



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 – Oculus Go



1. Introduction – checking previous knowledge

Begin the session by checking if your trainees have used an Oculus Go or VR system before.

2. Explain the benefits

This cutting edge technology is a standalone virtual reality headset which 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. It contains all the necessary components to display graphics and doesn't require a connection to an external device to use.

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.)



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| 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: <ol style="list-style-type: none"> 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 Oculus Go on and setting up the headset

Start up

Turn on the Oculus Go – Press the power button on the top of the headset. Point out the volume controls also on the top of the headset.



Put the headset on – The velcro straps can be adjusted to fit the user and there is a glasses spacer that can be inserted if required.



Turn on the Oculus controller and enter VR – point the controller forwards and press the Oculus button on the controller.

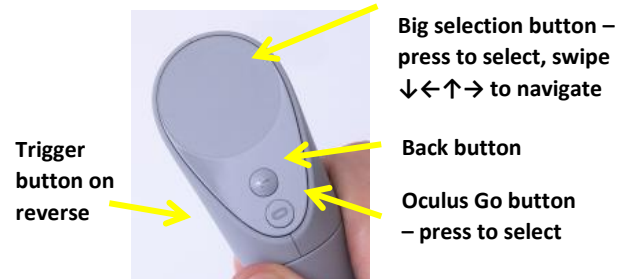
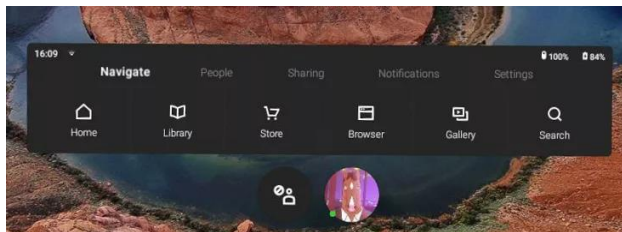


5. Navigation

Explain how to use the Oculus go controller to navigate around the systems menu toolbar:



- Aim the pointer of the controller to the required icon on the menu bar at the bottom of your view and select by pressing the big selection button.
- You can swipe your finger left, right, up and down on the big button of the controller to scroll through applications
- When in a program press the back arrow button on the controller.



6. Navigate to a VR relaxation experience.

Happy Place is a virtual space for tranquillity and relaxation, designed to distract from worldly problems like pain, and give rise to positive emotions like ease and calmness. Required interaction is minimal and eye gazing at particular points will activate use. Open and play an experience activity. Once finished close and return to the main menu.

7. Navigate to a VR Story

VR stories need minimal interaction. Games supplied might include, **Henry the Hedgehog, Crow: The Legend, Disney VR.**

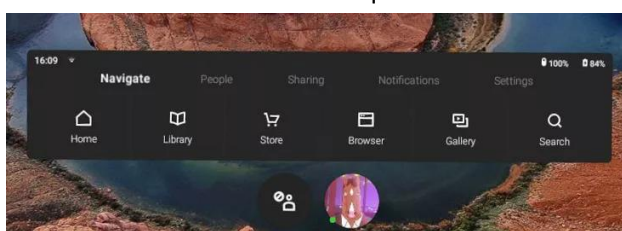
8. Navigate to a VR Experience Activity

VR experience activities, such as **Ocean Rift, National Geographic VR and You Tube VR** can give an immersive experience and can be used for relaxation, distraction or entertainment.

9. Wifi and Casting

Explain how to connect the Oculus Go to the Wifi and casting to an iPad (casting is mirroring what a user can see on the iPad. Explain the benefits of casting to a device – i.e allows you to better monitor the users experience for safety purposes and also can make the experience a more social activity that friends and family can join in with by seeing what the headset wearer is seeing.

- **Connecting to Wifi** – Aim the pointer of the controller to Settings on the Menu toolbar, then select Wifi and connect to required Wifi network.





- **Start/Stop Casting from Oculus Go App** – Open Oculus app on iPad (ensure bluetooth is turned on in the setting of the iPad) . Select Casting icon, select Start, accept the request for casting through the headset device. Inorder to cast both the headset and the iPad need to be connected to the same Wifi network. Select stop casting from the app to cease casting.

10. Charging the VR

The VR headset can use battery quite quickly. You can charge the headset by plugging in the USB cable into a power source and into the usb slot on the side of the headset. You can use the headset while it is charging.

11. Close the system down

Turn off the Oculus go – Press the power button on the top of the headset and select Power off using the controller