

Training with **new technology**



– a strive to **guide, educate and inspire** healthcare providers, rehabilitation and habilitation across Sweden



funkibator

cyberhjärta ✓
träning med ny teknik

cyberhjärta

TRAINING WITH NEW TECHNOLOGY

Cyberhjärta is an inspirational way of training with new technology and techniques. The main target group is Sweden's facilities for care, rehabilitation and habilitation. Information, knowledge and experience are spread to physiotherapists and occupational therapists along with caretakers.

Training with new technology is about attracting more motivation during a session of exercise. By the use of virtual reality, dance pads, game systems, balance boards, apps and other playful things a more joyful way of training is presented.

The technology acts as an inspiring and exciting layer in addition to the motions and feelings participants usually experience during exercise.

Training sessions are customized with the right technology and exercise program. Exercise variants in focus are cognition, social skills, fine motor abilities, coordination, rhythm, balance, fitness, strength and overall body movement.

HOW WE CAN HELP

Our services are often part of an ongoing development process where any participant/staff group want to experience and gather more knowledge. We adapt to any desired setup within Cyberhjärta's methods and can contribute in several different ways. Certain services depend on our geographical proximity (Kronoberg county).

We can help and support in these ways:

- Lectures**
- Try out-sessions**
- Inspirational events**
- Education**
- Participation in pilot projects**
- Guidance**
- Experience exchange**
- Advice regarding reference activities**
- Knowledge of technical adaptations**
- Installation**
- Product research**



INSPIRATION

VIRTUAL REALITY

Virtual reality is an interactive computer-generated experience taking place within a simulated environment. Apart from being a gaming platform it's also a whole new technical platform. Virtual reality came quick and new technology, methods and products come continuously on the market. Virtual reality needs to be tried out to be fully understood.



Virtual reality with headset and controllers.



Meetup consisting of an expert group from different disciplines.



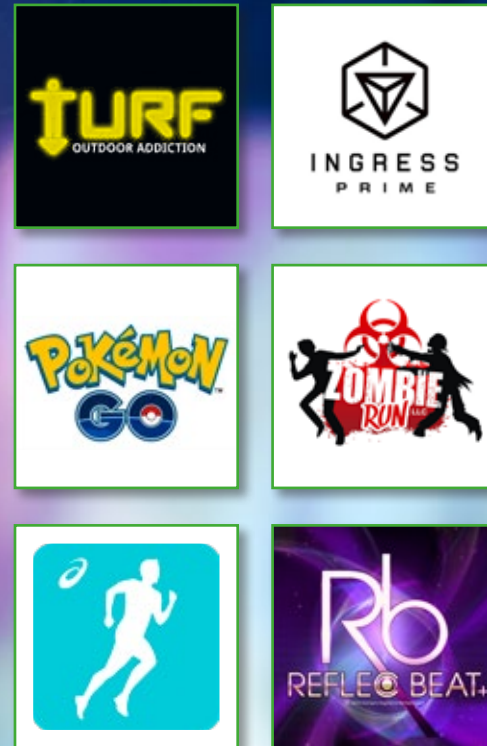
Per-Olof Hedvall, Certec, is one of Sweden's leading researchers in the field.



Virtual reality works sitting or standing.

APPS

Smartphones and tablets are widely used today. Many good apps that encourage exercise and activity can be found on those platforms.



PC AND VIDEO GAMES

A little simplified we'll call it PC and video games because then most recipients might know what we're referring to. Today we can find games on a variety of technical platforms such as computers, phones, tablets, virtual reality and game systems. Games are often intended to be enticing, motivating and rewarding. These are strong motivators as you can turn pretty much anything into a game. This is often called gamification. By fusion actual games with the mindset of gamification and training it can be used successfully for exercise sessions.



Social training for young people with autism, here with Minecraft.



The game system Nintendo Wii offers a wide range of full body activity games.

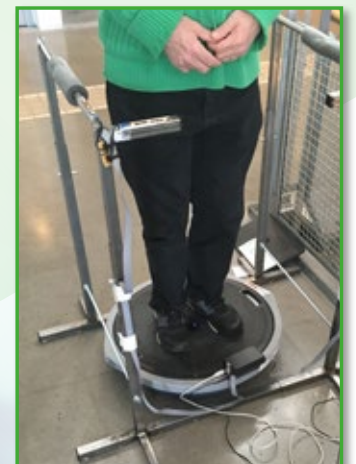
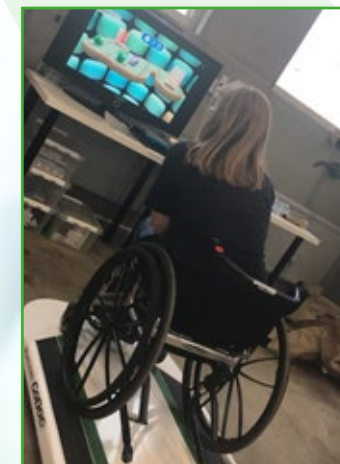
FINE MOTOR SKILLS

There is plenty of fun, challenging and technical equipment to enlighten if fine motor skills and dexterity need focus. Analogue construction kits and puzzles can help with this, along with drawing tablets and touch screens.



BALANCE

There are balance systems that you can use sitting or standing - with or without support.



DANCE, BEAT AND RHYTHM

Dance game systems designed for single, couple/pairs and larger groups. There is also a series of video games that's based on the theme of music, rhythm and pace.





METROLOGY OR MEASUREMENT

To measure and receive digits, numbers and evaluations during one's exercise effort is something that can be motivating, especially if exercise is repeatedly performed. A comparison can be made from time to time, once again gamification can be applicable here.

THE FUTURE IS ALREADY HERE

Technology development is currently at high speed, with new products and systems all the time. Here we showcase a small bit of tech that either exist or is about to be launched.



LEISURE AIDS

There are aids that are adapted for both certain life situations as well as intended for leisure activity. These can sometimes be provided by associations or rehabilitation/habilitation centers.



International trade fairs worth checking out

E3 Expo, USA – e3expo.com
 Gamescom, Tyskland – gamescom.global
 FIBO, Tyskland – fibo.com
 CeBIT, Tyskland – cebit.de/en
 Pax East, USA – east.paxsite.com



Contact us for inspiration, education
and guidance regarding training with
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