

## Obelisk Care Home × West Northants Council × University of Northampton

20 VR therapy sessions delivered to care home residents with dementia, Alzheimer's, mobility challenges, and mental health conditions. Sessions utilised WHO Quality of Life Scale for independent academic validation.

## VR Sessions Delivered

## Minutes Per Session

## Case Studies Documented

## Positive Engagement

## Real Results: Case Study Highlights

### **Peter: Grief Recovery**

Withdrawn after wife's death. VR Silverstone racing triggered memories.

✓ Became sociable & engaged

### **Li: Cultural Connection**

Lost memories of childhood in Japan. Virtual tour of Tokyo, Kyoto & Okinawa.

✓ Reconnected with heritage

### **Sam: Severe Dementia**

Limited speech, withdrawn. VR painting & music.

✓ Created art, talked about the seaside, staff in tears

### **Railway Worker**

Cognitive decline. VR steam train experience.

✓ Vivid recall of routes & schedules

### **PTSD Veteran**

High anxiety & flashbacks. Spitfire simulation.

✓ Shifted to positive memories

### **Agitated Resident**

Aggressive, distressed. Swimming with dolphins VR.

✓ Visibly relaxed & smiled

Family shared:

"I haven't heard Mum talk about her childhood in years but after the VR session she was telling me all about the places she used to go."



"Seeing the difference... from a sad person to a massive smile on their face."

"Having VR available when someone's anxiety is bad - that's really powerful." Care Home Staff

*"VR therapy emerged as a particularly powerful and scalable innovation. Its ability to deliver immersive, personalised experiences enabled residents to reconnect with meaningful memories, explore new environments, and reduce emotional distress. The flexibility to tailor content to individual needs makes VR especially well-suited to supporting the diverse challenges of later life, promoting both autonomy and mental resilience."*