



# Using IVR in Occupational Therapy Practice



## What is IVR?

**Immersive Virtual Reality:** Three-dimensional, life-sized computer-generated environment interacted via a computer headset and controllers

**Research supports it!** (See Resource List for Some References)

- *What do I need?*
  - Headset (controllers)
- *What IVR Experiences are there?*
  - Passive
  - Interactive
  - Commercial or professional rehabilitation companies
- *Quality of Experience*
  - Immersion: the technology of the experience
  - Presence: the virtual environment of the experience
- *How does it work?*
  - Educate
  - Mindfulness, Meditation,
  - Augment other therapies
  - Engage/distract
  - Movement
  - Emotional Regulation
  - Embodiment
- *How much?*
  - ~\$30 → \$\$\$\$\$
  - Programs: Free → ~\$50

## How is IVR used?

- *Where?*
  - Anywhere!
- *Who?*
  - Anyone!
- *Set up?*
  - Quick! (>10 minutes)
- *Space required?*
  - Seated, standing, supine
  - Guardian boundary
- *Safe?*
  - Adverse Events: Motion sickness, dizziness
  - Take off the headset!
  - Monitor like any other OT treatment
- *How can it be cleaned?*
  - Wipe down with wipes following use
  - Silicone face covers
  - Do not wipe the lenses with any liquid, use gentle dry cloth
- *Some Barriers and solutions?*
  - Wi-fi: Program material stored locally on headset, screen casting
  - Technological knowledge: Quick user guidelines, play!
  - Time: 5-10 minutes for clients to see benefit
  - Logistics: Space required to allow for unobstructed arm movement
  - Billing: Same as any OT session!
- *How can I see what my client sees?*
  - Screen casting
- *How do I make VR fit my client's needs?*
  - Activity analysis - The same as any other OT treatment!
  - Modification Examples:
    - Activity duration
    - Limb involvement
    - Position
    - Experience type

**Key Take Away:**  
**IVR is just another tool  
in your OT toolkit!**



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