



Embodied Labs Immersive Experiences

VR Training for Individuals, Groups and Distance Learning

Who is Embodied Labs?

As an immersive training company, Embodied Labs develops **virtual reality (VR) experiences** that allow people to embody the perspective of others.

By putting on a VR headset and embodying an older adult in first person, users are empowered with the understanding needed to help provide better and more effective care for their patients, customers, and family members.

Communities have incredible flexibility with this technology, which adds value to their existing training programs. They can train in one-to-one settings, groups, and remotely using the newly launched **distance learning training program** from Embodied Labs. This type of technology offers users a blended learning experience that increases the value of the entire training process both for trainers and trainees.

Embodied Labs offers the following training topics:

- **The Alfred Lab:** Hearing & Vision Loss
- **The Beatriz Lab:** Alzheimer's Disease
- **The Clay Lab:** End-of-Life Conversations
- **The Dima Lab:** Lewy Body Dementia & Parkinsonian Symptoms

Coming Soon:

- **The Eden Lab:** Transhealth & LGBT Aging

Embodied Labs Measures 4 Metrics of Impact:

Competence

Knowledge, Confidence

Person-Centered Care

Communication and conflict resolution skills, empowerment to deliver quality care

Emotional Intelligence

Empathy, Insight

Cultural Intelligence

Understanding of differences in social cues and language

Training Staff with Embodied Labs at St. John's Home

For more than a century, St. John's Home in Rochester, New York has been helping older adults live satisfying and rewarding lives regardless of their age. St. John's Home maintains an average of approximately 380 residents, served by about 900 staff members.

St John's Home Goals for Training with Embodied Labs

St. John's Home wanted to conduct research on Embodied Labs as a training tool in order to answer **these key questions**:

- 1 How does it better equip staff to do their day-to-day work?
- 2 How does it affect emotional intelligence of staff who engage with the technology over time?
- 3 Is it more engaging and effective compared to other training that doesn't incorporate a blended approach?
- 4 How does immersive learning go beyond what an individual can learn from a lecture or textbook?

Implementation of Embodied Labs at St. John's Home

From January to March of 2020, St. John's Home collected data to determine the effectiveness of Embodied Labs as a training tool for nursing staff, including certified nursing assistants, and clinical support team members (social workers, therapeutic recreation specialists and dietitians). The majority of those training with Embodied Labs had more than five years of experience in their field. They chose to do either The Beatriz Lab: Alzheimer's Disease or The Dima Lab: Lewy Body Dementia & Parkinsonian Symptoms.

The team at St. John's Home was able to incorporate Embodied Labs into their mandatory skills lab for staff so that time and space was granted for the virtual reality experiences of embodying an older adult with a chronic condition. Using the group mode application, the team was able to train up to 20 people at a time during their new employee orientation. Using pre- and post-training assessments, St. John's Home was able to confirm, both qualitatively and quantitatively, that this technology is having a positive impact on staff.

Research Findings

Participants shared that Embodied Labs training was effective because it was:

Accessible
Actionable
Engaging
Flexible
Hands-on
Relevant

Day-to-day work changed after the Embodied Labs training experience, with a majority of staff members:

- Becoming more proactive in their care practice
- Experiencing an increase in empathy
- More attentive to using body language to communicate, especially when covered with personal protective equipment
- Playing music more frequently, especially during stressful events like showering
- Turning on the lights right away in dimly lit spaces to increase comfort for older adults
- Communicating more effectively with older adults, especially those who are not able to express needs verbally

"People who wear the headset become ambassadors for change!"
- Carrie Cusker, Nurse Educator, St. John's Home

"This was the opportunity for our teams to gain empathy and that translates into confidence."
- Susan Ryan, Senior Director
The Green House Project

"It gives you more visual on how it affects a person than just reading about it. It was very useful in my job working with these diseases."

- St. John's Clinical Support Staff



Post-training staff survey uncovered that:

- 79%** of staff said that their experience embodying a resident in virtual reality positively affected their ability to communicate with residents in their care
- 75%** of staff said that their experience embodying a resident in virtual reality positively affected their ability to respond to resident stress and think about approaches to care
- 90%** nearly 90% of staff say that Embodied Labs is more helpful than other trainings
- 80%** of staff believe that Embodied Labs has positively affected their day-to-day work more than other trainings

Immersive training offers an opportunity to elevate the learning experience by transforming the way we care. By better understanding their perspective, we can help the people we serve to be more physically comfortable, emotionally healthy, and engaged in a purposeful and meaningful existence.

For more information, contact us at: info@embodiedlabs.com