



NEW

Virtual journeys and experiences for seniors

Staff and residents at the Alloheim “Taubertal” Seniors Centre can now dive into virtual worlds **RÖTTINGEN (Germany). They’re small, easy to use, high-tech, and truly impressive. Starting immediately, virtual reality glasses are granting residents and employees at the Alloheim “Taubertal” Seniors Centre access to new worlds and three-dimensional adventure tours. The “Magic Horizons” glasses are an integral part in Röttingen to provide relaxation, adventure, and a positive atmosphere.**

“We want to help as many people as possible to break away from their daily “hamster wheel”, stress, and worries,” says Martin Koppehele, inventor and developer of the 3D glasses concept, about this idea. “The goal of Magic Horizons is to be able to bring people to beautiful locations at the push of a button, places where they can take a break and relax.” This works excellently, and the residents and employees at the centre in the “Poststrasse” were very impressed by the test run yesterday. It is easy to start the virtual journey into these three-dimensional worlds, and there is no need to pack a suitcase: simply lie down, put on the 3D glasses (adjusted by an employee), and the adventure begins. In addition to three-dimensional films, the user is also offered ingenious soundscapes that have a calming effect on the human body.

Sven Dahle, Operational Health Management Consultant for BKK-VBU health insurance, also attended the launch event. His company is one of the sponsors and supporters of the Magic Horizons project. “By providing relaxation at the push of a button, we are able to not just reach out to caregivers and residents at the care home, but also meaningfully connect analogue and digital operational health management,” he says.

“Particularly in times like these that require a change in thinking, and particularly for such a vulnerable target group, it is important that we are able to offer quick and flexible solutions.”

Franziska Singer (102), the oldest known “digital traveller”, wanted to shake up her routine by stepping into a virtual world. She could choose from a selection of destinations, such as mountain climbing, a walk on the beach, swimming with dolphins, crystal clear mountain lakes, or hiking through natural landscapes. Singer decided to go for a walk in the woods and – to the great amusement of the crowd – was soon enchanted by the forest atmosphere. Visibly overwhelmed, she spent almost 10 minutes afterwards talking about her “hike”. “It was just fantastic,” she said enthusiastically, “tomorrow I really want to try out the fantasy worlds!”

Martin Koppehele also confirmed the consistently positive response across all age groups: “For older people in particular, the Magic Horizons nature experiences are a big hit,” he says. “Over 90 percent of users love their experiences with virtual reality and the effect it has. 80 percent of users report that the glasses really help them to relax excellently and quite quickly.”

Centre Manager Armin Bernhard also plans to use the virtual 3D glasses to help his employees relax. “If our residents are calmer and have a more positive attitude, then that will help our carers,



too,” he explains. “But on top of that, our staff can make use of the virtual reality glasses themselves, in order to take a quick break which will help them to cope better with stress.” At the end of the presentation, Koppehele announced that he and his development team will continue to create additional virtual worlds. And these worlds will be accessible to more than just the residents of the Alloheim “Taubertal” Senior Centre. The plan is to introduce Magic Horizons to all Alloheim Group centres in Bavaria.

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