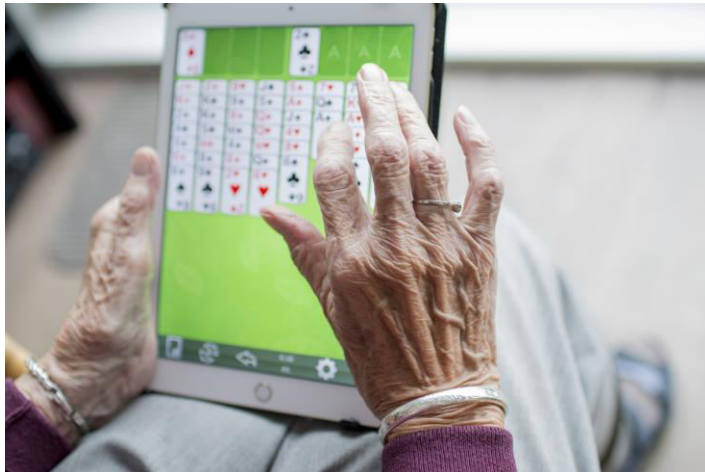


Play cards



Objective:

The goal of this activity is to promote social interaction, cognitive stimulation and entertainment for older adults. Card games are a great way to build community and provide an intellectual challenge to the brain while having fun.

Description of how to do the activity:

Choose a card game:

- Begin by selecting one or more card games that are popular and appropriate for the group. Examples of such card games include Bridge, Poker, Rummy or Uno.

Instructions:

- Explain the rules of the chosen card game if participants are not already familiar with them. Be patient and use simple terms to make it easy to understand.
- Distribute the cards to the participants.
- Make sure everyone has a good overview of their cards and can organize them.
- Start the game. Keep it light and fun. Card games can be a great platform for laughter and co-operation.

What is needed to perform the activity:

- A deck of cards adapted to the chosen game or a digital card game
- A relaxed and comfortable place to sit and play.

Here are some examples of different card games for older people:

- Rummy
- Sevens
- Gin Rummy
- Old Maid
- Whist

You find the rules through this link: <https://dementiatogether.online/card-games-more>

Digital card games:

<https://cardgames.io/>
<https://www.arkadium.com/free-online-games/card/>
<https://games.dailymail.co.uk/category/card>
<https://worldofcardgames.com/>
<https://www.solitaireparadise.com/category/card.html>



Time required:

The time required can vary depending on the game and the group, but a card game session can last from 30 minutes to several hours, depending on the wishes of the participants.



Alone or in group:

This activity is done with a group of elderly.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal