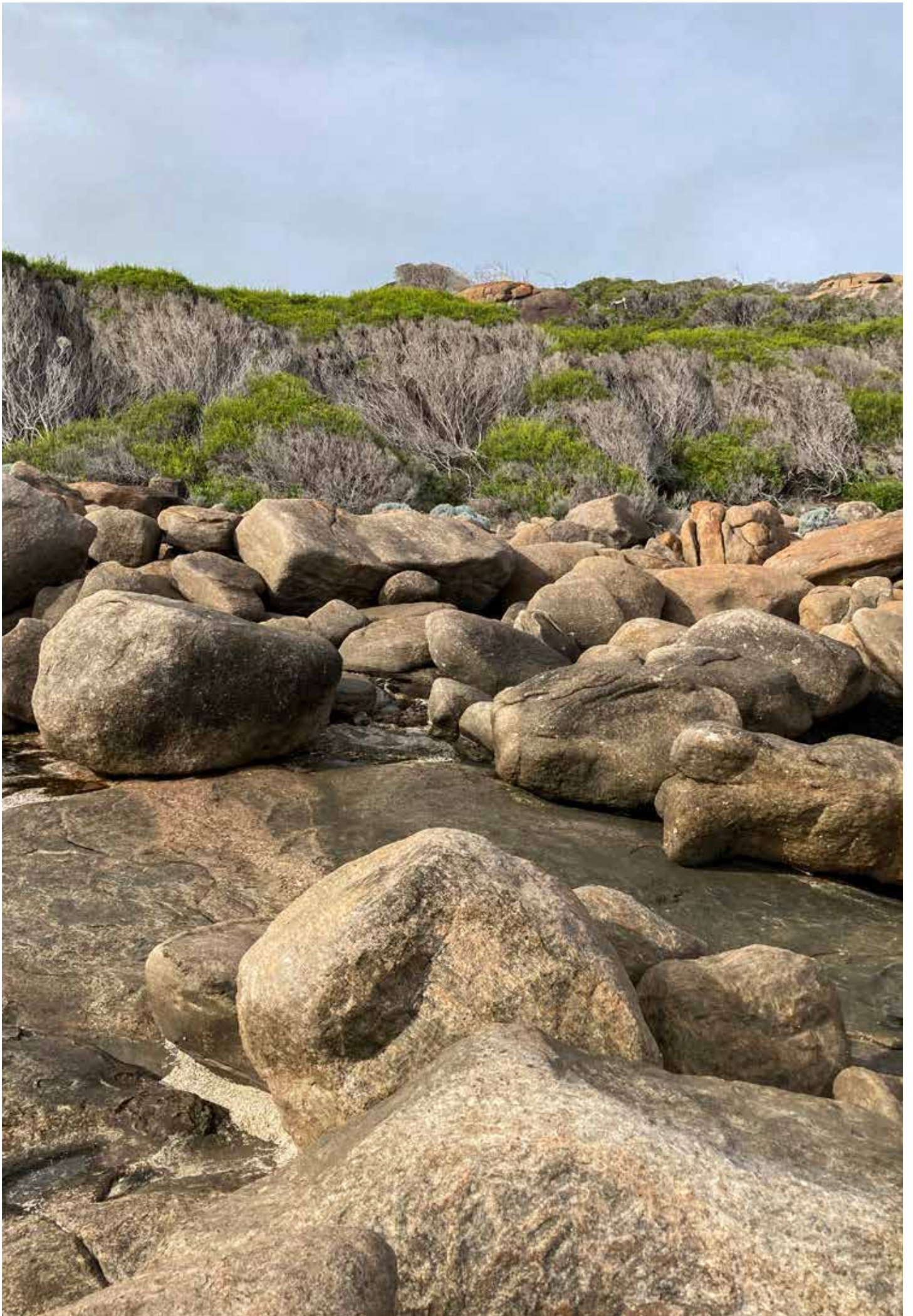




The Careful Project

How to...

CAREGIVERS' EDITION



Contents

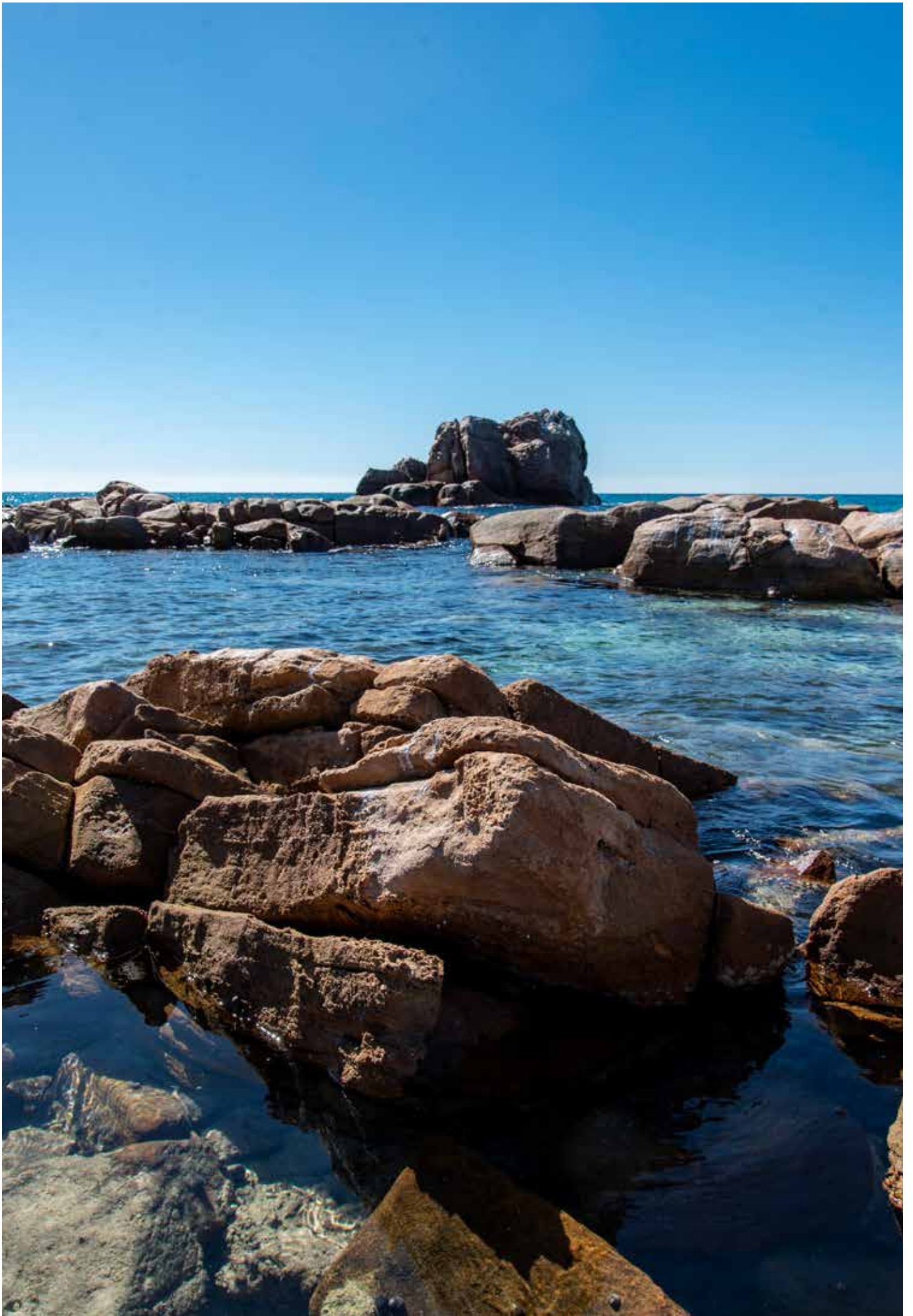
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Introduction

In 2020, while producing his photographic series *Eight: The Shift*, Christopher Young was lucky enough to make work inside an aged care facility. He also got to interview people who work in that sector. *The Careful Project* stems directly from those experiences, conversations and interactions.

Due to Covid-19 restrictions, aged care residents are vulnerable, isolated and have limited experiences of the broader community. Staff shortages and extra precautions – masks, etc – can also have an alienating effect and be confusing to many residents. There is a need for innovative approaches to support the well-being of both residents and staff.

Working closely with musicians and actors, *The Careful Project* aims to develop highly engaging, compelling and surprising Virtual Reality experiences for aged care residents, particularly in the South West of Western Australia.

This has included consulting with aged care facilities, mental health professionals and other stakeholders to develop intimate and innovative outcomes for this particularly vulnerable demographic.

The content has been made available at no cost to aged care residents and training will be provided to support staff to assist in quality mental well-being outcomes. The same content will also be released online for the broader community.

This booklet is a simplified guide for caregivers and staff to assist in the presentation of content.

Overview

Checklist

Glasses Spacer



Controllers with
AA Batteries



Standard Headset



Charging
Cable



Power
Adapter



Elite Strap with Battery



Carrying Case



Silicon Masks

Quick Start

Prior to Presentation

1. Ensure the Headset, including the controllers, are fully charged.
2. Ensure the Headset is connected to Wi-Fi.
3. Ensure that the Guardian is set using the appropriate presentation space.
4. Ensure that the Oculus TV and/or YouTube VR apps are updated.
5. Ensure that the controlling mobile phone/tablet is fully charged, connected to the same Wi-Fi as the headset and is logged into the same Facebook/Oculus account as the Headset.
6. Insert Prescription Glasses Spacer if required.
7. Setup Casting device if applicable. A ChromeCast or similar device may be required and will also need to be connected to the same Wi-Fi. See notes on following pages.
8. Setup Internal Recording (resident's viewpoint) if applicable.
9. Setup External Recording (observation of resident) if applicable.
10. Following setup, ensure the Headset is clean, lens are dust free and that the Silicon Mask has been fitted.

Presentation

11. If applicable, ensure that the resident's prescription glasses are clean and dust free.
12. Show the resident a selection of the experiences using the folder and discuss their preferences with them.
13. Sit the resident down in the presentation space, ensure they are comfortable and carefully put on the Headset. Do not give them the controllers.
14. Having the resident hold something can be comforting should they be nervous.
15. Using the controlling mobile phone/tablet to visit the applicable website, select the preferred experience and click 'Watch in Device'.
16. Choose the Headset on the resultant page and click 'Open'.
17. The Oculus TV app will automatically open and play.
18. Check with the resident if they are happy with the volume. Adjust as required. These buttons are on the underside of the headset.
19. Be sure to monitor the comfort levels of the resident.
20. Be aware that if you choose an experience from a playlist then it will automatically play the next experience.

After the Presentation

21. Ensure the Headset is clean, dry and that the Silicon Mask has been removed and cleaned. Ensure the Headset is completely shut down. Store all elements out of the light in a cool, dry, dust-free space.

Setting up the equipment

Charge your Headset

To start, plug the charging cable into your Oculus Headset and a power source to begin charging it. The charging indicator will turn green once it's fully charged. If you haven't already charged your Oculus, we recommend keeping your Headset connected to a power source while it runs the initial updates. If you have the Elite Strap attached then charging is through that port.

Setting up an Oculus Account

If you are new to Oculus, a Facebook/Oculus account is required to use your device, your apps and the Oculus Store. If you don't already have a Facebook/Oculus account, you can create one using the Oculus mobile app.

To create a Facebook/Oculus account using the Oculus mobile app:

1. Open the Oculus mobile app on a compatible mobile device. You can download the Oculus mobile app from the App Store or Google Play store.
2. Tap **Sign Up** at the bottom of the screen.
3. When you create your Facebook/Oculus account, enter the name you use in real life (you will be able to choose whether you display that name to others in VR).
4. After creating a Facebook/Oculus account, you'll be able to create a unique VR profile – so you might be *Monique Smith* on Facebook, but *WarriorMama365* in VR.
5. During the initial setup, you can also adjust your privacy settings, including whether or not people can see your Facebook name on Oculus. You can change your privacy settings at any time in the Oculus mobile app. Learn more about your privacy on the Oculus website.

If you're looking for additional help in setting up or using your Oculus device, please contact Oculus Support via the Oculus website.

Adjust your Headset fit and view

1. To start, you'll want to gently adjust the lenses by shifting them left, then right, until they click into the position that allows you to see what's on the screen most clearly.
2. Next, adjust the side straps. To do this, move the two sliders on either side of the top strap.
 - To loosen the side straps, move the sliders towards the top strap. To tighten the side straps, move the sliders away from the top strap.
 - After you've moved the sliders, re-centre the top strap between the sliders so that the two sides are equal, and the top strap is centred on your head when you put the Headset on.
 - Bear in mind that you'll need to remove the Headset from your head to re-adjust the side straps with the sliders.
3. If you're wearing glasses, make sure that you insert the glasses spacer. When you're ready to put the Headset on, put it on from front to back.
4. Place the Headset on your head, then remove it and make any additional adjustments to the side straps as needed.
5. Once you've got the side straps set, put your Headset back on and adjust the top strap. You can adjust the top strap by pulling apart the Velcro and re-attaching it so that your Oculus rests lightly on your face and the picture is clear.
6. You can fine-tune your Headset fit and clarity by gently moving the firm arms on either side of your Oculus up and down to adjust the angle of the Headset against your face.

Once your Headset has been adjusted, follow the instructions in VR and in the **Oculus mobile app** to complete the setup process.

Inserting Prescription Glasses Spacer

1. Gently remove the facial interface foam from your Headset.
2. Take the glasses spacer that came with your Headset, and attach it to your Headset by pressing it into place where your facial interface foam just was.
3. Re-insert the facial interface foam back into place on top of the glasses spacer.

When you put on your Headset with glasses, put it on from front to back. When you remove your Headset, pull it forwards and then take it off.

Attaching a Silicon Mask

The Silicon Mask slips easily over the facial interface foam on your headset.

Connecting to Wi-Fi

Your Oculus requires a Wi-Fi connection to use and access most features and content. The headset will 'remember' Wi-Fi connections and should automatically connect to them should they be available.

To connect from your Oculus:

- Press Oculus icon (○) on your right Touch controller to pull up your universal menu.
- Select **Settings**, then select **Wi-Fi**.
- Select the Wi-Fi network you want to connect to, then enter the Wi-Fi password.
- Select **Connect**.

To connect to Wi-Fi from your Oculus mobile app:

- Turn on your Headset and open the Oculus mobile app.
- Tap **Devices**, then tap the Headset that you are currently using.
- Tap **Wi-Fi**, then tap the new Wi-Fi network you want to connect to and enter the password.

Turn the Headset on/off

When you aren't wearing your Headset:

1. Press and hold the power button.

When you're wearing your Headset:

1. Press and hold the power button until the device starts or you see a shut-down menu in VR.
2. In the shut-down menu, select **Power Off**.

Setting up the equipment

Setting Up Pass-through

Pass-through is a feature for Oculus that allows you to temporarily step outside VR to see a real-time view of the world around you. Pass-through will automatically trigger each time you step outside your defined playing space within your Guardian.

If you enable the *Pass-through* shortcut option in the **Experiments** section of your **settings**, you'll be able to manually enter pass-through mode by tapping the side of your Headset twice. Double-tap the side of your Headset again to return to VR.

Please note that there is no physical button used to enter pass-through mode.

Hand Tracking

Do not set up hand tracking as this can cause presentation issues.

Casting to a Tablet/Phone

1. Using the **Oculus mobile app**, press the casting symbol top right.
2. Select the Headset.
3. Select **This Phone**.
4. Ensure the volume of the Tablet/Phone is up but uncheck 'Hear Sound' under 'Settings'. This is important for the recording.
5. Press **Start** to begin Casting.
6. Press the White/Red record button in the **Oculus mobile app** to begin/stop recording.
7. Recordings will appear under **Recently captured media** and can be exported using **Share**.

A red dot will appear in VR to indicate that casting has started. You can stop casting at any time from the **Oculus mobile app**.

Casting to a TV (via Chromecast)

1. Using the **Oculus mobile app**, press the casting symbol top right.
2. Select the Headset.
3. Select **Other Devices**.
4. Select the **Chromecast** or equivalent device.
5. Ensure the volume of the TV is up but uncheck 'Hear Sound' under 'Settings'. This is important for the recording.
6. Press **Start** to begin Casting.
7. Press the White/Red record button in the **Oculus mobile app** to begin/stop recording.
8. Recordings will appear under **Recently captured media** and can be exported using **Share**.

A red dot will appear in VR to indicate that casting has started. You can stop casting at any time from the **Oculus mobile app**.

Supporting the resident

Comfort

A comfortable chair with a lack of obstacles within arm reach will better ensure feelings of immersion. A swivel chair might also be considered but this is very much dependent on the physical abilities of the resident.

Guidance

Be sure to check with the resident to ensure they are doing ok and encourage them to look around should they be passive in the experience. This is likely to increase their enjoyment.

Temperature

As the Headset is quite snug, it can lead to an increase in temperature. Be sure to monitor this and the comfort levels of the resident to ensure they are feeling ok.

Queasiness

A small number of VR users experience queasiness. Be sure to check the comfort levels with the resident to ensure they are feeling ok.

Ventilation

To minimise queasiness and further heighten the experience, it is suggested that a fan or air conditioner be used to generate air flow in the presentation space.

Fluids

Fluids can also minimise queasiness.

Accessing the experiences

Oculus TV (in Headset)

You can access all of *The Careful Project* experiences directly in a Oculus Headset via the 'Oculus TV' app. Search for the corresponding code – ie. cfwa202104b – to access the various playlists.

It is recommended that you cache high quality versions of experiences that are regularly used. You do this by clicking on the three dots at the bottom of the preview. These can then be accessed in the 'Your Media' tab.

Oculus TV (external control)

You can access all of *The Careful Project* experiences via a browser on a mobile phone or tablet. Simply scan the QR codes and they will take you directly to the applicable web page. Alternatively, visit www.zebra-factory.com/careful. From there you can control which experiences appear in the Headset once it is next put on.

Note that your mobile phone or tablet needs to be logged in with the same account as the Headset.

YouTube VR (in Headset)

You can access all of *The Careful Project* experiences directly in a Oculus Headset via the 'YouTube VR' app. Search for the corresponding code – ie. cfwa202104b – to access the various experiences.

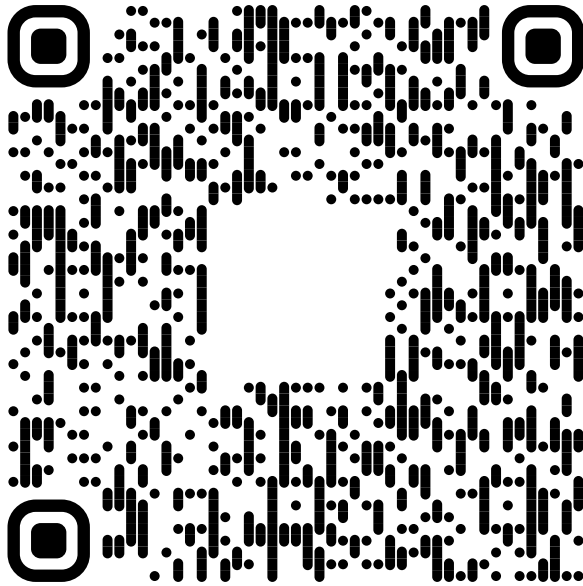
YouTube (mobile/tablet)

You can access all of *The Careful Project* experiences directly on a mobile phone or tablet via the 'YouTube' app. Alternatively, visit www.zebra-factory.com/careful. Search for the corresponding code – ie. cfwa202104b – to access the various experiences.

This is a further viewing option should a resident not wish to use the headset. You can move the mobile phone or tablet around to change the view.

Stopping the experience

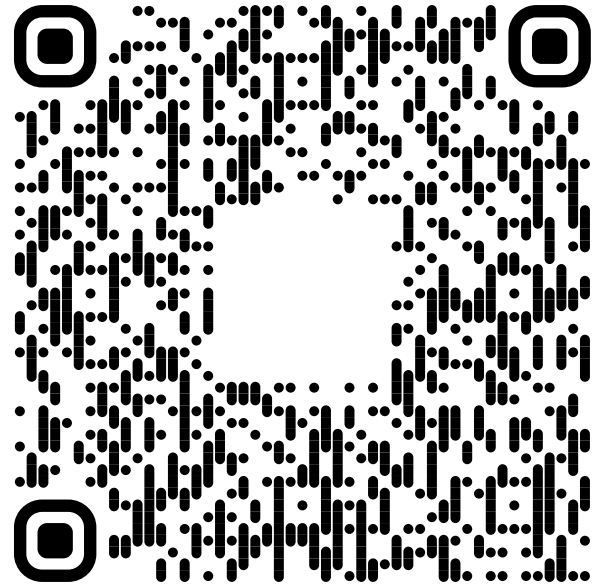
Press the 'B' on the right-hand controller to immediately stop the video.



Oculus TV Blue Playlist

This is nature-themed and includes visits to the beach, dramatic coastlines, rivers, etc.

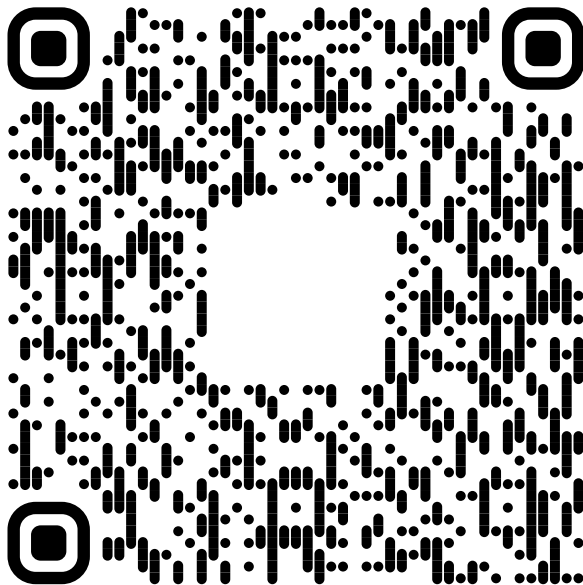
Search: [cfwa202104b](#)



Oculus TV Green Playlist

This is rural-themed and includes visits to farms, interactions with animals, etc.

Search: [cfwa202104g](#)



Oculus TV Red Playlist

This is human-centric and includes musical interludes as well as short dance pieces.

Search: [cfwa202104r](#)



The Careful Project Website

Links to all experiences as well as third-party providers.

www.zebra-factory.com/careful

Care, Maintenance & Hygiene

Caring for the equipment

It's important to take care of your Oculus and store it in a safe place. Bear in mind that your limited warranty doesn't cover normal wear and tear or physical damages.

To keep your Oculus safe, follow these tips:

- To avoid damaging your lenses and display, keep your Headset away from direct sunlight. Your Headset can be permanently damaged from less than a minute of exposure to direct sunlight.
- To avoid scratching your lenses, keep your Headset away from sharp objects (e.g. cable tips, keys).
- To avoid damaging your Headset or straps, be gentle when adjusting your Headset and tightening the straps.
- Do not use or wear your Headset while connected to the power adapter or charging.
- Use the glasses spacer that comes in the box if you plan to wear glasses while using the Oculus.
- To avoid general damage:
 - Don't leave your Headset in extremely hot locations (e.g. inside a car).
 - Don't leave your Headset near heat sources (e.g. furnace).
 - Don't leave your Headset near pets or small children.
 - Don't eat, drink or smoke near your Headset.
 - Secure your Headset in a safe place when you're not using it.

It's important to take care of your Oculus products and clean them often. Cosmetic wear and tear and physical damages are not covered by the warranty.

To clean your Oculus Headset:

- Use a dry cloth to clean the outside of your Headset.
- Use non-abrasive anti-bacterial wipes to clean the straps and facial interface foam.
Don't use alcohol or an abrasive cleaning solution.

To clean your Quest Headset lenses:

- Use a dry optical lens microfibre cloth to clean your Headset lenses.
Don't use liquid or chemical cleansers.
- Starting from the centre of the lens, gently wipe the lens in a circular motion moving outwards.

To clean your controllers:

- Use a dry cloth or non-abrasive anti-bacterial wipes to clean your remote.
Don't use alcohol or an abrasive cleaning solution.

Cleaning the Silicon Masks

To clean silicon masks:

- Use a dry cloth or non-abrasive anti-bacterial wipes to clean your masks.
Alcohol cleaning solutions can be used.



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