

## **The holy grail of occupations, it can be good for you and you will have fun doing it!: Using computer technology to gain neurological and mental health benefits**

Paul Phillips<sup>1</sup>, Daniel Mordulo<sup>1,2</sup>, Nathan Everett<sup>1,2</sup>

<sup>1</sup>*Psychorationalist Institute, Sydney, New South Wales, Australia*, <sup>2</sup>*student, Sydney, New South Wales, Australia*

Occupations are either good for you or fun, right? Wrong! Why can't they be both? Why can't eating chocolate also make you fitter? Sadly we are not food chemists who can make that one happen. Yet our team is working to create a computer game that will not only entertain young people yet also help their brain develop in a positive manner. Computer technology has been created by people. It was supposed to make our lives easier. Some technology allows people to engage in new occupations. Wheelchairs can give people new mobility options. Hearing aids can let people listen to music in new ways. GPS systems allow people to navigate like a local when far from home. These technological advancements allow people to engage in occupations that their physical bodies or knowledge prevents them from doing.

We invite you to imagine a game that incorporates neuropsychological puzzles that test everyday living skills that change in difficulty according to the player's skills. Imagine a game that tracks your neurological and mental health. Imagine a game that adapts the challenges to keep you as a player in a state of flow. Imagine a game that subtly teaches pro-social behaviours. Using massive multiplayer online technology we are building such a game.

This is a new generation of serious gaming and occupational therapy, using technology not to merely compensate but to enhance. We report on the progress towards making a game that uses the occupations of playing it to build neurological and mental health.