



These “Bite-sized” Training Program guides are designed to help Lifelites Volunteers and champions to train and support hospice staff on the use of the magical Lifelites equipment in small bite-sized chunks.

Introduction to Virtual Reality – Sony PS4



1. Introduction – checking previous knowledge

Begin the session by checking if your trainees have used a PS4 or VR system before.

2. Explain the benefits

This cutting edge technology transports users to other worlds and countries, enabling experiences that range from stimulating and fun to relaxing and liberating. VR delivers amazing, emotional and incredible experiences and can be used as a distraction from pain and even fulfil end of life wishes.

3. Assess the risks and suitability of the activity for the users.

A VR experience can be a powerful one and as such a risk assessment should be carried out to assess the suitability of the equipment and the software for each individual user. Check the following issues before beginning:

The manufacturer recommends that the system is only suitable for those over the age of 12 years.

To minimise the risk of eyestrain, nausea and/or motion sickness and any over stimulation, fear or panic attacks:

1. Ensure you **understand what the content is** of the game/experience and assess it’s suitability for the user before giving access to it. You could do this by trying the game yourself or check our game guide for information on the content and accessibility of each game provided.
2. Introduce experiences gradually by **limiting the time** the user is exposed to them.
3. **Monitor** the users reactions whilst they are playing and encourage them to discuss and express how they felt about their experience during and afterwards.
4. Check the user has **no known fear or phobia** of an element of a particular experience (i.e water or heights etc)
5. Allow users to **watch someone else playing a game or experience first** before they try it themselves – this can help users become more comfortable and help establish that the experience is virtual and not real.



To minimise the risk of falling or bumping into things:

1. All of the games and experiences we have provided can be used **sitting down** and we would recommend sitting down at all times when using the system.
2. Always have a member of staff or another adult present to **monitor the user** and assess any potential risks.
3. Ensure there are **no immediate obstructions** surrounding the user before they put the headset on.


Assess the individual’s strength and physical suitability for wearing the headset

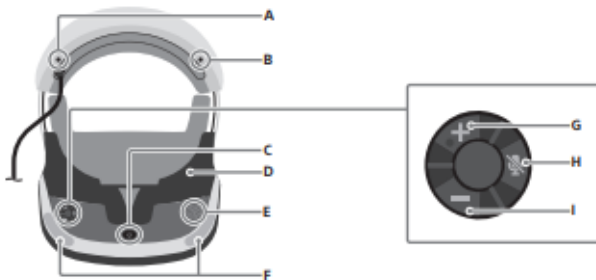
As with any computer or TV screen there is a risk of seizures. **Assess** the user’s history of seizures and discuss suitability with family and medical staff if there are any concerns.

Risk of infection have been minimised by the cleanable design system and the headset and controllers should be **cleaned with antibacterial wipes**.

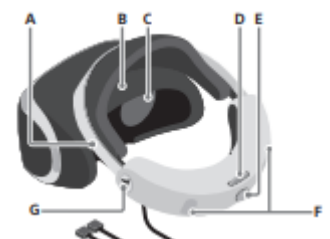
4. Basic operation – Turning the PS4 on and setting up the VR headset

Start Up

1. **Turn on the PS4** – Press the  power button under the SONY label
2. **Turn on the projector or screen** (see PS4 get started guide for projector instructions)
3. **Turn on the controller** by pressing the PS button on the controller.
4. **Turn on VR** - Press the power button on bottom of the headset (C).Headphones are plugged in at (A). The volume can be altered using the controls on the headset (G,H,I) or the inline volume control which also enables control of vibration settings



5. Hold the headset by the headband (A), not the scope (the bit with the blue lights), press the headband release button (E) and pull the front section forward. Place the headset on your head and release the headband release button (E).



Tighten the headband using the adjustment dial (D) just enough to stop movement



Adjust the scope position by carefully holding it around the edges and wiggling it until it's comfortable and the image is as clear as possible.

5. Navigation

Explain how to use the PS4 controller to navigate around the system:

General controls - Every game will have different controls but here are the general settings

- A - Directional buttons
- B – SHARE button
- C - Touch pad/Touch pad button the touchpad functions when the touchpad is pressed.
- D - Speaker
- E - OPTIONS button
- F – X button/ square button / triangle button / circle button
- G - Right stick/R3 button The R3 button functions when the stick is pressed.
- H - PS button
- I - Stereo headset jack
- J - Extension port
- K - Left stick/L3 button The L3 button functions when the stick is pressed.



Navigating the Menus – Use the directional buttons (A) to move and the X button (F) to select. To return to the main menu at any time press the PS button (H)

PS sign in – You have a hospice specific account which can be used to log in to the PS network with.

PS updates – on occasion the PS will need to run updates, to start an update running press X on the controller

BATTERIES REQUIRED – Controllers **DO NOT** require batteries. Connect them to the usb port on the console with the connector

6. Navigate to a VR experience activity.

Experience activities, such as *anywhere VR* and *perfect* are designed to give an immersive experience and can be used for relaxation, distraction, entertainment. They often need no interaction or minimal use of the controller .Open and play an experience activity. Once finished close and return to the main menu.

7. Navigate to a VR Game

VR games usually need to use the controller to play the game, although some games can also be played just using your head movement. Games supplied might include, *VR carts*, *Eagle Fly*, *The Playroom VR* and *VR worlds (18+)*.

8. Close the system down

Press the PS button, go to the toolbar at the top of the menu screen and go across to the power button, select turn off PS4