what you've done? You soiled the whole bed with pee and poop!"

Please discuss with your team, if you think this is an appropriate and respectful way to communicate and interact with older people in the given situation.

Please explain your answer, and come up with a suggestion on how to better communicate, if you think the communication is not appropriate.



- **STAY PUT AND REFLECT.** Discuss the issue with your team, and explain your opinion. If necessary, make a suggestion for improvement. After that you may resume playing the board game.

COMPENDIUM: **D 3.2.**



The playing cards are explicitly intended for learning through play to improve the quality of life of nursing home residents.

**The characters, names and stories depicted in the GAMLEC learning cards are fictitious. Any resemblance to real persons, living or dead, is purely coincidental.**

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The results of the Erasmus + project GAMLEC consist of these learning game cards for adults about the quality of life of nursing home residents, of the rules of the learning board game for the game version without Game Coach, of the rules of the learning board game with Game Coach, of the guide to the design of format of the card content, of a Compendium, the learning goals, and objectives of the learning board game, an instruction manual for the game version with Coach, an Educational Framework, Guidelines for the learning board game, and an interactive E-learning platform.

The results are available in English, German, Italian, Dutch and Lithuanian at [www.gamlec.eu](http://www.gamlec.eu).