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Brittany Comak

May 2, 2018, 8:29 pm

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VR transports veterans to another world to ease anxiety, depression

MyndVR allows seniors to wander through Africa or swim with dolphins in a virtual reality experience.



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VR transports veterans to another world to ease anxiety, depression



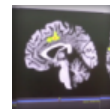
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Meadowbrook Pkwy N
NORTHERN STATE PKWY - SOUTHERN STATE PKWY

North South

5 min (Avg 59 MPH)

Southern State Pkwy W
CROSS ISLAND PKWY - WANTAGH STATE PKWY

West East

12 min (Avg 59 MPH)

Northern State Pkwy W



0:00 / 2:06

STONY BROOK — The Long Island State Veterans Home at Stony Brook University is trying a new kind of therapeutic engagement with residents in the form of virtual reality.

The home is partnering with MyndVR, a virtual reality company that aims to help seniors through the technology by transporting their minds and imaginations elsewhere.

"It allows our veterans to leave the world of this nursing home for 20 or 30 minutes and it helps elevate their mood, improve their quality of life, just make their experience here at the Long Island State Veterans Home and even better

one," said Jonathan Spier, deputy executive director of the Long Island State Veterans Home.

Spier says that they hope to utilize VR to help treat those living with anxiety, depression, as well as PTSD. Army veteran Albert Anderson, who served in Vietnam, says he has suffered from PTSD for 48 years.

Veterans can don the Oculus Rift and be transported to Paris, the flight deck of the USS Eisenhower, or an African safari.

And the possibilities are endless with options like swimming with dolphins or driving in a NASCAR race. But those who are part of the program say VR is especially useful to this population because many are no longer mobile.

"I think as a culture as we age and we lose our acuity in some areas, we tend to get depressed and it's a lonely feeling. So, what we want to do at MyndVR, and why we spell it Mynd, is because we really want to give seniors some ownership back, make decisions about where they travel,"

"This and medicine would probably stop you from having flashbacks because you're able to go into a different world. And the world is peace, relaxation," veteran Albert Anderson said.

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West East

15 min (Avg 62 MPH)

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NY-110 - EXIT 71

East West

33 min (Avg 67 MPH)

Long Island Expy E

CROSS ISLAND PKWY - NY-135

East West

17 min (Avg 52 MPH)

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