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The project explored:

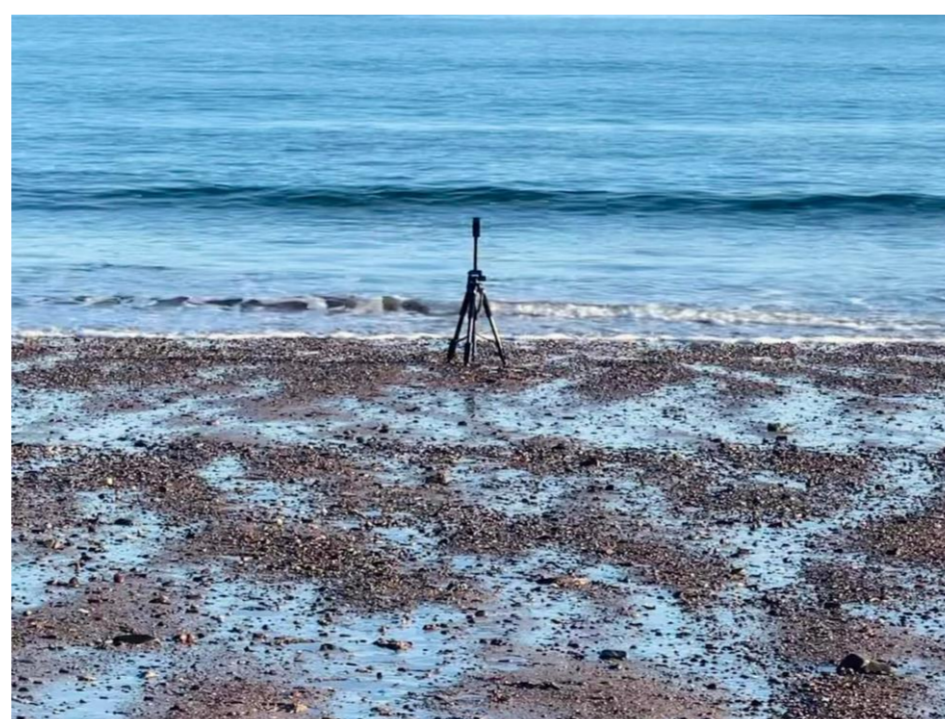
- What kinds of virtual experience can create the most positive impacts on health and wellbeing? Particularly within groups at the highest risk of isolation.
- Can digital technology be used in a way that will safely improve physical access to social and wellbeing experiences?

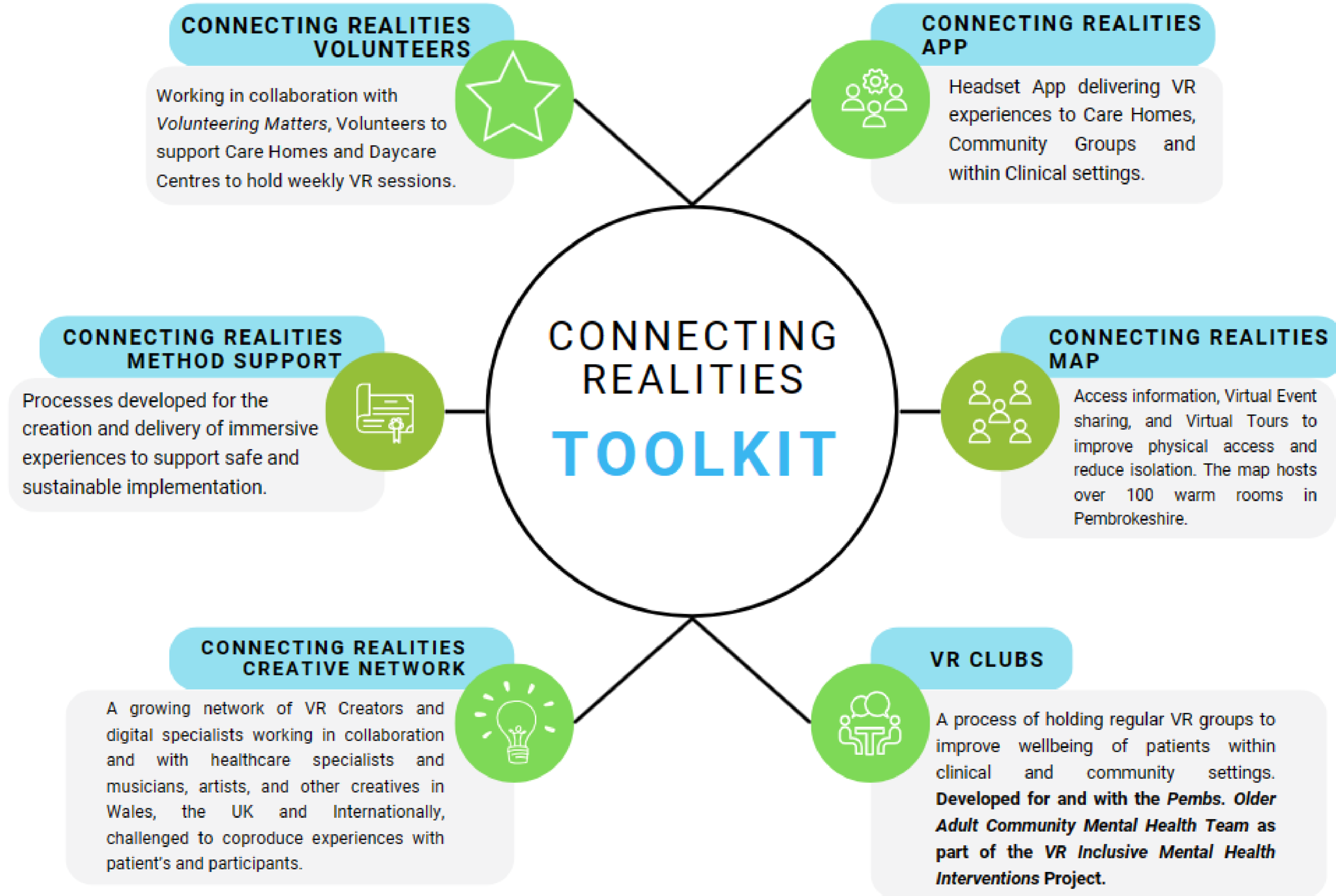
Project Aims:

To develop digital solutions that would provide meaningful wellbeing benefits and improved outcomes and quality of life for people at risk of isolation. The project hoped to create a new blueprint for integrating VR as a valuable community resource.

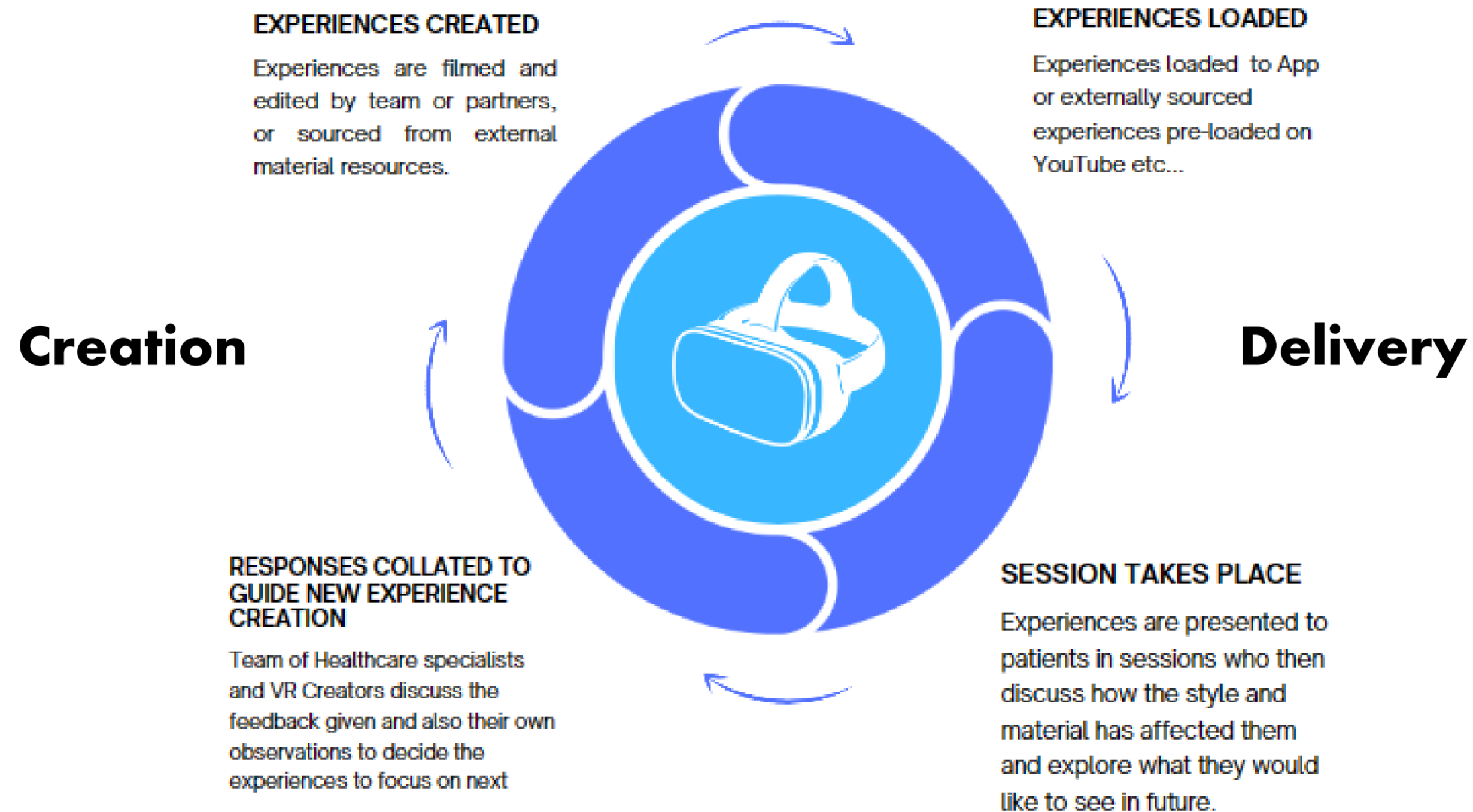
Project Approach:

- A Steering Group was established and a variety of potential routes to development were explored.
- The areas with most clearly registered demand and potential were developed further and tested small scale. Service users were involved in the co-production of experiences.
- The Toolbox was created. Systems were put in place. The project was rolled out on a larger scale using a method that supports constant research and development.



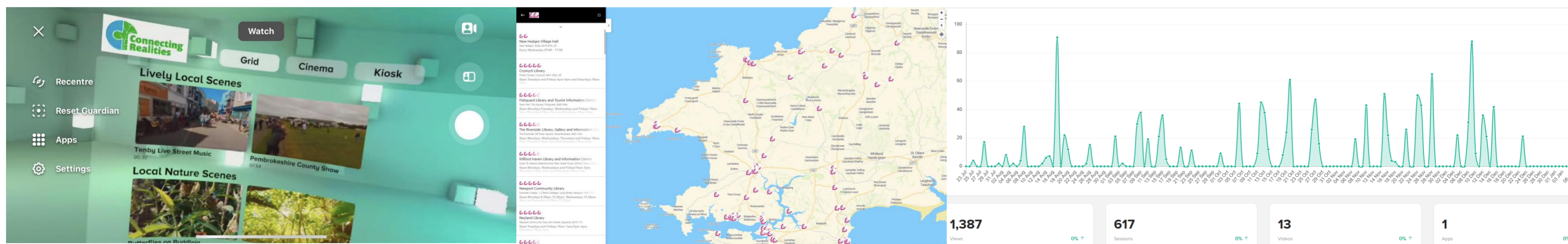


CO-PRODUCTION OF EXPERIENCES BETWEEN VR CREATORS, HEALTHCARE TEAM, AND PATIENTS



Project Impact:

- 60 + VR Sessions supported over 200 VR Experiences:
 - The project is working with 4 x Care Homes and 3 x Daycare Centres
 - 3 x team members are employed part-time to support and create VR sessions.
 - 2 x Support events occur weekly, each event reaching approx. 10 individuals at risk of isolation.
 - 6 x Virtual Reality Tours and 10 x Access information profiles are developed, with more in development.
 - Project developed with the Pembrokeshire Hwb maps and shares over 100 warm rooms in Pembrokeshire.
 - A Creative Network linking VR innovation with Healthcare is in development.
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- 100% of Care Homes supported to hold a VR session requested more sessions
 - Feedback forms suggested that 78% of care home participants, many who are living with advanced dementia, showed an improvement in mood after a Virtual Reality Experience, with 0% reduction in mood observed.
 - 100% of health and social care professionals involved in the delivery of VR sessions found them a positive experience for their service-users.



App view inside headset, Map showcasing Warm Rooms, headset use information



“Extremely immersive. I felt as if I was truly within the surroundings. Crystal clear images. Superb.”

Community Event Participant Experience



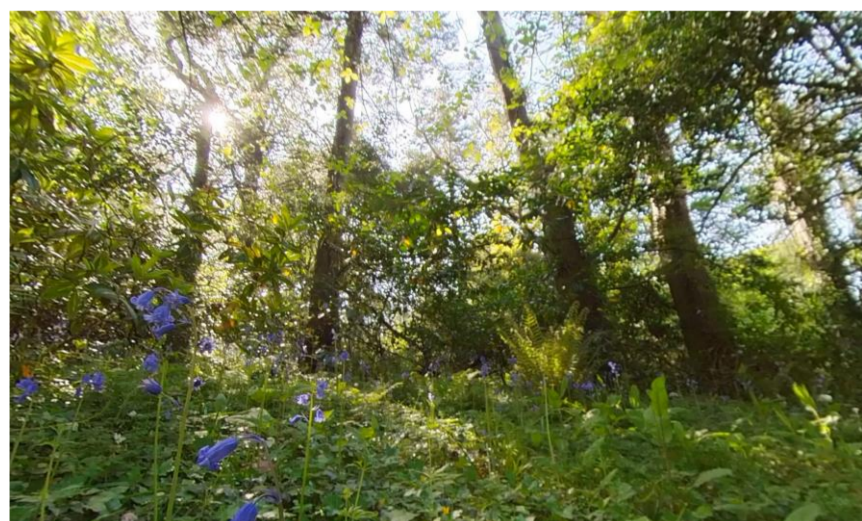
Hilda enjoyed the experience. She said she has seen these VR headsets on TV, but never knew how it works. She was pleased to try it.

Care Home Participant Feedback



“Gareth enjoyed both experiences. Whilst watching It’s a wonderful world, Gareth remembered a poem about Pembrokeshire.”

Care Home Participant Feedback



“The session was good. Everyone enjoyed it. Lady who said it was boring last time, liked it this time as she was having a different experience. This shows that we all are different and we can find different experiences for different likes and wishes. I was very surprised by fact that few people remembered what they watched last time and were able to tell me about it.”

VR Facilitator

VR Experience Snapshots



Presenting at the County Show

Findings:

The project has developed a huge depth of working knowledge when it comes to effectively creating and delivering VR experiences for individuals living with a range of health conditions.

Of the delivery routes explored, the following areas registered the highest demand and opportunity for continued development.

- To create and support the delivery of VR and XR material to support and improve the wellbeing of people at risk of isolation when physical access is not possible.
- Providing digital information to support people at risk of isolation to successfully access physical locations and experiences.
- Establishing innovative new material by bringing together creative, digital, and healthcare specialists.

“These sessions always make me feel good. It is uplifting to be able to bring something different to these people’s day”

VR Facilitator

“Excellent experience for the residents, they enjoyed it very much , a great way to show them something different.”

Care Home Feedback

“ I found this very comforting for our residents. They get a lot from it.”

Care Home Feedback

“Every time when someone after the experience is talking bout their life and their experience (farming for example), it uplifts my mood.”

VR Facilitator



VR Experience Snapshots – middle shot by newly trained VR Creator, right image showcasing collaboration with Rescape and the Pembrokeshire Coast National Park Authority

Next Steps:

- Continue rolling out CR Toolkit elements to interested care homes, clinical departments and community projects within Pembrokeshire.
- Further develop the creative network and collaborate with others to develop VR solutions.
- Explore the use of emerging technology such as AI in the development and assessment of toolkit elements.
- Continue working with the OA CMHT to develop the VR Inclusive Mental Health Interventions project.



Diolch!

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