

# Journey Through Carington House

Teaching Package for Grades K-8

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NURSING  
HOME  
JOBS NB



EMPLOIS EN  
FOYER  
DE SOINS NB



Centre of  
Excellence  
HEALTH



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### Quick facts about Nursing Homes in New Brunswick

71 licensed nursing homes in New Brunswick

Over 4,800 residents

Over 7,000 employees

Privately owned and operated

Range from 30 beds to over 200 beds

## What is a Nursing Home in New Brunswick?

- Part of the “long-term care” (LTC) system for seniors aged 65+ years
- Long-term care in NB includes 3 levels of care:
  - o Home Support (Level 1)
  - o Special Care Home (Level 2)
  - o Nursing Home (Level 3)
- Residential care facilities (i.e. the clients live there and are called “residents”)
- Offer 24/7 nursing care for individuals who are medically stable, but require ongoing nursing care and assistance with activities of daily living (i.e., eating, personal care, taking medication, mobility, etc.)
- Have residents with complex care requirements, including mobility issues and dementia





## Who Works in a Nursing Home in New Brunswick?

- Registered nurses
- Licensed practical nurses
- Resident attendants (similar to personal support workers)
- Rehabilitation assistants
- Activity coordinators
- Dietitians
- Red Seal chefs & cooks
- Electricians & maintenance personnel
- Housekeepers & floor aides
- Clerical staff
- Management teams, including CEOs, Directors of Nursing, and accountants

## Community and Nursing Homes in New Brunswick:

- Nursing homes exist in rural and urban centres
- In small communities they are often the largest employer
- Nursing homes welcome volunteers
- Family is connected and involved in care planning
- Residents are able to leave with the support of family for outings, visits, day trips or vacations!



# Nursing Home Video Game Background

Journey Through Carington House is a “serious game” which means it has a purpose other than pure entertainment.

Each element of the game – from the characters, the setting, and the missions – was designed with intention and based on real life nursing homes!

Journey Through Carington House was designed with five goals in mind:

1. Appeal to a youth audience, defined as young people in middle and early high school (roughly ages 10-14).
2. Create an engaging tool that familiarizes the work environment of a nursing home and showcases the philosophy of person-centered care.
3. Positively influence the perception of nursing homes through positive imagery of aging in a residential care facility.
4. Produce content that counteracts the negative stereotypes and ageist attitudes that prevail in society.
5. Show a home-like setting that contrasts the clinical setting of a health care facility, such as a hospital.

## Meaning Behind the Missions:

### EDNA



## Mission Description:

Blanche is stressed because Edna confuses their two rooms. The player must find a way to help Edna realize which room is hers. This mission is particularly important in highlighting the work environment and type of resident you would be working with in a real-life nursing home.

## Real Life Connection:

Many residents in nursing homes have dementia. In the game, you are given different options on how to approach telling Edna she is in the wrong room. These options range from being blunt, dismissive, or participating in an activity to bond with her. Of course, the best course of action (which allows you to progress in the game) is to choose the more compassionate route of bonding with Edna. The game then directs you to go find an object in her room to trigger a memory and help her realize she is in the wrong room. This is a gentle intervention for a resident with dementia and takes thoughtfulness and patience to carry out. An important lesson in dementia care, and in the player's role as a resident attendant.

- Dementia
- Care Planning
- Person-Centered Care
- Aptitude for Caregiving Role – Nurturing
- Critical Thinking

# Nursing Home Video Game Background cont.

## Kids' Feedback:

The players connected with Edna as a character. In a second mission involving music, the kids see Edna as funny and get to see her enjoying a “normal” human experience, despite her cognitive challenges.

*What is the first thing that comes to mind when you hear the words “nursing home”?*

“Edna”

“(one) things that I really liked... Edna and another person talking about like the music with the Booty Shakers. Oh yeah!” (laughter).

## CALVIN



## Mission Description:

Calvin has a cool Virtual Reality set that he enjoys playing throughout the game. At one point he loses his charger and the player must find it for him.

## Real Life Connection:

Virtual Reality can be used as a therapeutic tool for residents and has been trialed right here in the province of New Brunswick! Nursing homes are dynamic workplaces that use advanced technology and participate in applied research programs designed to provide improved quality of life and care for residents. And yes, seniors can learn and enjoy technology!

- Ageism
- Technology
- Virtual Reality Therapy
- Life Long Learning

## Kids' Feedback:

The players seemed to have a love/hate relationship with Calvin! He was one of the most popular characters due to the contradiction of his stereotypical “grumpy old man” attitude, contrasted with his aptitude for technology (which surprised the players!).

*Was there anything that surprised you in the game?*

“It kinda surprised me that Calvin was playing video games at his age.”

# Nursing Home Video Game Background cont.

"I can relate to Calvin. No one touch my stuff. Leave me alone. I saw him have a DS. Like I have a DS at my home. I thought, oh he would probably be friendly. No, he (was) just like yelling at me!"

"I kinda thought...was kinda odd because like...Calvin...I don't know who like, why someone...like if they're 80 or 60 or 70, why they would be...using a VR headset?"

*So do you think that's unusual?*

"Ya I think that's pretty odd cause usually people who...are in nursing homes usually, either read, or relax, or sleep, or just talk with friends."

*So you don't think that people in a nursing home would be really using a VR?*

"No."

No?

"They're probably just watching TV."

## GEORGE



### Mission Description:

Charlotte loves watching the birds and asks you to set a bird feeder outside her window for her to enjoy. But the squirrels keep getting into it! Players ultimately must seek the help of George, another resident, to build a clever device to keep the squirrels out!

### Real Life Connection:

Nursing home residents are valuable and productive citizens. They can remain active and connected to their community, and have knowledge and skills to share with other generations.

- Ageism
- Older Persons as valuable, productive citizens

### Kids' Feedback:

Through their interactions with George, the players realize he is interesting. He has a whole history that led to him being the helpful resident in the mission. The narrative piece connected the player to the character.

# Nursing Home Video Game Background cont.

*What did you like about the game?*

"I think the characters... we know some of their back stories, like I know that George he worked, he was on like a farm".

*Ok. You learned that from him?*

"Yeah. George, like he said he like worked on a farm with his dad".

"... George is the best...Yeah, he's my favorite!"

## **Final Thoughts:**

Journey Through Carington House focuses on relationships and individual human histories as key components of care planning.

The game highlights the importance of engaging with the resident as a human being and not as a 'patient'.

The game is designed to promote the idea that **a nursing home is a home**, and the residents are people living their everyday lives.

When nursing homes recruit staff, the goal is to find the right person for this type of role, not simply someone who can perform the required tasks.

Taking care of people is special work and this game is designed to highlight the human element of nursing homes and introduce players to the concept of person-centered care for the elderly.





## DID YOU EVER THINK PLAYING VIDEO GAMES...COULD BE VALUABLE FOR WORKFORCE PLANNING?

### A Game with Purpose

*Journey Through Carington House* is a **serious game** designed to familiarize the nursing home environment and to combat negative stereotypes and misconceptions about nursing homes. It was developed as part of the New Brunswick Association of Nursing Home's Recruitment Strategy with the goal of engaging a youth audience to consider careers in nursing homes.

**Serious games** are games with a purpose other than pure entertainment and are often used in education, health care and business.

Youth aged 10 – 16 years were invited to play the newly developed game. We held three focus groups with 22 participants in total and asked them how playing the game made them feel about nursing homes.

### What Did We Learn?

Participants did have negative perceptions of nursing homes.

*"It's like, it's a prison for oldies" (P3, G1).*

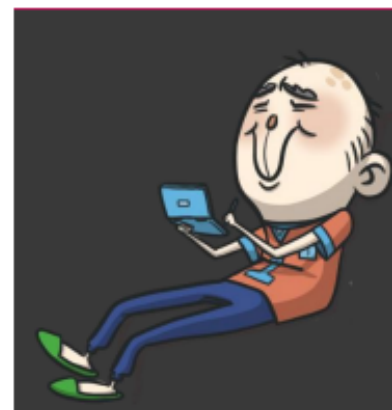
## WHY DID WE DO THIS RESEARCH?

New Brunswick is facing a workforce shortage

Nursing homes are perceived as negative places to live and work

Nursing homes often struggle to recruit

How can we attract youth to a career in nursing homes?



## Research Information cont.

After playing the game, participants started asking important questions about nursing homes and connecting the game to real life experiences.

*"Is a nursing home like a real home?" (P4, G3).*

Participants said that nursing homes are busy places to work.

*"It's like a homet's nest...everyone's b-lining room to room helping everyone" (P3, G2).*

Playing the video game made participants feel better about nursing homes and began to challenge their perceptions of aging.

*"It sorta made me feel like it's...a really friendly environment" (P2, G3).*

*"Yeah, it definitely changed a bit of my perspective...more...things going on. I always thought it would just be a boring place where you help seniors. But, now playing that simulation, it gives me a better perspective of more things going on" (P1, G3).*


### What Does This **Mean?**

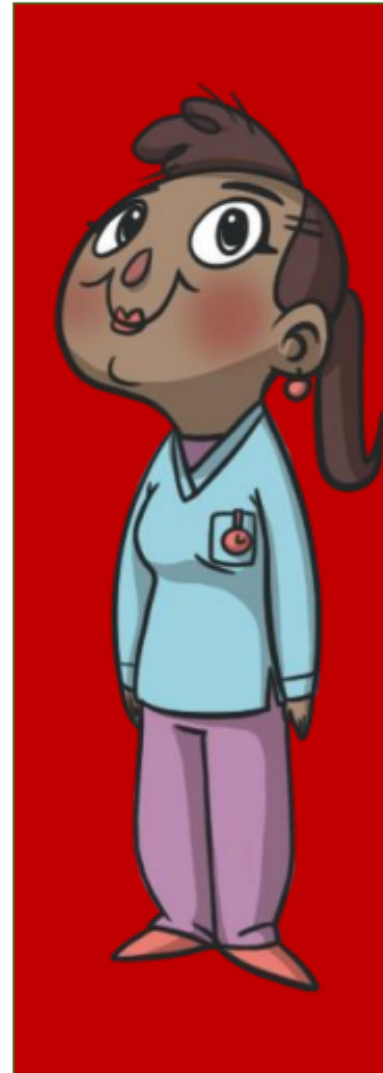
- Results show the game helped to improve players' attitudes towards nursing homes.
- This aligns with a growing body of research demonstrating the potential of serious games in addressing important social issues.
- This video game, used in conjunction with other initiatives designed to engage youth, has the potential to inspire youth to pursue a career in senior care.

**For full study results, please contact the researcher.**

**PLAY THE GAME!**

 [nursinghomejobsnb.ca](http://nursinghomejobsnb.ca)

 *Journey Through Carington House*



### FOR MORE INFO

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# Journey Through Carington House: Focus Group Activity Guide



## Short ice breaker game:

Imagine yourself at 80 years old.

- Tell us something you think you will be doing at 80 years old and draw a picture of yourself on the paper provided.
- Share your picture with another student and discuss what you think it will be like to be 80 years old.

## Class discussion:

What is the first thing that comes to mind when you hear the words “nursing home”?

### Probing Questions for students.

- *Has anyone ever gone to a nursing home for a visit? Where?*
- *What did you see?*

## Class discussion:

Have you ever considered working in a nursing home as a career?

### Probing Questions for students.

- *Why or why not?*
- *What is it about working in a nursing home that seems appealing/unappealing (Cool/Uncool) to you?*
- *Do you know anyone who works in a nursing home?*

## Action:

Play the game!

Options:

- Teachers can facilitate the game and ask students to pick next steps/action
- Students can play the game by themselves on individual computers.



# Journey Through Carington House: Focus Group Activity Guide



## Class Discussion:

Let's talk about the game...

Probing Questions for students:

- Did you have fun playing the game?
- Did you get frustrated while playing the game?
- How did the game make you feel about nursing homes?
- Did playing the game change how you feel or think about nursing homes?
- What did you see in the nursing home that surprised you?
- What did you think was missing from the nursing home?
- What did you learn about working in a nursing home, that you didn't know before playing the game?
- How did the game make you feel about working in a nursing home?
- What did you like about the game?
- What didn't you like about the game?

## Extension #1:

- Ask the students to discuss the game and their thoughts about nursing homes with their families.
- Give the students the PDF of the video game study results to share with their families.
- Tell the students to play the video game with their siblings/families. Ask them to discuss the game and complete a one-page activity sheet. (Create a one-page question/answer activity sheet for students to complete with family).

## Class Discussion Day 2:

- Ask students to get into partners or small groups to discuss the answers to the family activity sheet.
- Ask students to share with the class and discuss their family's thoughts and feelings about nursing homes.

## Extension #2 – Problem Base Learning

Design your very own Nursing Home!

- Students can be creative and design a nursing home and include anything they think would be fun, active, and exciting for the residents.
- Hand out the activity sheet and explain the expectations with the class.
- Students could complete the activity by themselves, with a partner or in small groups.
- Teachers can be creative with the delivery by utilizing art materials or making the activity into a contest.
- Students could present their nursing homes to the class and deliver the finished products to a local nursing home.
- Residents of the home could take pictures with the projects and send to the students.
- Residents could judge the homes and nominate a winner of the "Best Design for a Nursing Home Contest".





# "Family Fun" at the Carington House – Take-home activity



**Name:**

**Date:**

We are learning about Nursing Homes in Health Class and we have asked each student to discuss the topic of Long Term Care with their families.

Please answer the questions below with your child (student could also interview the parent and write the answers in the space provided):

Question	Answer
1. Have you ever gone to visit to a nursing home? Where and Why?	
2. What did you see while you were visiting the home?	
3. Do you know anyone that works in a Nursing Home?	
4. Have you ever considered working in a nursing home as a career? Why/Why not?	



# "Family Fun" at the Carington House – Take-home activity



**Name:**

**Date:**

- Please take a few moments to review the Journey through Carington House flyer your child brought home from school.
- Please play the video game and/or answer the questions below with your child.

You can use the link attached or go the NBANH website: [Home](#) | [Nursing Home Jobs New Brunswick](#)

Question	Answer
1. Did playing the game change how you feel or think about nursing homes?	
2. What did you see in the nursing home that surprised you?	
3. What do you think was missing from the nursing home?	
4. Have you ever considered working in a nursing home as a career? Why/Why not?	



# Nursing Home Problem Based Learning Activity



**Within a group of 3-4 you will create an IDEAL “Nursing Home” in New Brunswick.**

You may need to complete more research with your classmates or on your own, regarding Nursing Homes to complete this activity.

- Financial concerns are not an issue! DREAM BIG and let your creativity flow with no financial limitations.

Your poster board or model should include:

- The name of the Nursing Home
- The location of the Nursing Home within New Brunswick
- A design of the Nursing Home “logo” or sign
- A blueprint or map of the Nursing Home
  - Colored-coded and CLEAR (on poster board)
  - ALL areas clearly labelled within the Nursing Home
  - Any “special” areas (smoothie bar, fresh garden, herbs, steam baths, pool, etc.) should be clearly labelled
  - Any “special” areas outside of the Nursing Home (parking, physical activity space) should be clearly labelled

BE CREATIVE and HAVE FUN with your group members.

The Project will be assessed/judged on 3 key elements:

- Creativity
- Accessibility for all residents
- Overall visual appearance of the home

## PBL Activity Extensions

1. The finished product is presented to the class and a group of judges (Vice Principle, Principal, Health and Phys. Ed. teacher, or any staff member). Top 3 Nursing Home’s could be named and awarded a small prize.
2. All projects can be displayed in the school
3. Teacher and students can take pictures of the projects and send to a Nursing home in the community.
4. Teacher or students can video tape the project presentations and send to a nursing home in the community.
5. Teacher can deliver the finished projects to a local nursing home.
6. Residents of the home can take pictures with the projects and send back to the students.
7. Residents can judge the homes and nominate a winner of the “Best Design for a Nursing Home”. Students and Teachers could create a judging criterion for the projects prior to starting the project.

