

Video Call Guide



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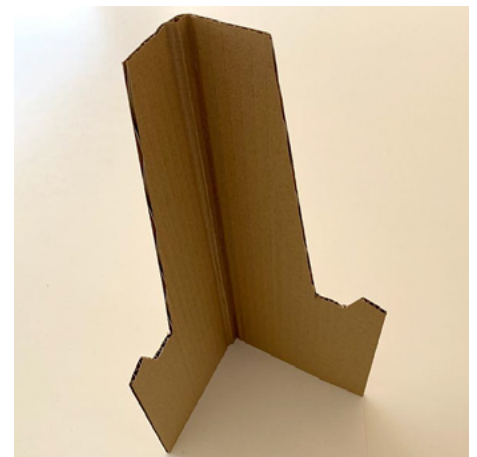
From a mental well-being point of view, face-to-face is the best contact you can have and apparently our brains don't distinguish between seeing your friends and family on screen to seeing them in person. So go on, give it a try if you haven't already. Add it to your daily or weekly routine. What not read a bed time story by video to a grandchild? Here are some tips for getting the best out of your experience.

- Find a place in your home where you are comfortable and can position your device at so the camera is close to eye level.
- Use a stand so you don't have to hold your device (try the template on the next page).
- Sit towards a light source so your face can be seen as naturally as possible. Don't be a silhouette!
- Arrange your video call in advance so you don't catch anyone off-guard and isn't ready.
- If you are using a phone or a tablet, make sure it is in the most appropriate orientation for your call. Portrait is good for one-to-ones, but landscape is best for one-to-twos, two-to-twos or more.
- Make yourself a drink and relax – you'll get thirsty with all that chat!

Make your own 'hi-rise' tablet and phone stand

You will need an A4 sheet of corrugated cardboard and the template below. Print out and cut to match. Fold down the middle and place your device in the cradle. If the cardboard doesn't stay in position and tries to open up, secure with sticky tape.

***Please note that this is may not be suitable for all devices.
Please adapt as necessary.***



Make yourself a stand like this so you don't have to hold your device (see below)



