

Games that dementia patients play

Elderly patients have been playing games at places such as Khoo Teck Puat Hospital and Ng Teng Fong General Hospital. The games help to improve their memory, and communication and motor skills.



MATCHLINK

How it's played: Players identify the texture in 24 boxes, such as whether they are smooth, rough or spongy. They then arrange the boxes according to texture. They can also arrange them according to colour or number.

How it helps: The game is based on touch and vision. It stimulates the players' cognition as they have to identify and arrange the boxes.

SEE SHAPE

How it's played: Patients have to find geometric blocks according to instructions and think of how to arrange them to construct a certain shape, such as a Christmas tree. They can also form three-dimensional shapes with the blocks, such as cubes.

How it helps: The game trains the patients' visual-spatial, construction and problem-solving skills.



JIAK BA BUAY

How it's played: Sight: Players identify the food depicted on magnets and create their own "recipes" by combining different ingredients.

Smell: Players identify the scent of flavoured doughs and use them to create shapes associated with the smell.

Sound: Players listen to ambient sounds and identify what they are and where they are from.

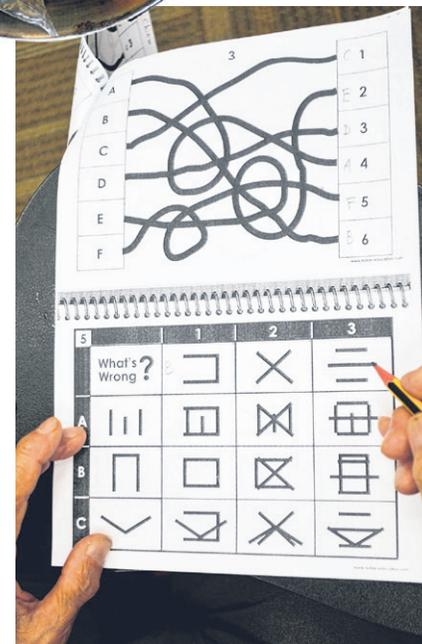
How it helps: The game engages the patients' senses and also stimulates conversation, by drawing on the shared experience of food.



SEE ME

How it's played: Players identify the picture printed on each card. They arrange them according to categories. They try to remember the cards in the various categories through association.

How it helps: The game trains the patients' memory.



SEE SPEED

How it's played: Players trace tangled lines to see where each line ends. They guess the next shape in a pattern.

How it helps: The game trains mental processing speed, attention and concentration because the patient has to focus to trace the line and guess the next shape.



TANGRAM ZOO

How it's played: Players use small wooden blocks to create the animals from the Chinese zodiac. They can modify the puzzle slowly, with each change being captured on camera. The photos are pieced together using stop-motion animation to give the impression the animal is moving.

How it helps: The game stimulates the patients' creativity and engages them in thinking about how to make the animals and how to modify them so that they can "move".



SEE LOGIC

How it's played: Players place coloured figurines on diagrams. They have to guess the missing parts of the diagrams and fill the gaps with the figurines.

How it helps: The game trains the patients' logic, reasoning and puzzle-solving abilities.