

# Call to mind...

the creative communication tool  
for those living with dementia



## What is Call to mind...?

- The game is enjoyable, stimulating and fun for everyone.
- This game enables conversation and helps promote person-centered care.
- The questions are designed to discover a person's likes and dislikes to tailor activities and generate everyday conversations.
- Playing the game identifies the players' current interests and opinions.
- Can be used by staff, families and all generations at home, in memory cafés, day centres, and care homes.

## Feedback sheets

- Why:** To capture a person's likes and dislikes, but especially what they enjoy doing.
- When:** It is best completed as the game is being played.
- How:** Write down as many comments as possible, an example is given on the Past (red) page.
- Who:** This is to be filled out by family or carers.
- What:** There should be one sheet per person and each time the game is played, more information can be added.
- Format:** The colour coding is to help match with the question topics on the cards. There is space at the bottom to add other interests as they arise.

# Playing the game

Fold out the board and place the question cards and spinner on the board where indicated.

The play instructions are guidelines. The most important thing is to stimulate conversations in order to get to know a person, and for this to be an enjoyable experience for everyone. The facilitator can ask more questions if they wish. If anyone is uncomfortable or unwilling to talk about a topic, reassure them that it is OK and choose another card or move on to the next player. It is important that everyone feels safe and comfortable answering questions.

## Instructions

1. The first player spins the spinner and picks up a card of the colour it stops on.
2. The player reads out the card topic and identifies a picture on the board that represents this. It will have the same colour border as the card.
3. The player answers any or all of question on the card if they wish.
4. The conversation is opened to the other players.
5. The player keeps this card as one of four colours to collect and so ends their turn.
6. If the player finds nothing to say about the card, they can pick another of the same colour.
7. Play continues with the next player doing the same.
8. If the spinner lands on the colour of a card the player already has, they can spin again until it lands on a different colour.
9. Play carries on until everyone has collected a card of each of the four colours or when the players want to stop.

“Play is the highest form of research”

Albert Einstein

