Any present or future member of the elderly population has due cause to care about the health and wellbeing of the elderly, both out of self-interest and altruism.

Lifespans are increasing, and developed countries have growing percentages of retirement-age citizens. The wellbeing of the elderly is not only important, but it is also a growing consideration.

56% of video game players are under 35, and 27% are 50 and older (Entertainment Software Association, 2015).

Video games are more popular among younger players, but between 2014 and 2015, the average video game player age increased by four years while the average number of years players have been playing dropped by one year, which indicates older adults are joining the market (Entertainment Software Association, 2014, 2015).

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Video games can improve quality of life for elderly players by providing a sense of agency, fostering social interaction with both peers and younger generations, providing entertainment, and improving cognitive and motor skills.

Cost, adoption, and usability are challenges that may hinder the use of video games among the elderly, but all these can be overcome.

In light of the many potential benefits of video games for the elderly, it is worthwhile to introduce them as a regular part of life for elderly and retired adults.