



Introduction to Gaming



Gaming Basics

- Playing video games is a multi-billion dollar industry
- Amateurs of all ages play
- Professional gamers play in esports leagues
- Amateurs and pros livestream as they play video games on Twitch



Benefits of Gaming for Older Adults*

*Based on a 2023 AARP study

- Stay sharp mentally
- Relieve stress
- Improve and maintain health
- Use problem solving and decision-making skills



Popular Games and Where to Find Them

- Candy Crush, Wordle — Apps
- Animal Crossing, Mario Kart — Nintendo Switch
- Overcooked, Monopoly Plus — PlayStation, Xbox, Switch
- Tetris — Switch, Playstation, Xbox, PC
- VR games — Meta Quest, Playstation VR headset



Getting Started

- Find free, casual games at games.aarp.org
- Explore more free games at arkadium.com
- Love arcade games? Play Pacman online: pacman.live
- Demo VR games at meta.com/experiences/
- Ready to level up? Check out roblox.com or store.steampowered.com

