peEXTRA

12th World Congress on

ADVANCES AND INNOVATIONS IN DEMENTIA

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Christel Goh

Founder of Play Huahee, Singapore

Early intervention through localized games

The World Alzheimer's Report 2011 recommends that more randomized controlled trials are required to promote evidence-based intervention in early stage dementia. There is a lack of relevant localized games and activities that can be used as early intervention tools to engage seniors in Singapore. Having experienced the pain of dementia at home, the author created card games comprising localized items that seniors would be familiar with. It started off as a memory matching card game deck. Her card games received a positive response from hospitals and senior facilities because seniors were able to relate to the familiar items featured on the card games. This invokes nostalgia and positive memories. They added more game plays such as charades, Snap, Pictionary, storytelling, coloring and puzzles. The author is planning to explore research on the effectiveness of early intervention through games on seniors, having personally experienced the positive impact of early intervention in her grandmother's situation. Her grandma showed early warning signs of dementia a few years ago, family then embarked on a journey of early intervention where they encouraged lifestyle changes in her grandmother through food, exercise and activities. The author is hoping to continue to bring the message of early intervention to other communities through card games.

Biography

Christel Goh is the Founder of Play Huahee, Singapore. Play Huahee is a social movement that aims to encourage communities to embark on early intervention in their seniors' conditions. She hopes to encourage this through creating localized and relevant games for seniors. Play Huahee's games are currently used as tools to engage seniors by organizations such as National University Hospital, Khoo Teck Phuat Hospital, Monfort Care.

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