LIFE'S STATIONS BOARD GAME

Co-developing a Game to open up Future Care Planning Conversations

Background

Death and Dying is rarely a topic people feel comfortable speaking about. As a hospice we aim to encourage healthy conversation around Death and Dying, exploring what is most important to the individual and their family

Aim

To co-develop and test a board game with a community partner CACE which could encourage participants to have open conversation around death and dying, and explore Future Care Planning.

Method

Qualitative data was gathered through an initial focus group, which included representatives from both organisations, who developed the initial visual and sensory elements of the game. A group of participants tested this concept on three occasions to ensure it was co-designed.
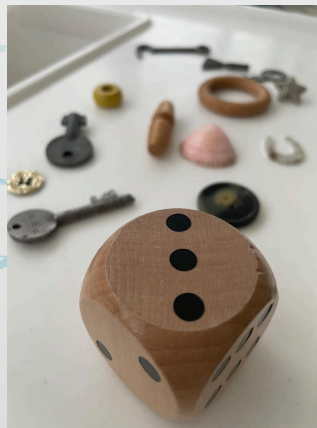
Results

Five participants were involved in developing the game which was piloted over three sessions. Adaptations were made in response to feedback. The facilitator guidebook was reviewed. Wording and format of the questions were adapted to suit the needs of people with cognitive decline.
The main themes from the conversations while playing the game were:

- **Mental Health**
- **Funerals**
- **Relationships**
- **Religion**
- **Finances**
- **Legacy**
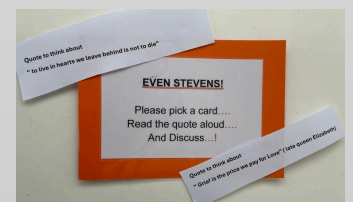- **Future Care Planning**
- **Signposting**

Conclusion

Discussing death and dying through a game was acceptable and feasible for participants who opened up about topics that they would not have initiated by themselves. The next step will be making practical transportable games that can be used in care, education and community settings, working with Glasgow School of Art and a community partner to enhance the game design.

Service users found a new confidence after playing the game, allowed a willingness to open up discussions with their families and care providers.

"It felt like we were travelling through a journey of conversation"

EVEN STEVENS!

Please pick a card....
Read the quote aloud....
And Discuss...!

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