Using virtual reality to get ready for a health visit

Watch video(https://www.youtube.com/watch?v=afh3SCgxDu8)

This video is about a research project led by Dr Stefan Michalski. The project uses virtual reality (VR). VR is a headset that lets you see and hear a pretend health visit.

The video shows what you will see in the headset. It lets you practise a health visit in a safe place. This can help you feel calm and ready.

This video can help you:

- know what a health visit is like
- feel less worried
- feel more confident.

This resource was made by

National Centre of Excellence in Intellectual Disability Health

The National Centre of Excellence in Intellectual Disability Health (the Centre) works to improve health services and the health system so people with intellectual disability can live their best, healthiest lives.

The Centre was funded by the Australian Government. It is part of the National Roadmap for Improving the Health of People with Intellectual Disability.

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