



Centacare – Video Gaming

Program Content

The games selected for use in the Video Gaming program will provide a way for our participants to safely enjoy playing immersive computer games, either using computers or dedicated game playing consoles. Playing games together, especially if the games are group-based or team-based, will also give them the opportunity to socialise with fellow participants. The program will concentrate on:

- Logic-based problem solving games such as Desktop Tower defence
- Cumulative-process based games such as Civilization or Age of Empires
- Driving or racing games and other skills building games

All the games chosen will contribute to improving the participants' abilities with logic, rule- and process-memorisation, process-based thinking, and hand-eye coordination. The games selected will also help strengthen the decision making process, thus improving the participants' ability to make informed choices in the real world.

Although we will select games that are free to play, participants will be asked to cover any out of pocket expenses if they choose to play games that require in-app purchases.

Program Goals

The goals of the Video Gaming program are:

- For participants to develop their fine motor skills via the use of the keyboard & the mouse
- To promote the mental health and wellbeing of participants by offering positive and safe experiences in the digital world
- To improve the ability of participants to make decisions in real time and to get immediate feedback, thus strengthening the link between actions and consequences
- To provide an enjoyable and fun experience that the participants look forward to each week