

STARLIGHT PROGRAMS

# Starlight Virtual Reality

Starlight Virtual Reality (VR) delivers happiness to kids by helping them relax during difficult medical procedures, manage and distract from pain, and aids their physical therapy and recovery. Through a variety of Starlight VR games, apps, and other experiences, kids can focus on traversing the great forests and exploring the coral reefs rather than fixating on anxiety-inducing treatments and procedures.

Starlight VR offers immersive, closed-environment experiences and activities for all kids. These experiences provide children with opportunities for Cognitive Stimulation, Relaxation Therapy, Mindfulness Therapy, and more.

The headset is also thoroughly wipeable, wireless, and can be used with or without wifi. The VR headset is hands-free allowing kids to control the virtual environment through eye movement or voice control, making it inclusive for all pediatric patients.

**In 2023, over 146,000 Virtual Reality sessions were delivered to children at the 700+ hospitals and medical facilities we partner with across the U.S.\***



*In certain circumstances, Virtual Reality can be used in place of general anesthesia to help tolerate pain, and in fact, **it is having a profound impact on the quality of our hospitalized children's experiences.** We are seeing children who used to require general anesthesia during certain procedures, now able to be fully awake with minimal medications.*

– Joe Albietz, MD, Medical Director of Child Life, Children's Hospital Colorado



**Emotional Support:** The ability for a child to be in control helps reduce anxiety during hospitalization and medical procedures.



**Physical Therapy:** Games can provide an opportunity to practice motions that can lead to reports of lower pain levels and an increased range of motion.



**Play:** Virtual reality is a highly interactive experience that engages children through both structured and unstructured activity.



**Entertainment:** Immersive and stimulating content combats boredom, anxiety, and isolation.



**Procedural Support:** Being immersed in a virtual experience decreases anxiety and stress, making medical procedures less challenging for patients and clinicians.



**Pain Management:** Usage can help manage pain and distress associated with a variety of medical procedures by encouraging patients to relax and breathe through the discomfort.



**Normalization:** Providing activities kids enjoy in their everyday lives helps make an unfamiliar place feel safe and even fun.

\*Sessions indicate the number of times a headset is used.