Conclusion

Goals, revisited

To explore the health and wellbeing benefits of video games specifically for the elderly

Video games can improve the health and wellbeing of elderly players by providing a sense of agency, fostering social interaction, providing entertainment, and improving cognitive and motor skills.

To consider challenges related to introducing elderly players to video games

Cost, adoption, and usability are surmountable challenges to the use of video games among the elderly.

To encourage demand for video games that support elderly users

In light of the many potential benefits of video games for the elderly, it is worthwhile to create video games for the retired demographic and to encourage the use of video games among the elderly.

We can and should use video games to improve the health and happiness of retirees.