

# POWERS, PUZZLES & PRESCIENCE

## AN ESCAPE ROOM ABOUT PLANNING AHEAD

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### INTRODUCTION

Powers Puzzles and Prescience is an Escape Room aiming to educate people about Future Care Planning.

It was designed by staff at the Scottish Partnership for Palliative Care.

Undertaken by teams of 3-5 people, participants are challenged to unravel a super-hero themed mystery by finding clues and solving puzzles.

Along the way teams encounter family dynamics, future care planning, caring responsibilities and aging in the 21st century.

PHOTO: PILMENY DEVELOPMENT PROJECT GROUP COMPLETE THE ESCAPE ROOM



### DO IT YOURSELF

SPPC made Escape Room Packs available, free of charge, so that communities and

organisations in Scotland could run the Escape Room themselves.

Free resources include:

- All the escape room puzzles and clues, including diary entries, letters, photographs, police reports and newspaper articles.
- Instructions of how to set up the escape room and ideas for how to make the experience as immersive as possible.



PHOTO: PILOTING THE ESCAPE ROOM

### DEMYSTIFYING DEATH WEEK

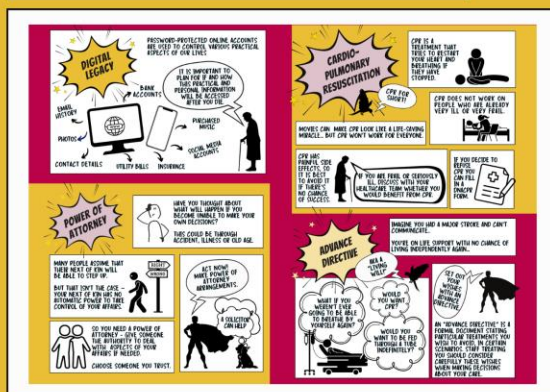
The Escape Room was launched in time for Demystifying Death Week 2025.

Those who requested the Escape Room had a variety of target audiences in mind, including students, staff, the general public, patients, healthcare professionals, community groups, friends, neighbours and volunteers.

25 KITS DOWNLOADED

26 HARD COPY KITS ORDERED

ON COMPLETION OF THE ESCAPE ROOM, PARTICIPANTS RECEIVED A COMIC TO TAKE HOME EXPLAINING ASPECTS OF FUTURE CARE PLANNING.



IT MADE OUR WEEKEND!

### FEEDBACK

QR Codes linking to an online survey were incorporated into the Escape Room materials, and feedback sought from community organisers via email.

Little feedback was received during DD Week, with only three responding to the organiser questionnaire and two participants giving feedback. Further feedback was received when the Escape Room was run by SPPC staff at Curious Festival in Autumn 2025.

The limited feedback available indicates that people found the escape room fun and educational, and that organisers found it relatively straightforward to run the Escape Room.

IT WAS A GOOD EXPERIENCE RUNNING THE ESCAPE ROOM. EVERYONE WHO TOOK PART SEEMED TO ENJOY DOING IT AND FOUND IT WORTHWHILE. THE WHOLE TEAM GOT BEHIND PREPARING THE ROOMS FOR MARY & CAILIN.

THANKS AGAIN TO GOOD LIFE, GOOD DEATH, GOOD GRIEF FOR THIS INCREDIBLE RESOURCE WHICH ALLOWED US TO HAVE FUN AS WELL AS HAVE IMPORTANT CONVERSATIONS. WE HAD A GREAT TIME!

THE FOLLOWUP HANDOUT CONSOLIDATED THE INFO VERY WELL. I'VE ALREADY CONTACTED MY MUM ABOUT POWER OF ATTORNEY - SINCE WE HAD COMPLETED THE PROCESS.

HAD A GREAT TIME SOLVING THE ESCAPE ROOM AS A TEAM OF THREE, INCLUDING ONE FRIEND WHO WAS ENTIRELY NEW TO "ESCAPE ROOMS". WE REFLECTED THAT THIS TYPE OF IMMERSIVE ACTIVITY WAS A GREAT ESCAPE(!) VERY ENGAGING AND WELL-EXECUTED.



WOULD YOU LIKE TO TRY OUT THE ESCAPE ROOM? RUN IT FOR YOUR COLLEAGUES, FRIENDS OR COMMUNITY.

FIND OUT MORE!



[WWW.GOODLIFEDEATHGRIEF.ORG.UK/ESCAPE-ROOM/](http://WWW.GOODLIFEDEATHGRIEF.ORG.UK/ESCAPE-ROOM/)



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Powers, Puzzles & Prescience is the original work of the Scottish Partnership for Palliative Care, copyright 2025. It was inspired by a workshop at PHPC International Conference 2024 describing the Stay Room developed by the Atlantes Global Observatory of Palliative Care of the University of Navarra, Spain in 2021.