

BRIGHT LIGHTS AWARDS

2024

4. Mental health and addictions
Parry Sound Family Health Team

Enhancing Senior Wellbeing with Virtual Reality Adventures



This free, age-friendly Virtual Reality (VR) Project combats loneliness and isolation among seniors, meriting recognition for its innovative approach. VR videos transport seniors to past or new experiences, like base jumping off the French Alps and offer a novel way to engage with the world and each other beyond the confines of their physical limitations. Sharing VR experiences on Smart TVs involves larger group participation, promoting social networking and story telling. The Project has shown benefits like mental stimulation, improved mood, pain management, and cognitive engagement amongst seniors, significantly enhancing their quality of life, well-being, and connection.