LEARNING BOX OF UNPLUGGED ACTIVITIES

The Safe First Aid Kit - Medication Management

This “unplugged” activity helps older adults to manage complex medication schedules safely and logically. Participants are challenged to create a “daily algorithm” for a person who must take multiple medications at different times, taking into account interactions with food (e.g. meals, dairy products). Using physical medication cards and a timeline board, older adults learn task decomposition and algorithmic thinking, which directly translates into their health safety and independence.

Target Group

- ☑ Low-skilled adults with low digital competences
- ☑ Low-skilled adults with limited formal education or qualifications
- ☑ Low-skilled adults with low participation in lifelong learning / training opportunities

Learning Objectives

- To develop the ability to analyse instructions (medication leaflets) and derive logical rules from them.
- To understand the importance of sequencing and timing in healthcare processes.
- To learn how to plan complex daily schedules using simple logical tools.

Competence Areas

a) Innovation Competences

- ☐ Creativity
- ☑ Critical thinking
- ☑ Problem solving
- ☐ Communication
- ☐ Collaboration

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Theme

Health, personal safety and managing daily routines.

Duration

60 - 90 min

Level

Beginner

Computational Thinking Steps Used

- ☑ Decomposition
- ☑ Pattern recognition
- ☐ Abstraction
- ☑ Algorithmic thinking

Methodological Approach

- ☑ Gamification
- ☑ Challenge-Based Learning
- ☑ Collaborative learning
- ☑ Experiential learning

b) Information Literacy Competences

- ☑ Ability to access, understand, and critically analyse information
- ☑ Interpretation of digital and visual content
- ☐ Awareness of media influence and biases

c) Life and Career Competences

- ☐ Flexibility and adaptability
- ☑ Initiative and autonomy
- ☐ Sociability and intercultural competence
- ☐ Productivity
- ☑ Leadership and responsibility

Learning Outcomes

By the end of the activity, participants will be able to:

- break down a daily schedule into logical time blocks.
- identify at least 3 key rules for taking medication (e.g. 'on an empty stomach', 'after a meal').
- create an error-free, visual algorithm for taking medication for a complex scenario.

Notes

- Materials required: "Medication cards" (large cards with the name of the medication, a time-of-day icon and brief instructions), "Meal cards", a large sheet of paper with a timeline (24 hours or blocks: morning, midday, afternoon, evening, night), "Vitality Points" tokens.
- Facilitator's note: Older adults may feel anxious about making mistakes regarding their health. It is important to emphasise that this is a logic exercise (a game), not medical advice. Use large fonts and clear icons (e.g. a sun for morning, a plate for a meal).

The Value Workshop & The Challenge (20 minutes).

Start with a discussion to help overcome the fear of complex medical prescriptions and the feeling of being lost in the healthcare system.

Help participants realize that their rich life experience and daily routines are a powerful skill set that allows them to effectively manage their own safety.

Introduce the challenge: Design a logical and error-free system (a daily algorithm) that allows every participant in this room to safely organize a complex medication schedule for the entire day.

Objective: Participants must join forces in teams to break down difficult medical guidelines into simple steps, eliminating the risk of improperly combining medications

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Step 1: Introduction and Challenge

Present the problem: “Our patient, Mr Jan, has been prescribed five new medicines. He must take them so that they work, but without making him feel unwell. Your task is to design a safe daily routine.” Explain the gamification rules: for every medicine correctly matched to a meal, the group receives a “Vitality Point”.

Duration app. 15 minutes

Step 2: Decomposition - Dividing the day

Participants prepare a timeline on a large sheet of paper. Instead of working solely with hours, they divide the day into logical blocks related to their routine: “immediately after waking up”, “breakfast”, “before lunch”, “evening tea”, etc.

Duration app. 15 minutes

Step 3: Pattern Recognition - Analysing the rules

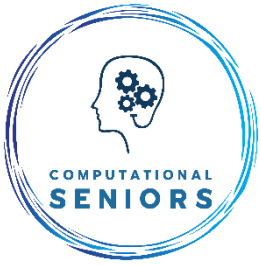
Groups analyse the medication cards. Each card contains an ‘if-then’ rule, e.g. ‘Medication A: take 30 minutes before eating’. Participants must identify these logical conditions and prepare them for inclusion on the plan.

Duration app. 20 minutes

Step 4: Algorithmic Thinking - Building the Algorithm

Participants physically arrange the medication cards on a timeline. They must make decisions: “Since Medication A must be taken before breakfast and Medication B after breakfast, what must the order be?”. They create a strict sequence of steps for Mr Jan.

Duration app. 25 minutes



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Step 5: Verification and Debriefing

The trainer (or another group) ‘tests’ the algorithm. They check for any conflicts (e.g. whether the medicines are incompatible with each other). The groups are awarded Vitality Points. Finally, a discussion: ‘Would this kind of step-by-step planning make it easier for you to manage your own health?’

Duration app. 15 minutes.

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