



Runner's Presentation

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Introduction

This program is about exposing under served populations to recreational technologies like video meetings to increase connections and reduce feelings of depression and isolation.



Full Program

Mental Health Awareness Program

Introduction

Emotional and Mental Wellness

Depression, Isolation and COVID-19

Importance of Social Interaction

Why is social interaction important?

Best ways to connect to family and community

Benefits to mental health

The Use of Technology for Social Interaction

Introduction to Face-to-Face Technology

How Face-to-Face Technology works and what you can do

What is Google Meet?

Google Meet

Introduction

Setting Up an Account

Start a Meeting

Meeting Controls

You Try It!



Target Audience

We focused on making the program accessible for older aged or senior adults 65+ but overall the program works for anyone who has limited exposure or experience with technology.

Program Focus

- ◆ On a broad scale our program looks to educate learners on general mental health issues.
- ◆ Focus on issues associated with feelings of depression and anxiety.
- ◆ Feelings that may be exacerbated by long periods of isolation such as what occurred during the COVID 19 lockdowns.
- ◆ Our module focuses on the practical methodology of teaching users not just of the dangers of social isolation, but about a method of alleviating it through technology, specifically online meetings.





Learning Outcomes

- ◆ The goal of the program in its entirety is that learners recognize their mental health as a valid concern and take steps to alleviate the symptoms of isolation and depression using online meeting technology.

Learning Activities

- ◆ We provide learning activities in the form of guided exercises.
- ◆ We demonstrate the process and then guide the learner in performing the task themselves.

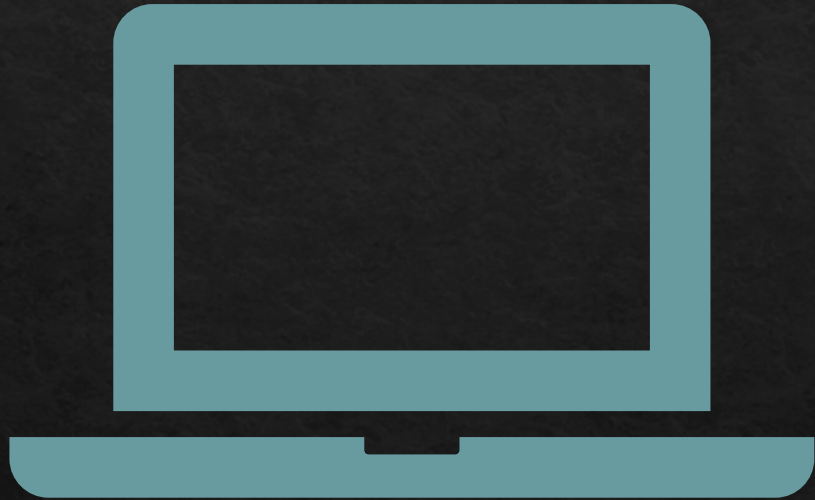




Learning Context/Setting

- ◆ This is intended for use by individuals, for those in assisted living homes, as well to provide support and resources to sometimes isolated residents.

Guided Tour

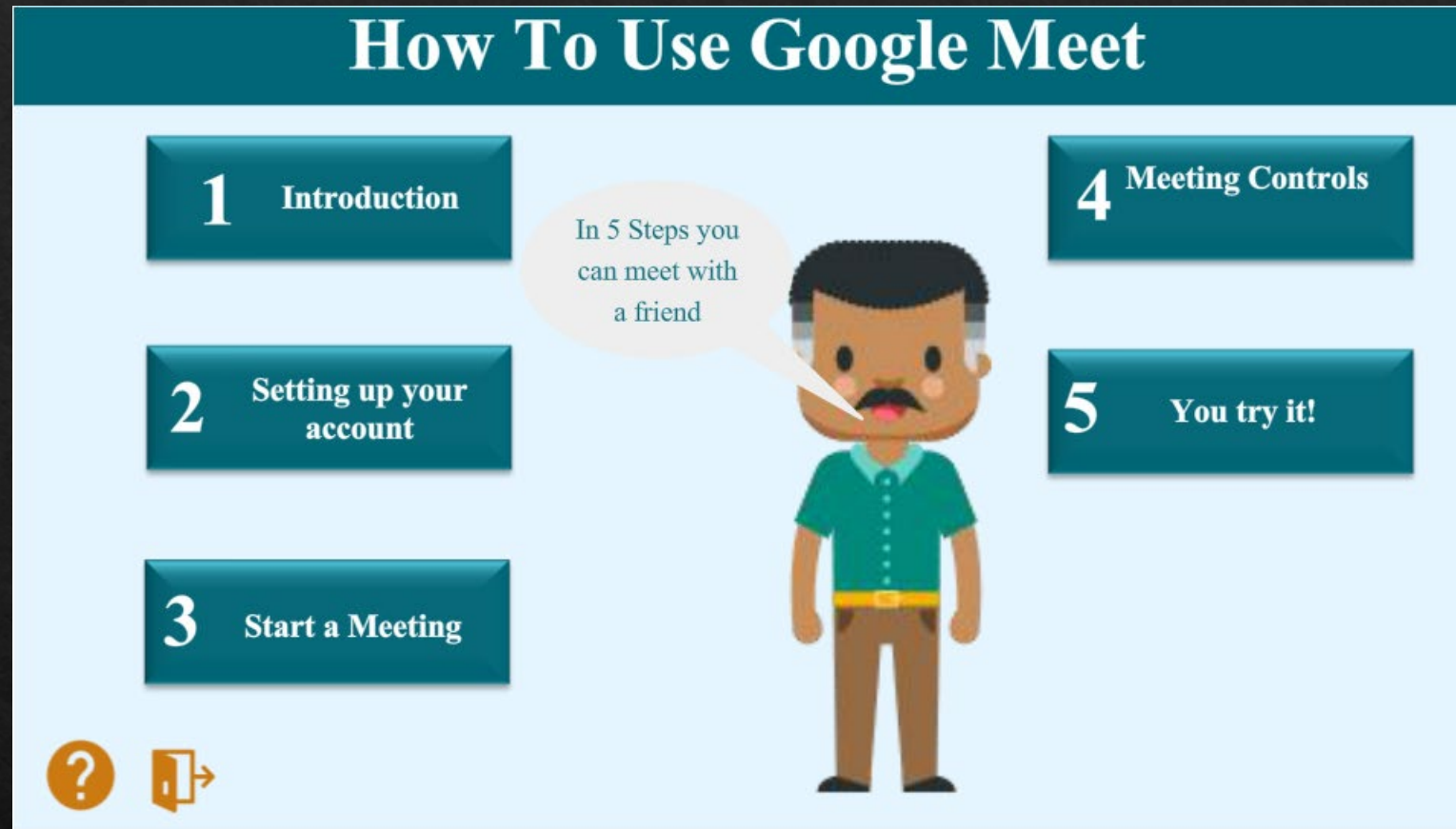


We created the final module of our course to demonstrate the process of using a virtual meeting program like Google Meet.

Interface and Design

We decided to use the colors and font recommended by the CDC and we modeled the styling on their other original projects with a few extra flourishes to distinguish us.

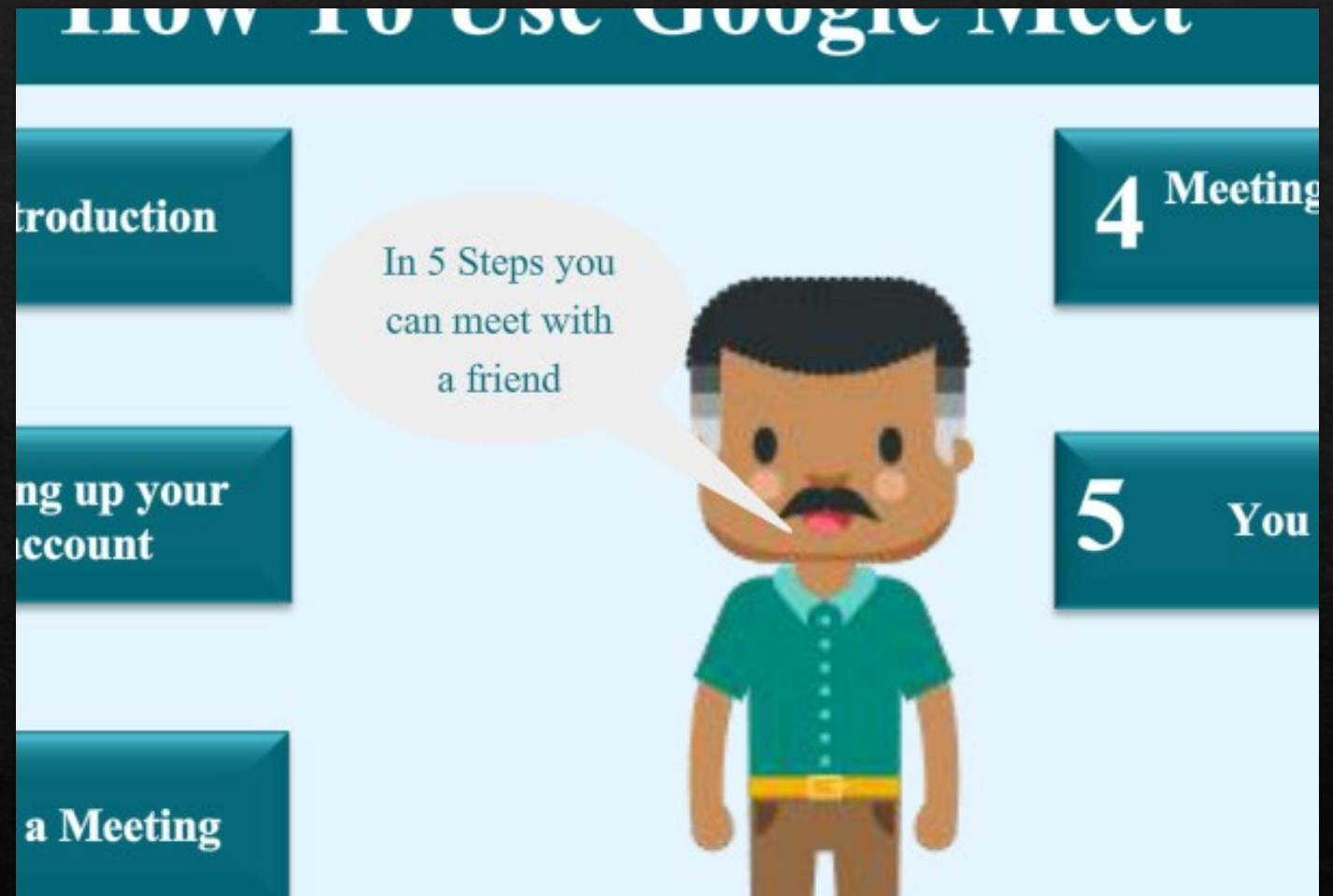
We incorporated a simple avatar to lead the learning and give a face the learner can relate to throughout the process.





Main Menu

We chose a simple menu format to make navigating around the program easier. You can start from the beginning and continue to the end or jump to any part in the process to review the information using the menu.




Audio and Video Components

This is a shot from one of the video tutorials we created throughout the module to walk learners through each stage of the process.

We also incorporate an audio component to read text, which adds accessibility for our target audience.

Introduction



The video player displays a scene with a family of six people (two adults and four children) sitting on a grey couch in a living room. The room features a yellow lamp, a clock on the wall, a shelf with three potted plants, and two large potted plants on the floor. The video player interface includes a play button, a pause button, a stop button, and a volume icon. Below the video player are navigation icons: a home icon, a question mark icon, and a share icon. To the right of these icons are two large orange arrows pointing left and right.

Additional Content Screens

Meeting Controls

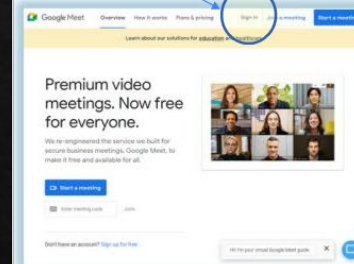


These controls display at the bottom of the meeting screen.
Click each one to see their function or
click the next button to view them in sequence.
When finished click the next arrow.

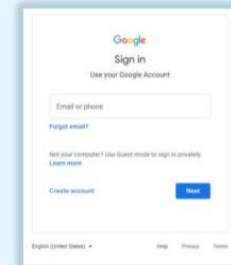


Signing In

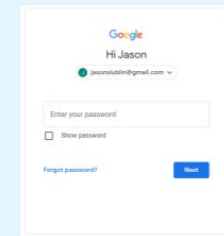
Click



Enter Email Address
(You@Gmail.com)

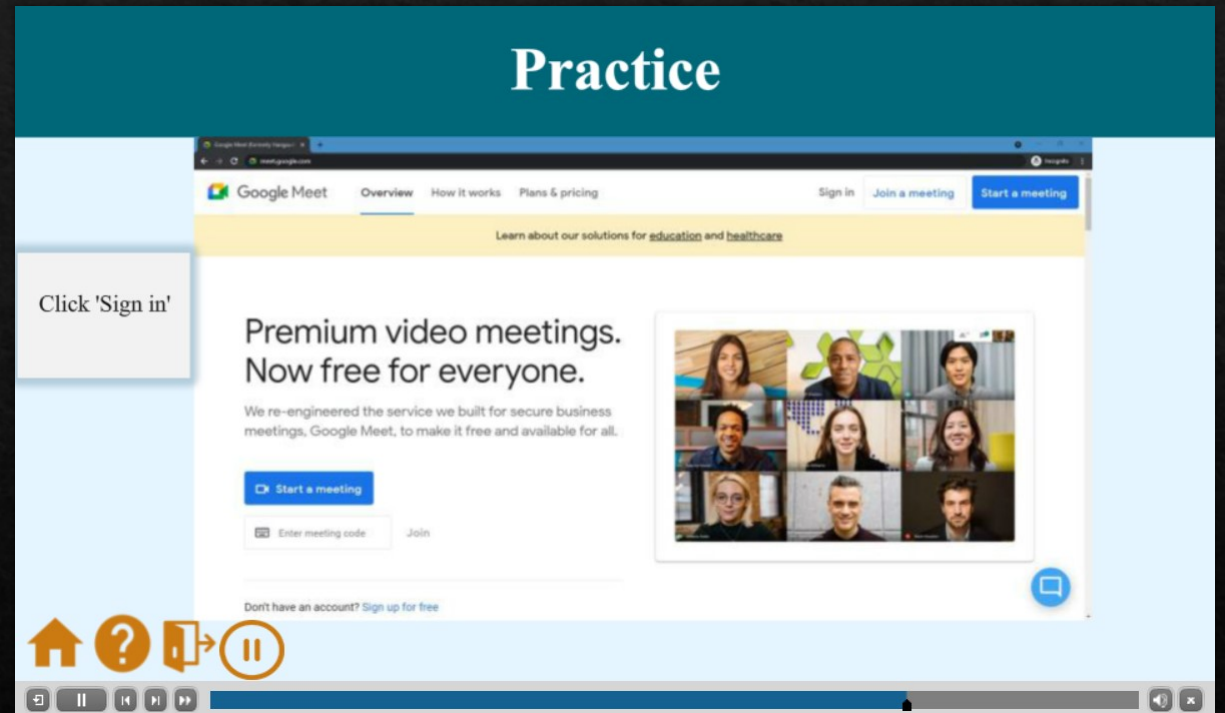


Enter Password



Assessment

- ◆ We added interactivity with a user led walkthrough of the process.



Assessment

Practice

Click 'Create a meeting for later'

Google Meet 12:16 PM • Thu, Jun 10

Premium video meetings. Now free for everyone.

We re-engineered the service we built for secure business meetings, Google Meet, to make it free and available for all.

- Create a meeting for later
- Start an instant meeting
- Schedule in Google Calendar

Get a link you can share

Click **New meeting** to get a link you can send to people you want to meet with



Practice

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Get a link you can share

Click **New meeting** to get a link you can send to people you want to meet with

Keep it up!



Assessment

- ◇ After the user-led walkthrough of the process, we challenged the learner to proceed to use the information in the real world.

Knowledge Check






Now it's your turn!

Go ahead and follow the steps set up your account and start a meeting.

Remember you can always come back to this course to review the correct steps or reach out.

Quick reference:

- Step one : Go to google.meet.com
- Step two: create an account and login
- Step three: Start a meeting and invite someone to join.
- Step four: Have fun on your meeting!



Questions?