



ADF

2020-2021 ADF INVESTMENT PRIORITIES

MEDICAL VR/AR

Medical Virtual and Augmented Reality therapy (VR/AR) is a powerful new health and wellness protocol for older people. Initially used for entertainment and gaming, clinicians are using VR/AR to increase social engagement, reduce anxiety, stimulate memory, manage pain, and improve mobility. And all from the comfort of one's home.

With your support, we can bring this cutting-edge technology to the men and women living in our community. VR/AR therapy is particularly critical in a COVID environment. If pandemic conditions make on-site medical appointments impractical or impossible, VR/AR therapy continues without interruption since it is done remotely from home.

- Physical Therapy
- Pain Management
- Stress Management
- Support Groups
- Memory Decline
- Respiratory Recovery



PROVEN IMPACT



Reported feeling more relaxed with improved well-being after VR



Showed improved reaction time after using VR for 4 weeks



Showed improved neck range of motion after using VR for 4 weeks



Showed improved memory span after using VR for 4 weeks

HOW PEOPLE BENEFIT

- ✓ Safe, effective drug-free therapy done at home
- ✓ Faster recovery times, and more fun and engaging, than traditional therapies
- ✓ Shown to improve mood, stimulate brain activity, strengthen social connections, improve mobility, and reduce pain

STRONGER ★ SMARTER ★ SAFER

“With your support, people in our community can improve their physical and cognitive functioning through cutting-edge VR/AR therapy. It is the wave of the future...”

Adriana Winters, Director of Rehabilitation
Knollwood Military Life Plan Community

TO LEARN MORE:

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