

3. Games Design for Family Caregivers of People with Dementia

[Make a Cup of Tea] is designed for family caregivers who are dealing with patients in the pre- and early stages of dementia. The game consists of five mini-games that need to be completed in order to make a cup of tea. These mini-games are designed to convey the five key messages about dementia as propagated by the organization Dementia Friends ¹[29]. The five key messages are as follows:

- (i) Dementia is caused by diseases of the brain.
- (ii) Dementia is not limited to memory loss; it can also affect thinking, communication, and daily tasks.
- (iii) It is possible to live well with dementia.
- (iv) Dementia is not a natural part of aging.
- (v) There is more to a person than their dementia.

3.1. Game Content

In these five stages, players will need to acquire five key tools for making a cup of tea, such as a cup, water, tea bag, sugar, and milk. Each step will have its own game message (according to the Dementia Friends' five key message), and also give suggestion and suggestions for people caring for dementia patients. Each stage is described in detail below:

Step One

- Tool: Cup
- Message: There is more to a person than their dementia.
- Game Type: Customize the Cup Avatar - The different designs featured on the cups exemplify the fact that individuals have distinct personalities. 1. Select the colour of the cup. 2. Choose an emotional expression for the cup. 3. Personalize the cup by selecting an image that reflects your interests.
- Suggestion: Let the people with dementia retain their identity/personality.

Step Two

- Tool: Water
- Message: Dementia is not a natural part of aging.
- Game Type: Speed Game - The normal aging process is shown through slower movements. As the player catches drops in the game, the age of the character increases, resulting in a slower movement. The score is determined by the number of drops caught. Once the player reaches a score of 100, the input keys start swapping around intermittently. For example, pressing the left key may occasionally make the character move right, and vice versa. During this

period, a confused icon is displayed to indicate the key swap.

- Suggestion: Normal age-related changes in cognition can happen, but confusion and memory loss are NOT part of the healthy aging process. To looking after dementia needs more patience.

Step Three

- Tool: Tea Bag
- Message: Dementia is caused by diseases of the brain.
- Game Type: Brain Training Game - People with dementia may experience difficulty in remembering things. Adopting a healthy lifestyle and consuming non-alcoholic beverages can reduce the risk of developing dementia. The player needs to find the matching tea bag hidden under the cards, similar to the game of Pairs. Consumption of alcoholic drinks, which are detrimental, triggers the appearance of additional cards, while good cards cause the number of cards to decrease.
- Suggestion: One common cause of dementia is Alzheimer's disease. Individuals who adopt a healthy lifestyle, especially from mid-life onwards, are less likely to develop Alzheimer's disease. This means engaging in healthy habits such as regular physical exercise, maintaining a healthy weight, not smoking, consuming a balanced diet, and moderate alcohol consumption.

Step Four

- Tool: Sugar
- Message: Dementia is not limited to memory loss; it can also affect thinking, communication, and daily tasks.
- Game Type: Message Game - People with dementia find it difficult to comprehend communication. The sense of taste of individuals with dementia often undergoes changes, with a preference for sweet flavours being common. In this game, the player's objective is to locate a specific item displayed at the bottom of the screen within a scattered collection of objects on the screen. The score is based on the number of items successfully found within the given time limit.
- Suggestion: People with dementia may find it difficult to communicate or convey their thinking. They need others to be more patient with them, and to understand their needs.

Step Five

- Tool: Milk
- Message: It is possible to live well with dementia.
- Game Type: Historical Game - Game Story: People like to talk about the past. In this game, the player is presented with multiple-choice questions about historical events. Upon answering questions correctly, the player is awarded milk, which is then

¹ <https://www.dementiafriends.org.uk>

