TITLE OF PAPER: Virtual, augmented and mixed reality; an exciting rehabilitation technique, a fad, or something in between?

**Aims:**

The aim of this skills workshop is to demystify reality based technologies such as Virtual Reality (VR), Augmented Reality (AR) and Mixed Reality (MR), and to look at emerging evidence for use of reality based technologies as enablers and barriers as well as potential and risk for different groups of Assistive Technology Users.

**Specific learning Objectives:**

1. To discuss and understand the difference between Virtual, Augmented and Mixed reality, and to give a rundown on how reality based technologies are developed.
2. To explore the potential of reality based technologies in enablement of participation and rehabilitation
3. To review the evidence of VR vs AR vs MR for enablement of participation and rehabilitation

**Outcomes:**

Although virtual reality as a concept has existed for decades, it has been largely confined to large industrial design projects and gaming. However, recent developments in terms of cost of the equipment as well as accessible design mean that reality based experiences are increasingly accessible to the mainstream market. As with any technology, co-design with the user, the developer and the professionals involved in providing and supporting the person with their technology is the best way to ensure that the user can reach their assistive technology goals. This skills workshop will walk the participants through different aspects of reality based technologies, including evaluating equipment such as headsets. Evidence from where VR/AR/MR has been used as a therapeutic tool will be reviewed and discussed, and the workshop will finish with discussion on pathways forward.

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