

Call-to-Mind The Communication Game Instructions

Playing the Game:

The play instructions are only guidelines. The most important thing is to stimulate conversations with people who may need to be coaxed to talk, and for this to be an enjoyable experience for everyone. The facilitator can ask more questions if they wish. If anyone seems troubled by a topic, reassure them that is OK to choose another card or move on to the next player. It is important that everyone feels safe and comfortable answering any question.

Instructions:

- 1) Fold out the board and place the question cards and spinner on the board where indicated.
- 2) The first player spins the spinner and where it stops, chooses a card of the matching color. (They may prefer to return it and choose another of the same color.)
- 3) The player then reads out the card topic and searches among the color-matched pictures on the board to identify one that represents that topic. Other players may wish to help with or comment on this choice.
- 4) The player reads aloud one of the questions on the card and answers it.
- 5) The other players are invited to join in the conversation by answering the same question if they wish to.
- 6) The player keeps this card and so ends their turn.
- 7) Play continues with the next player spinning the spinner.
- 8) If the spinner lands on the color of a card a player already has, they miss a turn.
- 9) Play carries on until everyone has collected one each of the four different colored cards.

Why Play Call-to-Mind?

Without good communication it is very easy for someone to feel isolated and become withdrawn. Playing this game is a great way to engage such a person in

conversation easily and in a non-threatening way. Other players can gain a better understanding of them, and professionals can become better equipped to offer person-centered care. For example, in a care home it's a great way to get to know a new resident, and for them to connect with others as they discover common interests. It has been shown that relationships within a home improve when care givers participate in the game, sharing the conversation through answering the questions. Their involvement in the game reduces a 'them and us' perception of roles, and helps to create a family atmosphere.

The game can be played with just two people or with as many as can fit around a table. Most importantly, it is to be enjoyed!

Feedback Sheets:

In family settings, written records will seem unnecessary, but people's preferences do change over time and it may sometimes be helpful to note the surprising thing our loved ones tell us during games. In care settings, feedback sheets can be an invaluable tool, particularly where there are a number of people all contributing to the care of an individual. By noting a person's likes, dislikes and memories, this information can be made available to colleagues, to help provide care that is unique to that individual.

Aim: To capture a person's likes and dislikes, but especially what they enjoy doing and remembering.

Use: The color coded sections of the feedback sheet match the question card colors. While a player is responding to a particular question, comments should be noted beside the relevant topic (see the example in the yellow section) and there is a space at the bottom to add other interests which may arise during conversations. Using the same sheet to add more information each time the game is played will help to build up a fuller picture of what might be used to engage a person outside the game.