Aging brings with it a loss of agency. Deteriorating health can severely limit older adults’ ability to act. They may lose their capacity to drive, live independently in their own homes, care for their bodies, drive safely, or walk, for instance. Video games can provide a sense of agency that older adults may lack in other aspects of their lives, and that agency can create a positive, motivating experience.

Gee promotes the application of the amplification principle in games, claiming that games can motivate users by producing a large amount of output for a small amount of input (Gee, 2014).

The amplification principle is especially relevant for those elderly users who, because of poor health and disabilities, have a very limited capacity to produce input, which makes it hard to meet their basic psychological need for competence elsewhere (Ryan, 2000). By amplifying this input, games can empower players and restore a sense of agency (Gee, 2014).