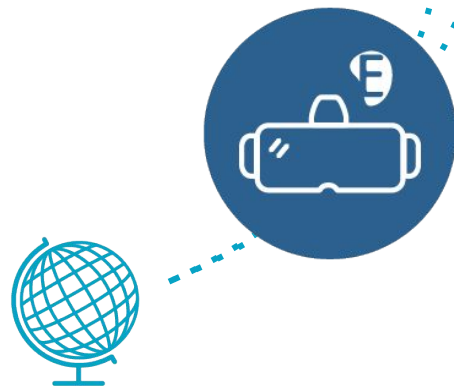


Getting into a VR headset with Dima Lab

Embodied Labs

Created by  embodied
labs



When you put on the VR headset, start by turning your whole body all the way around **slowly**. Look **up and down** as well.

Any learners **following along with you** on a TV screen will see **only the top 2/3** of what you see.

Look down about $\frac{1}{3}$ more than you normally would.



When you have the headset on:

You will see what Dima sees and hear what Dima hears.

This includes both Dima's inner thoughts and what her family and caregivers say to her.



Use your own hands to move Dima's hands, to interact with the world around you.

Notice changes in how Dima's hands respond to what you want them to do, throughout the progression of her Lewy Body Dementia.

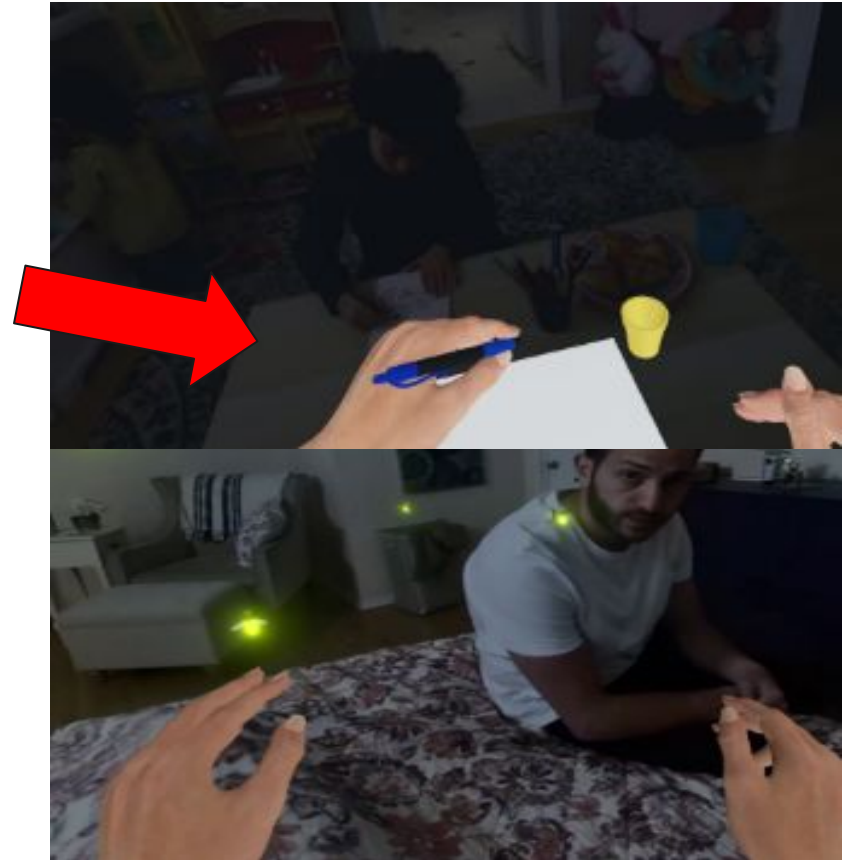


Look for everyday items **to interact with** that look too large or unreal in another way.

In Part 1:

Try to pick up the pen to write what your grandson asks for.

During the night, **shoo away the swarm of fireflies** with your hands.



In Part 2:

In the car, reach out and **take the earplugs** when they're offered to you.

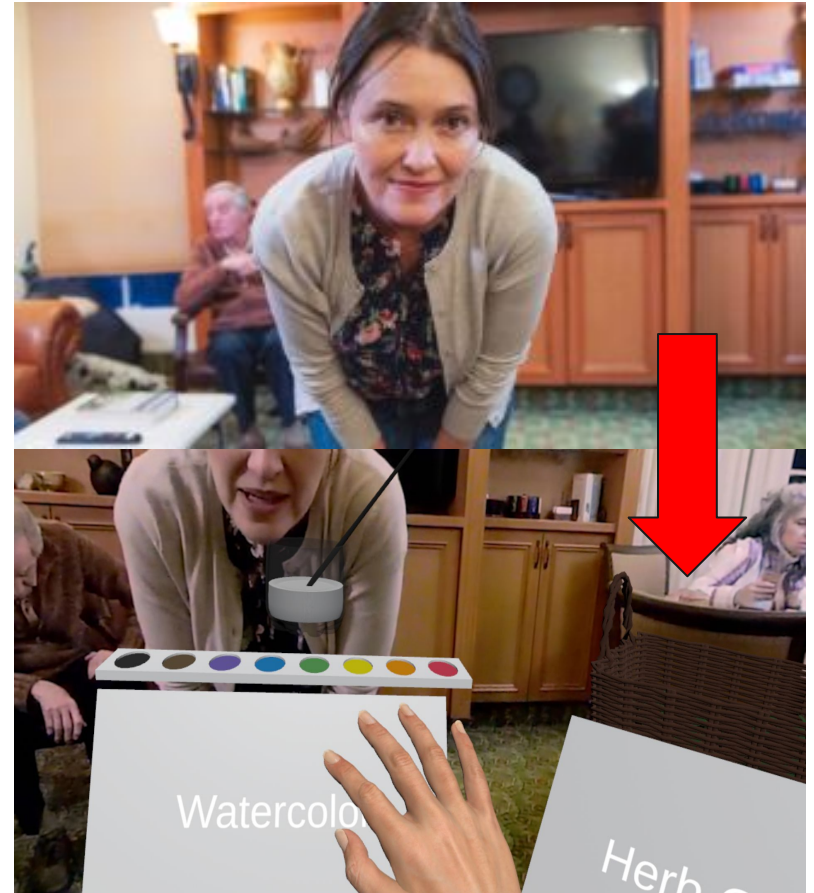


In Part 3:

When asked by the nurse case manager, Alexis, **look down for an Activity Menu.**

Then reach out and **use your hand to choose** an activity for Dima from the Activity Menu.

Notice that Dima's hands may not always move as you want them to.



In Part 3:

If you choose the herb garden, **reach out and pick herbs** that are a different green.

If you choose watercolor painting, **pick up and use the paint brush.**



In Part 3:

If you choose preparing zaatar, **pick up the bread** and use the spoon to spread zaatar on it.



Move **SLOWLY** and **SMOOTHLY**
throughout the experience.

Think of yoga.

