

I-CARE-SMART

Social Services Prague9 together with Virtual Lab introduce : VR Senior Pack- virtual reality apps for seniors



In an advanced age many seniors face serious isolation due to deteriorating physical condition that sometimes means very reduced mobility. Isolation caused by immobility leads to the life of severe stereotype and lack of activity and stimuli. Virtual reality is a technology that can provide substitute life environments and situations to those who aren't able to experience them in reality any more.

VR Senior Pack is a set of virtual reality applications mediating various environments and activities like travelling all around the world, observing life at a farm, participating at a dancing session and many others. The use of virtual reality in elderly care is proven to:

- Improve apathy and increase interest in common daily activities
- Assist in activation and socialization
- Decrease sensitivity to pain
- Dissociate the users from the unchanging stereotype of their everyday life.

If you are interested in how virtual reality can help seniors to overcome their isolation and live more active life join VR Senior Pack introduction session on 12 July 2021.

