Virtual bluespace for health & wellbeing

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Developing & testing virtual coasts

Iterative design process

- Interactive computer generated landscapes
- High quality 360° films

Population

- Elderly people
- Lower mobility
- Unable to visit 'real' coasts

Outcomes

- Psychological scales
- Physiological measures

Why I applied to the School

- To learn more about methods of generating **research impact**

- To discover how nature can be **valued economically**, and what are the **benefits**?

- To **meet others** working in the field and share ideas

- To improve **confidence** with public speaking

Uptake of virtual reality by care settings

Biggest opportunities:
- Improve residents' health & wellbeing
- Reduce agitation/sedative prescription rates
- Save care homes money

Biggest challenges:
- Understaffing
- Initial financial outlay
- Acceptability of VR to residents