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For immediate release

ACH Group launches six-week online video gaming challenge

Older South Australians are invited to register for a new online video gaming challenge which will provide them an opportunity for physical activity and social connection, while being in the running to win a host of prizes.

The ‘Stay in the Game’ six-week challenge, the first of its kind in South Australia, is run by leading aged care provider ACH Group.

The challenge, which is free to participate in, is held from 19 April – 28 May 2021 and open to South Australians aged 65 and over.

ACH Group CEO Frank Weits said there are many health and social benefits that can be experienced by participating in online gaming and the Stay in the Game Challenge.

“Modern online gaming offers everything from dancing to boxing and scrabble, meaning it can be an exciting addition in keeping your brain and body active,” he said.

“The challenge also inspires community wellbeing and social connection as participants are encouraged to play with friends and family. We are especially looking forward to hearing stories of grandparents and their grandchildren participating in the challenge together.”

In addition to playing with friends and family, challenge participants can meet via an online portal and there will be a series of face-to-face ‘Arcade’ sessions across metropolitan Adelaide.

Participants are also encouraged to set and track their goals, which could include how many friends and family they will play online with a week, or how long they’d like to exercise every day using online gaming.

At the end of the challenge participants will be asked to submit their stories to be in the running to win four major prizes including ‘South Australian Gamer of the Year’.

Research shows gaming is no longer just a young person’s hobby, with the Interactive Game and Entertainment Association finding that more than 40 per cent of Australians aged 65 and over regularly play some form of video game. It is easy to get involved in the challenge even if people haven’t engaged with online gaming before.

All that is needed to participate in the challenge is a smartphone, computer, or your favourite gaming device (Facebook Portal Plus, PlayStation, Nintendo) and internet. ACH Group has also published a list of games curated for fitness and social play in-mind.

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“If they are new to online gaming, our advice is to play a traditional game online they’re already familiar with such as scrabble or chess,” Mr Weits said.

“Then when they feel confident playing those familiar games, they can take up the challenge of learning a new game.

“This also highlights the opportunity for older people to learn new skills through gaming.”

Registrations open on Monday 15 March via Stayinthegame.achgroup.org.au

The Stay in the Game project is funded under the South Australian Government Statewide Wellbeing Strategy, led by Wellbeing SA. This project is proudly supported by partners Game On and Flinders University.

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