

## Using VR Videos to Reduce Dementia Distress



Gear VR headset universally described as 'uncomfortable'

A secondary screen to permit caregiver support re: menu navigation (pop ups/ instructions)

Modifications to headset to address comfort recommended



Technology challenges:  
\* Connecting phone to headset  
\* Menu navigation confusing  
\* Pop ups & instructions distracting



Relaxing VR beach scenes recommended



Some reports of dizziness may be linked to device



Participants mild - severe dementia  
Ages 75-102



Never used to address responsive behaviours



Perspectives of 9 families



Required too much support for respite



Caregivers had 1 hour device training



Most families tried device 1x in 2 weeks



\* Individualized program  
\* Stronger therapeutic relationship may create more meaningful, personalized program to stimulate interest



Hard to communicate when headset on

More caregiver support (education / training) needed to increase comfort using device



Design of headset, menus and pop ups requires too much caregiver support when used at home

VR may have more positive response in social situations (eg. at a day program) where the experience is normalized and where tech support is available.