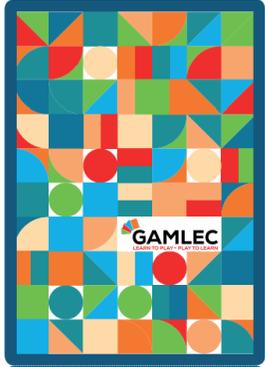




# GAMLEC – Do-it-Yourself

How to create your own card content according to your specific needs

An introduction by Sylvie Schoch, IP-International GmbH



# 2 Major Groups of Cards (simple version of the game)

**These cards contain learning content about what is beneficial to the Quality of Life of the care home residents (awards).**

**8**  
**CONGRATS!**  
You have been granted an award for being a family member of one of the residents volunteering in the nursing home. This is how you stay connected with your loved ones, contributing to the wellbeing of other residents as well.



## **The Beneficial Cards**

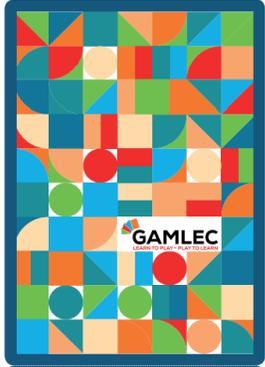
This is the set of cards with content that is beneficial to the Quality of Life (QoL) of dependent care home residents. It reflects:

- Desired behaviour
- Best practices
- Examples of how existing issues have been solved (creatively)
- Creative ideas apt to improve the QoL of care home residents.



## **The Good Fairy Cards**

This set of cards reflects the softer criteria listed in the Compendium, that, given the scarcity of resources in nursing homes, might be considered as “lush”, unnecessary “luxury”, “wishful thinking” or “nice to have”, but also “not really necessary” and are therefore provided by a Good Fairy.



# 2 Major Groups of Cards (simple version of the game)

**These cards contain learning content about what is detrimental to the Quality of Life of the care home residents (punishment).**



## The Detrimental Cards

This is the set of cards with content that is detrimental to the Quality of Life (QoL) of dependent care home residents. It reflects:

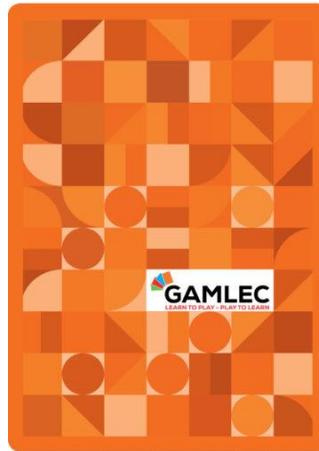
- Undesired or inappropriate behaviour
- Formal rules, as well as the rules of “the hidden agenda” applied in a nursing home that are detrimental to the quality of life of dependent older people, and that do not respect and/or fulfill the criteria listed in the Compendium
- Examples and stories that depict the contrary of what is listed in the Compendium



## The Evil Fairy Cards

The content of this set of cards reflects inappropriate behaviour. Anything that can be perceived as rude, mean or even violent is attributed to the “Evil Fairy”. It is up to her to be the protagonist of any kind of undesired or inappropriate behaviour.

# Cards for Professional Care Staff (awards)



This deck of cards is for professional care staff only. It focuses on specific knowledge that these players are supposed to have, and is related to the criteria listed in the Compendium.



# Cards for the version with a Game Coach



This version of the game adds special focus on team work, cross-functional exchange on the objectives of the learning board game without a Game Coach as well as collaboration between all players irrespective of their roles: professional carers, volunteers, family members, or even residents.

# Do-it-Yourself

## **Start off with a brainstorming about the learning goals and the content you want to create**

Are there good practices you would like to promote, or bad practices you would like to make the players think about in order to change for the better? Is there behaviour you want to promote, or is there behaviour that is detrimental to the quality of life of your target you want people to think about and/or to change?

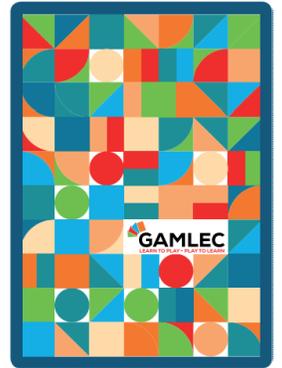
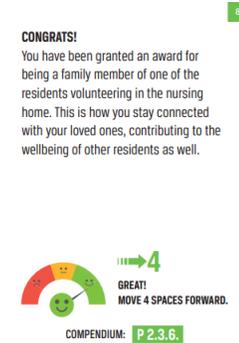
- ✓ Is there anything you would like to introduce, or to make it happen more often (e.g. good practices)? – Cards that promote QoL
- ✓ Do you want to promote behaviour that improves QoL? – Cards that promote quality of life
- ✓ Would you like to promote behaviour or practices that might be considered as “lush”, unnecessary “luxury”, “wishful thinking” or “nice to have”, but also “not really necessary” ? – The Good Fairy cards
  
- ✓ Do you observe undesired or inappropriate behaviour, formal rules, as well as the rules of “the hidden agenda” that are detrimental to the QoL of your target, that you would like to abolish or change for the better? – Cards that are detrimental to the QoL
- ✓ Do you want to address something that can be perceived as rude, mean or even violent? – The Evil Fairy cards
  
- ✓ Do you want to convey specific knowledge that professionals of your field are supposed to have? – Cards for professional players
  
- ✓ Do you want to put a special focus on team work, cross-functional exchange on the objectives of the learning board game without a Game Coach as well as collaboration between all players irrespective of their roles? – Cards for the game with Game Coach

# How to create cards with content that promotes QoL

## Evoke positive sensations!

### The Wording

- ✓ Full text (appreciation, content, positive reinforcement followed by the award).
- ✓ A story that describes the desired situation and is meant to inspire the players to emulate or think of something similar to implement. In order to foster identification with the story or the content, the wording uses the second person singular or plural, such as “you had a great idea”, “you and your colleagues ...”, or can refer to the nursing home “Your nursing home has just received an award ....”
- ✓ The linguistic register goes from standard to colloquial. Formal or very formal language and difficult terms have to be avoided. The content has to be worded in a positive and easy-to-grasp way. It should evoke positive emotions.
- ✓ The length of the entire text should not exceed 45 – 50 words (excluding award).
- ✓ The award is always introduced by the same exclamation (“Great!”) followed by the instruction (“Move X spaces forward”).

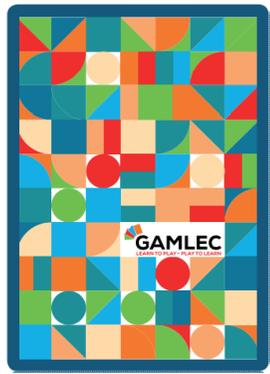
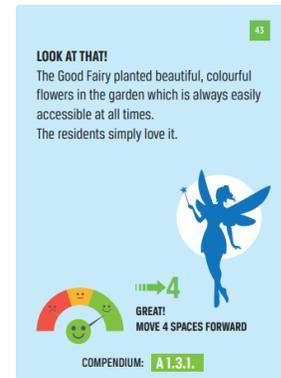


# How to create Good Fairy cards

**Challenge mental habits and beliefs, and question what is given for granted in a soft, kind and joyful way.**

## The Wording

- ✓ Full text (excitement/nice surprise/appreciation, content, positive reinforcement, followed by the award).
- ✓ A Good Fairy story depicts quality criteria that could be taken in some contexts or nursing homes for wishful thinking and, as a consequence, might lead to frustration. In order to avoid frustration, a sense of guilt, or reactions, such as “We have more important things to do, and do not even get round to do essential duties, we do not have time for what is not essential!”, the protagonist is always a Good Fairy.
- ✓ The Good Fairy brings up what makes residents feel good and is meant to inspire the players to take into consideration those quality criteria that might seem “not too important” as well. The text always starts with a joyful exclamation like “Look at that, excellent, etc.” and tells a story where the Good Fairy is the protagonist. The content should evoke positive emotions and allow for identification with the Good Fairy, just as the saying whereby: “Doing good makes you feel good”.
- ✓ The linguistic register goes from standard to colloquial, and technical terms should be avoided.



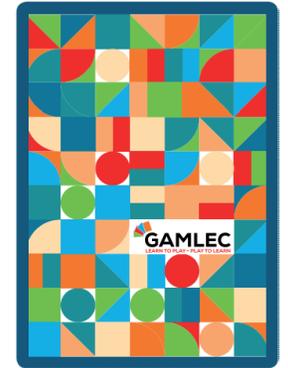
# How to create cards with content that is detrimental to QoL

**The content must be worded in a way that the players do not feel accused or blamed!**

The Wording

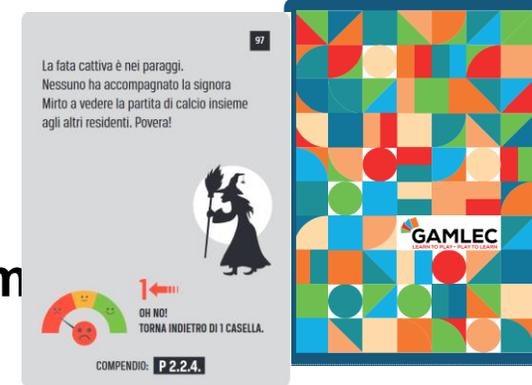
**No negative exclamation at the beginning of the text!**

- ✓ Full text (content, negative reinforcement to evoke sympathetic feelings, empathy, etc., followed by the penalty).
- ✓ A story is being told highlighting situations that reduce the quality of life of nursing home residents. The stories are told from an observer's point of view. Any kind of misbehaviour is told from an outsider's perspective in the third person to avoid accusations or finger pointing against the players. This is to facilitate a change in perspective and make it easier to observe all the characters involved in the story in order to enhance awareness as well as reflection. The stories should also be worded in such a way as to foster sympathetic feelings and empathy. The underlying message is that improvement is possible and the invitation to do it betters yourself. At the end of the text there can be an exclamation of reinforcement like "Improvement needed, so sad, etc.
- ✓ The linguistic register goes from standard to colloquial, and technical terms should be avoided



# How to create Evil Fairy cards

**Although we bring up taboos and very touchy issues and discuss them never feel attacked, insulted, accused or shamed!**



## The Wording

- ✓ Full text (introductory text “the Evil Fairy was around”, content, negative reinforcement, followed by punishment).
- ✓ A story is being told that depicts taboos, conscious or unconscious behaviour or actions that are inappropriate, rude or even violent, and seriously deteriorate the quality of life of care home residents. In order to avoid blaming and finger pointing, the undesired behaviour is attributed to an Evil Fairy who represents everything people should not do or say, even though such behaviour or communication might be seen in nursing homes. The Evil Fairy is the one to blame so that negative feelings that could spoil the game spirit and hinder learning will not be evoked. Accordingly, the wording uses the third person singular “the Evil Fairy”, or indirect speech, and never “you did” or “you said”. It is of the utmost importance to avoid that the players feel accused or blamed.
- ✓ The linguistic register goes from standard to colloquial and must be easy to grasp. Difficult or technical terms should be avoided

# How to create cards for professionals

**The players must never feel blamed or ashamed if they do not know what to answer or do!**

## The Wording

- ✓ Full text that can follow the structure and rules of any of the above card categories (2-step or 3-step approach). The text is followed by an award that is introduced by “Keep up the good work”, followed by the instructions on what to do: move forward or stay put.
- ✓ The content is a story, a best practice, a task or questions that refer to the care professions and might contain a technical term or concept a professional should be familiar with. Nevertheless, the wording should be easy to grasp, enhance natural curiosity, and stimulate the desire to learn more. It should in any case evoke positive feelings in the players or, in the worst-case scenario, make them reflect if they are unable to answer the questions or fulfil the tasks. The questions can be open or be worded as tasks such as please name 3 qualities, birthdays, activities, etc.
- ✓ The linguistic register is standard but can contain technical terms or expressions with explanations in plain language.



# How to create Game Coach cards

**The cards for the game with Game Coach are different from all the other cards. As the content is a task, then the way it is structured depends on the task to be accomplished.**

## The Wording

- ✓ Full text, a story and/or tasks to be accomplished by the entire team.
- ✓ The text can tell a story or a situation the players are told to pretend they are characters in that story or situation. The task to be accomplished by the entire team is explained in the card and is followed by the award the team receives for the task. More detailed instructions, such as the time frame, how to complete the task, the material at the players' disposal, etc. are delivered by the Game Coach who guides the players through the game.
- ✓ The linguistic register is standard and/or colloquial depending on the story or task. If technical terms are being used, they have to be explained





Thank you for your effort. Together we can make a difference!

Detailed instructions on how to create your own cards according to your specific needs and/or your target can be downloaded here for free:

[https://gamlec.eu/wp-content/uploads/2021/06/GAMLEC\\_CreateOwnCards.pdf](https://gamlec.eu/wp-content/uploads/2021/06/GAMLEC_CreateOwnCards.pdf)