

Embodied Labs User Experiences

Describe your idea with one concise sentence.

MY IDEA IS: Embodying the Alzheimer's Experience in Virtual Reality

Embodied Labs creates immersive virtual reality experiences that allow family care partners to embody a person with Alzheimer's disease (AD), where they interact with their world using their own hands and voice, and learn about what is happening inside their brain.

Draw and describe the ideal user

Name: **Yessenia**

Title

THE USER

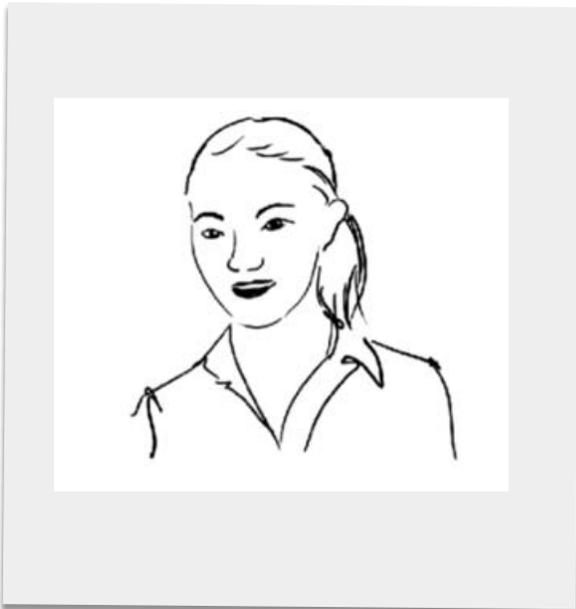
Age: 20

Profession: **Student**

Any Other Key characteristics: Lives with her younger siblings, mother, father and grandmother, who has Alzheimer's disease.

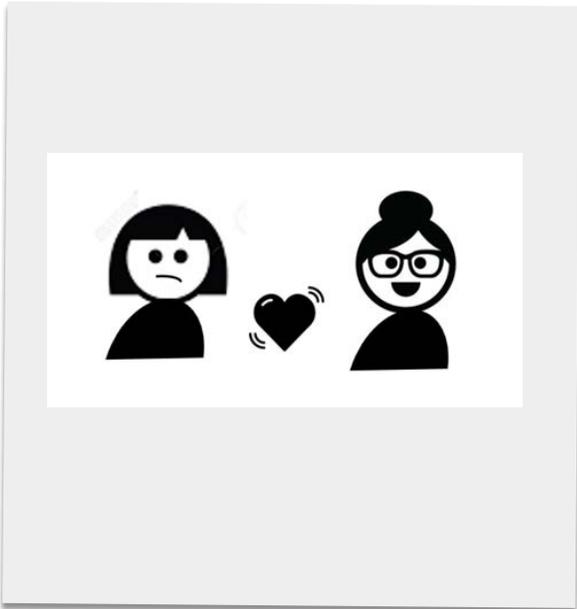
Concisely describe what is happening

Yessenia is a busy student who lives at home and is a part-time caregiver for not only her younger siblings, but also her grandmother, who has Alzheimer's disease and lives with the family. Yessenia wants to help, but has a hard time understanding how to care for her grandmother effectively.



Embodied Labs User Journeys

Title **AWARENESS**



Yessenia helps care for her grandmother, who has Alzheimer's disease. She loves her grandmother very much, but struggles to balance her own responsibilities with those of a person who is increasingly dependent on her and her mother for most activities of daily living.

Yessenia realizes that she has a disease, but doesn't understand why the information she has researched online about how how to help someone with AD doesn't seem to be working anymore.

Title **OPPORTUNITY**



Yessenia hears about a workshop for caregivers at her local public library. At the workshop, she puts on a virtual reality headset and uses Embodied Labs software to embody Beatriz, a woman with Alzheimer's just like her grandmother, giving her a first person view of what it is like to struggle with the disease and become more dependent on your family.

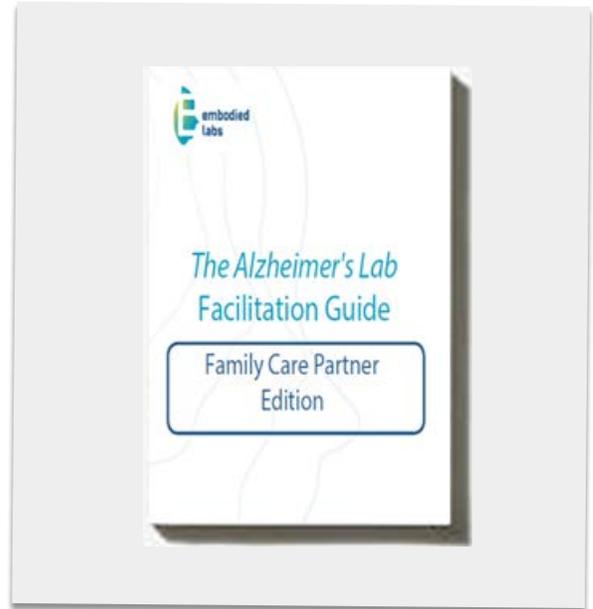
Embodied Labs User Journeys

Title INSIGHT & UNDERSTANDING



Embodying Beatriz gives Yessinia insight and understanding about the brain and Alzheimer's disease. In just a few minutes, Yessinia is better able to understand how the disease's progression affects the brain and causes the symptoms and behaviors that she sees in her grandmother. She gets ideas for how she can help her grandmother in her daily life, and resources for places her family can get help.

Title REFLECTION



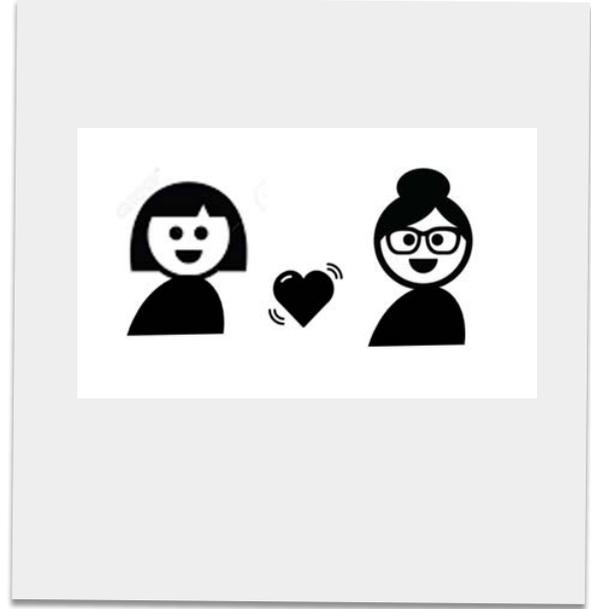
Guided by the local counselor the library has partnered with for the workshop, Yessinia uses the Embodied Labs facilitation guide to reflect individually and with the group about the experience of embodying a person with Alzheimer's, and how it is the same and different from her own experience as a care partner. The counselor talks to the group about local resources for people like them.

Title COMMUNITY & SUPPORT



The other attendees of the workshop are also care partners in Yessenia's area, including another student who goes to the same college as Yessenia. They exchange phone numbers and agree to text each other to meet and support each other.

Title POSITIVE CHANGE



Yessenia's situation is the same, but she now feels empowered by her new knowledge, is armed with practical ideas that can help her grandmother, a support group of people who she can connect with again, and a list of local resources that can help her family manage her grandmother's disease as she progresses to later stages.