

The Magic Table Original

Play Guide



shift8*

TOVERTAFEL

Welcome to The Magic Table



The Magic Table was named by a care home resident living with dementia in Holland. During one of the early trials he said “Dit is een tover tafel!” (“This is a magic table”) and the name stuck!

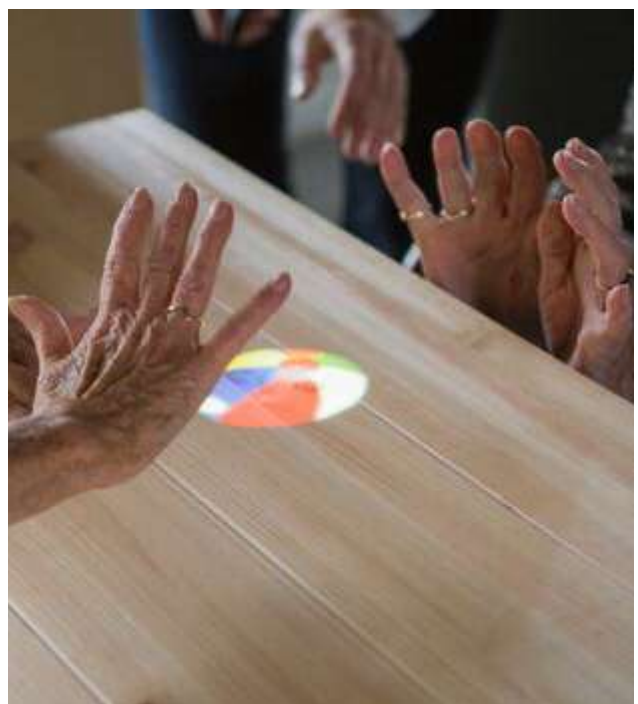
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We at Shift8* are determined to make a difference and truly change the world of care with every interaction.

We hope that The Magic Table creates as many moments of happiness as possible for loved ones, relatives and carers.

“We have had residents, who previously had not been communicating verbally, totally engrossed in the magic table singing along or reciting old sayings.” - Yetty Adepegba, Kew House, Manager



What makes The Magic Table a magic table

The Magic Table is an amazing and innovative piece of technology that is making a massive impact on dementia care around the world.

It consists of a series of interactive light animations that are projected onto a table. Infrared sensors detect movement allowing players to play with light, which makes the experience truly magical.

Specifically designed for people with mid-to-late stage dementia, it gently invites players to reach out and engage with the projections, allowing them to connect with each other, their surroundings and with you!

As the light animations are based on familiar objects and actions it will spark players to reminisce about the past and start sharing their personal stories with you.



The Magic Table Objective



It's common knowledge that there are countless benefits from laughter and playfulness for one's physical and mental health, so there shouldn't be any exceptions. Play can help with health and quality of life, and The Magic Table can create amazing moments of happiness for people on their journey.

Dementia can often make loved ones withdrawn and the key thing that The Magic Table does is encourage players to reach out to others and feel that missing sense of community. The Magic Table captures the imagination and facilitates meaningful conversations forming new, happy memories together. These happy moments can give a lasting sense of positivity for all participants. You may discover some new and surprising facts about each other's interests!

How to play...

When you play these 'games' you can't go wrong and you can't win or lose; all interactions are successful. This is a crucial aspect! It emphasises the player's capabilities instead of the challenges they face on their dementia journey.

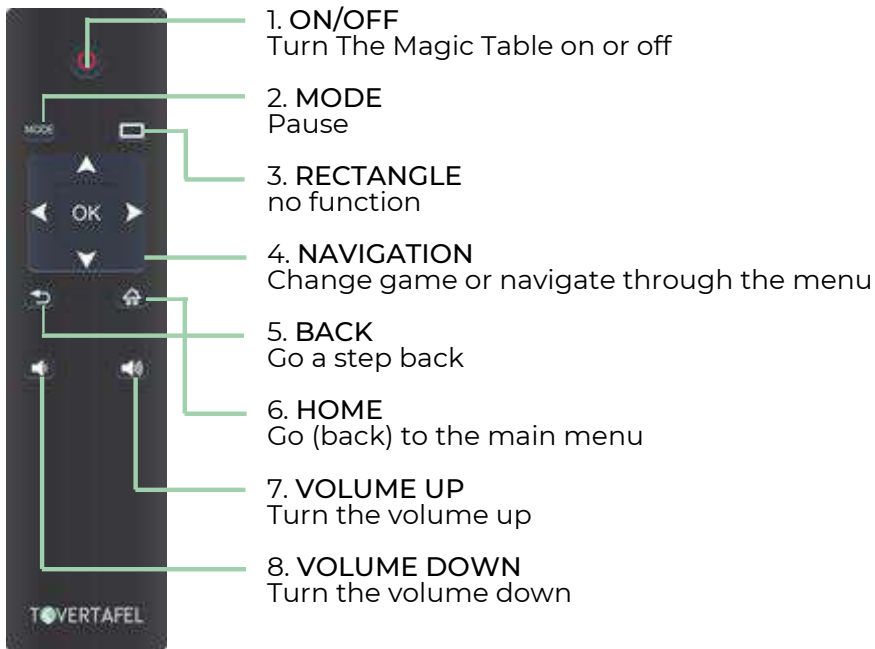
The Magic Table has been designed to encourage instinctive participation, inviting engagement and stimulating a level of physical and social activity rarely seen in people living with dementia in the later stages of their journey. It is important to understand that these games are uniquely tailored to the needs and capabilities of people on this journey.

Focusing on the lights may be just as big a step for someone as reaching out to touch them so always remain positive and encourage players to join in in whatever way they can.

We have only scratched the surface of The Magic Table's possibilities. Be creative and use accessories if you feel they would add to the game!



Using the remote



Turning on The Magic Table - Check if the red LED light on The Magic Table is on. If the red light is not on check that there is electricity or get in touch with the service team: 0208 003 1074.

Turn The Magic Table on with the on/off button (1) on the remote control. The red light will start flashing. After a few moments you will hear a beep, which means that The Magic Table is starting up.

NOTE: Only press the on/off button on the remote control once. The Magic Table needs a few minutes to boot. Don't touch any buttons while the red light is flashing!

After it starts up, a random game will begin automatically. From the stand-by mode the games are played in a random order, with a playing time of 5 minutes.

Turn off The Magic Table - Finished playing? Turn The Magic Table off using the on-off button (1) on the remote control.

NOTE: The Magic Table must first cool down before it can be switched on again. Only once The Magic Table has beeped twice will it have cooled down enough.

Using the remote



Changing games - Press the left or right arrow (4) to go to a different game. Or choose a game via the menu.



Press 'home' (6) and then choose a specific game from the games menu using the arrow keys. Pressing 'OK' launches the chosen game. This game will continue until you choose a different game.



Play in random order - Press 'home' (6) and then press the 'up arrow' to enter the settings menu. Choose 'random' here and press 'OK'. Now the games will change every 5 minutes.



Sound settings - Most of The Magic Table games have sound, you can change these settings with the remote control. With the volume buttons (7 and 8), you can turn the sound up, down, or off.

PLEASE NOTE: Always ensure that people near The Magic Table are not annoyed by the sounds!



Pausing a game - Do you want to pause a game? Since update 5.2, you can do so by pressing the MODE (2) button on the remote control. This icon will appear on the projection.

Want to resume the game? Press the MODE (2) button on the remote again and resume playing!



Calibrate the playing surface - With 'Calibrate playing surface' you can customise the play surface for your table. Press the 'home' (6) button on the remote control and press the 'up arrow' to enter the settings menu.

Go to 'Calibrate playing surface' and press 'OK'. A green line will appear on or near the table. You can use the arrow keys to move the green line so that it hits the exact edge of the table. Press 'OK' and the next line turns green. Repeat the previous step for all lines.



After the last line, press the home button on the remote control. This saves the settings.

Projection settings

Which movements does The Magic Table respond to?

The Magic Table's movement sensor doesn't register all hand movements. The overview below shows which movements will work and which don't work.



Games tend to react better if you interact with your hand and arms rather than the tip of your finger.

We recommend turning the volume down if you leave players playing unattended.

Make visitors aware of The Magic Table, as it is a unique opportunity for them to connect with their loved ones. You usually only need to activate three buttons to play; the on/off button and the left and right arrows, so help make everyone comfortable using The Magic Table.

Players can often play independently and will initiate their own interaction - sometimes it just takes a bit of time and patience.



Expected Outcomes

At a glance overview of the expected outcomes of each game:

| Game | Outcomes | | | | Suggested time of day | Props |
|--|-----------------|------------|----------|---------------|-----------------------|-----------------------------------|
| | Group enjoyment | Energising | Relaxing | Memory prompt | | |
|  Sayings | ✓ | | | ✓ | day & night | |
|  Space | | | ✓ | | night | |
|  Leaves | ✓ | ✓ | ✓ | ✓ | day | dustpan & brush |
|  Fish | | ✓ | ✓ | | day | paper plates / fishing rod / nets |
|  Butterflies | | | ✓ | | day & night | nets |
|  Soap Bubbles | ✓ | ✓ | | | day | foam noodle / ball |
|  Beach Ball | ✓ | ✓ | ✓ | ✓ | day | foam noodle / table tennis paddle |
|  Flowers | | | ✓ | ✓ | day & night | |
|  Spinning Tops | | | ✓ | | day | |
|  Masterpieces | ✓ | | ✓ | | day | paintbrushes |
|  Nostalgia Puzzle | ✓ | | | ✓ | day & night | |
|  Rhymes | ✓ | | ✓ | ✓ | day & night | |
|  Music Box | ✓ | ✓ | ✓ | ✓ | day | paper plates |
|  Kites | | | ✓ | | day & night | paper plates |
|  Bird Feeder | | | ✓ | | day | |
|  Sheet Music | ✓ | ✓ | ✓ | ✓ | day | |
|  Puppies | | ✓ | ✓ | ✓ | day | |
|  Hobby Sets | ✓ | | | ✓ | day & night | |
|  Wordsmith | ✓ | | | ✓ | day & night | |
|  Football | ✓ | ✓ | | | day | table tennis paddle |
|  Rummy | ✓ | | | ✓ | day | |



Sayings

Touch the floating rings to see the first part of a famous saying. Try to complete the saying together!

The Sayings game has a **cognitive goal** and works with the players' **long-term memory**. But for those for whom the saying is not on the tip of their tongue, the game is also fun: if you touch the floating rings, a new part of the saying is revealed. There are over 50 sayings and their order is random.

Tip: because of the strong cognitive element of this game, it won't appear in random mode.

Tip: the game brings back memories, so use anything you see as a conversation topic!



Cognitive



Social



Physical





Space

Make the stars floating across the table play a tune by touching them. A fast player may even catch a shooting star!

The relaxing Space game is full of little surprises. When the players touch the stars, they play a melody. Occasionally a star explodes into fireworks. This motivates the players to keep touching the stars and is a great game to play in the evenings to relax players and for those residents who may be awake at night.

Tip: did you spot a shooting star? Make a wish!

Tip: do you recognise the tune? What is it? (Clair de Lune by Debussy)



Cognitive



Social



Physical





Leaves

A breeze covers the table with leaves. Brush the leaves off the table, either on your own or with others: many hands make light work!

The Leaves game invites players to make **big hand and arm movements**. The game brings back memories of walking on the garden path and brushing away leaves is a **natural action** for players that can be quite instinctive. They can even use a brush to make it more realistic. Ladybirds between the leaves ensure that players stay focused on the game.

Tip: use a real dustpan and brush to sweep up the leaves! The use of a brush can help extend a player's reach across the table and improve their hand and grip strength.

Tip: don't forget about the ladybirds; how many can you see?



Cognitive



Social



Physical





Fish

Transform the table into a pond and try to catch the fish!

The Fish game has an **enchanting effect** on players, because nature is brought inside. Between the water lilies, fish swim from one player to another. The game invites players to **reach out** and try to catch the fish.

Tip: try to catch a fish on a paper plate! Hands up who wants fish and chips tonight!

Tip: use real nets or fishing rods to help you catch the fish! Using props like this can improve a player's grip strength as well as adding a fun element to the game.





Butterflies

There are loads of butterflies fluttering across the table! Allow the butterflies to sit on your hand, or push them over to your fellow players.

The Butterflies game brings a **relaxed atmosphere** to the room. Ask everyone to be very quiet and still and put their hand on the table - can they catch a butterfly - or simply get one to land on their hand? The game has a very social side as the various butterflies spark conversations at the table. They attract attention and stimulate movement.

Tip: this game is particularly beneficial for any player feeling agitated or stressed as it uses elements of mindfulness. By getting them to concentrate on the butterflies, they can slow down their breathing and lower their stress levels, leaving them feeling calm.

Tip: use a butterfly net to catch the butterflies - using a prop like this can improve a player's reach across the table and their grip strength as well as adding a fun element to the game.



Cognitive



Social



Physical



Soap Bubbles



Pop the soap bubbles one by one with your finger, or use your arms so loads of them splatter against each other.

The Soap Bubbles game stimulates **lots of movement** and moreover has a **relaxing effect** through the supporting sound. Popping soap bubbles is a **familiar action** for your loved ones and gives a lot of results. Make more soap bubbles by touching the spinning wheel.

Tip: it's great fun for all ages so encourage young children to get involved.

Tip: try using a feather or a foam noodle to pop the bubbles - it increases the player's reach, meaning they can pop so many more!

Tip: from time to time, use a real bubble blower together with this game.





Beach Ball

Give the beach ball a push and knock it back to your fellow players!

From when we are children we throw balls to each other, and for people with dementia this is a **familiar action**. The Beach Ball game leads to lots of social interaction and the players have a **shared focus**: the beach ball. It's very good for one on one interaction or persuading someone around the table to join in. The ball cannot fall off the table, as it bounces off the edges. So, nothing can ever go wrong!

Tip: place inflatable goals on the table for an additional challenge. Don't forget to cheer when someone scores!

Tip: the game brings back memories so use anything you see as a conversation topic.



Cognitive



Social



Physical



Flowers



Allow yourself to be surprised by the beautiful flowers covering the table. You can leave them to grow by themselves!

The Flowers game fascinates players due to the **intense colours** of the light projections and is great for those with visual impairments. By rubbing the flowers some of them will grow as big as the table, creating a **joyful atmosphere**. Moreover, the game has a strong social side, as it provides a great opportunity to talk about gardening, favourite flowers or colours.

Tip: try leading everyone in a rendition of the song “Daisy Bell (Bicycle Built for Two)”!

Tip: use anything you see as a conversation topic! Ask the players about their favourite flowers. Did they use to have a garden? What about their favourite colour?

Tip: try scattering real petals; the smells can evoke memories.





Spinning Tops

With this game you can play outside, inside!
Get the tops to spin and pass them across
the table.

Do the players still remember how the tops used to sound when they bumped into each other on the street? This game **breathes new life** into a classic game once seen on nearly every street corner. The coloured 'wooden' spinning tops elicit **physical activity** and respond to even the lightest touch. Everyone can join in.

Tip: one of the spinning tops will always be moving, try not to let the others stop!

Tip: who can spin theirs the longest? Always cheer everyone!



Cognitive



Social



Physical





Masterpieces

Pop all the paint-filled balls and together paint a masterpiece! The more balls you pop, the closer you get to the real thing.

During the Masterpieces game, the players 'paint' landscapes and portraits of animals, without real paint being involved. The game has a **high wow factor** and gives **immediate results**. As more of the painting is continually revealed, the game keeps people's attention.

Tip: who will be the first to guess the scene being painted?

Tip: give the players paint brushes so it looks like they're actually painting it! This can also help improve a player's reach across the table.

Tip: press the MODE button on the remote control to pause the game so you can spend longer discussing the final painting. Just press MODE again to play.





Nostalgia Puzzle

Put all the puzzle pieces together and make the puzzle complete. The puzzles contain images that spark reminiscence of the past.

The Nostalgia Puzzle game helps loved ones on their journey to do a **familiar action** that no longer comes automatically to them. When the players 'take' the pieces, they move into the right place themselves. The games are as fun for loved ones as they are for the **grandchildren** that come to visit them.

Tip: try and guess what the image is before it's revealed and use it as a conversation starter.

Tip: ask the players what they remember about the nostalgic items in the puzzles.



Cognitive



Social



Physical





Rhymes

From 'Mary had a little lamb' to 'Twinkle, twinkle little star': complete familiar rhymes. Together you remember more!

Rhymes and songs from the past are stored in our **long-term memory**. Therefore this game is suitable for people at different stages of the dementia journey. Little by little, familiar rhymes appear on the table when you brush the floating feathers. Everyone uses their **own qualities**. One person can read the sentence aloud, while others can finish the sentences or sing along.

Tip: because of the strong cognitive element of this game, it won't appear in random mode.

Tip: like the Sayings game, this is a great activity to get the whole family involved as little ones often know these rhymes and songs too!

Tip: when it's a song, give a full-throated rendition of the rhyme and discover who can still sing along.





Music Box

Wind the key by collecting music notes and enjoy the tunes that are played.

All the music notes have dropped from the music box. Gather them from the table and complete the piece of music. This game is **relaxing** and evokes **beautiful memories**. One person can touch the notes while others can enjoy the calming images and recognisable classic tunes: **everyone can join in!**

Tip: encourage players to dance and twirl along with the ballerinas, either just their arms or with their whole body if they're able!

Tip: try to hum along with the music. Does someone recognise the fragments?

Tip: use paper plates or your hands to lift the ballerinas up into the air!



Cognitive



Social



Physical



Kites



Three colourful kites dance across the table and will twist and turn once you touch them. Just like when you used to go to the beach or the park, you are totally engrossed in this riveting spectacle.

The game Kites creates a **relaxing atmosphere** in the room. The lively colours and zooming sounds really invite the players to move. The kites respond both to small and large **intuitive movements** and continually change the pattern they make across the table. Be amazed!

Tip: good for mindfulness; if you close your eyes you can almost feel the beach and smell the sea around you.

Tip: use a fan to mimic the wind outside

Tip: use it as a conversation starter! What colour was your first kite? Where was your favourite beach?



Cognitive



Social



Physical





Bird Feeder

Let the outdoors in and feed the birds that land on the table.

Roll the fat balls around and spread the bird feed across the table. Through the **pleasant auditory sensation** of twittering birds, this game evokes **memories** of times gone by. Even better: the birds aren't skittish! If you're careful, the birds will sit still and even let you pet them.

Tip: for an extra playful touch, spread the seeds across the table with your hands.

Tip: use the game as a conversation starter - did anyone feed the birds when they were younger? What is your favourite bird?

Tip: can anyone sing "Feed the Birds" from Mary Poppins?



Cognitive



Social



Physical





Sheet Music

Reveal musical pieces together by touching as many musical notes as possible.

The Sheet Music game encourages players to **make music together**. Musical notes are dancing across the table! When players touch the notes, a **familiar melody** is played. This gives them the sense of making the music themselves without any false notes. Play, sing or hum: everyone can participate. It's **sociable** and fun!

Tip: place both hands on the musical score and play it like a piano!

Tip: encourage other players to 'conduct' the music with their arms, this is great gentle exercise for the upper body!



Cognitive



Social



Physical





Puppies

Fetch! Three puppies gambol across the table and fetch your ball.

Animals stimulate interaction between players and evoke **positive emotions**. The Magic Table puppies are extra special, because they don't make you sneeze! The familiar sounds and the dogs naturally invite the players to interact.

Tip: coax a puppy to come towards you by moving at the table's edge.

Tip: use this as a conversation starter! Did you have any pets growing up? Are you a cat or a dog person?



Cognitive



Social



Physical





Hobby Sets

Freely associate and create a set of two objects that belong together. That's how you complete the hobbies.

In the middle of the table an object appears that has to do with **hobbies and activities** in and around the house. The players choose a **logical combination** from several pictures. A watering can belongs to ... a pot plant! This way, people in the **early to middle stages of dementia** are **cognitively challenged** and there's a social stimulus to start a conversation.

Tip: press the MODE button to pause the game and get to know each other. Does anybody have this hobby?

Tip: by using the objects as conversation starters, those later on in their dementia journey can still join in and engage.





Wordsmith

Guess the letters missing from the words and playfully practice language skills.

With this game players in the **early to middle stages** of dementia practice their **language skills**. On the table, common, recognisable five-letter words appear, with one letter missing. Which letter are we looking for? The players **guess together** and choose one of the options. When the correct letter is touched, players receive a visual and musical reward.

Tip: choose the guessed word as a conversation starter and share memories or associations with it.

Tip: use MODE to pause the game so you all have time to go through the letter options together. Although there's only one correct word to complete the game, sometimes other words can be created using the letters available - what words can you come up with?



Cognitive



Social



Physical





Football

Play an old-fashioned game of football inside without worrying about breaking a vase!

A football pitch appears on the table, with a ball and two goals. Give the ball a push and try to score as many goals as possible! This game challenges people in the **early to middle stages** of dementia with a clear purpose. The ball will stop moving if nobody touches it, so large movements and **collaboration** are required. Just like before!

Tip: project the image on the floor and use your legs to play. Just like the real thing!

Tip: if players are able, and under supervision, many of the other games can be projected onto the floor to work on movement of the lower body. You know your players best so use your personal judgement. If in doubt, playing around the table allows *everyone* to get involved and social!





Rummy

Find the missing tile to complete this world famous numbers game.

Rummy brings people together to complete simple number sets. By working as a group, or by splitting into teams and adding some **gentle competition**, players complete the game by finding the missing number in the series. Rummy, based on the much loved and popular card game, is a favourite across generations and provides a great opportunity for families to **play together**. Rummy has been developed through our co-design process for those in the **early-to-mid stages** of dementia.

Tip: Introduce a weekly Rummy competition with teams and prizes.



Cognitive



Social



Physical

