

NATUREACH

– Nature Reachable for All

Eskoo Client pilot studies

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Settings for interventions and measuring methods for effects in Eskoo Client pilot

VR equipment and other supplies:

- VR dome (adjustable recliners, floor bags, wheelchair or nursing bed)
- Fan in the dome
- VR glasses

Methods for clients:

- Heart Rate Variation (HRV via Firstbeat, 5+3)
- Photovoice + interview
- Head and eye movement via VR glasses (trials)

- **Methods for staff:**
 - Oura- ring (13)
 - Firstbeat (4)
 - Stress-Energy survey (16)
 - Interview (10)
 - Head and eye movement via VR glasses
- **Participants**
 - 13 clients/residents
 - 16 staff members
- **Timeline for data collection:**
 - 5/2024 – 6/2025



The Wellbeing Service county of South Ostrobothnia Support and Competence centre Eskoo Eskoo's care unit and Eskoo's support unit

3.12.2025, Vaasa



The yards of our own units





Partnership agreement with farms



Opas ja sopimus pohja

Green Care- hoivapalvelun
tuottamisesta
kumppanuusmallin avulla



Green Care- hoivahanke 2019-2022



Opas ja sopimus pohjan Green Care -hoivapalvelun tuottamisesta kumppanuusmallin avulla

Nature nearby



Virtual studio -Dome





***The goal
was to
improve
residents'
quality of
life***



Thank you!

