

Virtual reality to recover memories of youth

LOCATION: Granada

DURATION: 1'28"

SUMMARY: To enjoy places such as the Tristes Promenade or the San Nicolás Viewpoint. The residents of the San Juan de Dios Nursing Home are able to do it without leaving the facilities of this centre thanks to a virtual reality therapy that has just begun to be applied. This therapy makes them exercise their memory and improve physical mobility.

VTR:

Virtual reality to stimulate the elderly and improve certain skills. It is one of the therapies developed in the San Juan de Dios Nursing Home, in Granada. Thanks to Tania, who is the director of cultural activities, users enjoy the places that they can't visit with the help of technology. And, at the same time, they exercise memory.

TANIA MARTÍNEZ
Director of cultural activities

"Due to health and mobility issues, they can't go there. So, it is a way to take them there and encourage them to remember."

JOSÉ MIGUEL GARCÍA
Assistance coordinator

"Without leaving the facilities, they can see images, 360° videos, of places that help them remember."

They use virtual reality glasses to stimulate the cognitive activity of the residents. This tool facilitates neurological rehabilitation, for example, in patients who have suffered a stroke. And also helps to improve mobility and attention span.

TANIA MARTÍNEZ
Director of cultural activities

"We can stimulate other areas, apart from the brain, such as motor skills, because I ask them to point at things that they can see in the images. It promotes verbal and non-verbal communication."

"Everything I see with them is very beautiful. The landscapes are wonderful and I am a lover of landscapes."

RESIDENTS

"The Alhambra. I wear the glasses a lot, to entertain myself."

Tania takes images of popular areas of Granada. Through those places, she stimulates the memories of youth of the elderly and makes them exercise memory.

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