

Trainer's Guide to Mastering Meta Glasses

Client Goal: To confidently and independently use Meta Glasses as a tool for daily living, communication, and information access.

This guide is designed to take a client from a beginner to an expert user of Meta Glasses, focusing on their accessibility features.

Lesson 1: Foundational Skills - The "Zero-Tech" Introduction

Objective: To become familiar with the physical device through touch and auditory cues, without relying on visual feedback.

Materials: Meta Glasses, charging case, USB-C cable.

Steps:

1. Tactile Exploration (Out of the Case):

- Start with the glasses outside of the case. Hold them by the temples (the arms that go over your ears).
- Run your fingers along the right temple. Locate the two key buttons:
 - **The Power/Action Button:** This is a small, raised button on the side of the temple, near the hinge. Practice pressing it.
 - **The Recording Button:** This is a separate, raised button on the top of the temple, closer to the hinge. Practice pressing it as well.
- Find the touchpad. It's a smooth, elongated area on the outside of the right temple. Practice swiping your finger forward and backward, and tapping.

2. Charging and Power-On:

- Practice placing the glasses into the charging case. Note the **magnetic click** as they snap into place. This is your audio-tactile confirmation.
- Find the **USB-C port** on the bottom of the charging case. Practice inserting the cable. You'll hear a sound from the glasses when they begin charging.

3. Auditory Feedback:

- Put on the glasses. They will automatically power on and give an audio cue to confirm they are ready.

- Press the Recording Button. You will hear a **camera shutter sound** for a photo or a distinct chime for a video. Practice this until you can differentiate the sounds.
- Practice pressing the Power/Action Button to answer a mock phone call. The glasses will make a sound to confirm the call is answered.

Notes for the Trainer: This lesson builds muscle and auditory memory. It's crucial for the client to feel comfortable with the device before adding digital commands. Use a "hand-over-hand" technique if needed to guide their fingers to the correct buttons.

Lesson 2: Beginner - Voice Commands for Daily Tasks

Objective: To master basic voice commands for common, hands-free actions.

Materials: Meta Glasses, smartphone with the Meta View app and an active internet connection.

Prerequisites: The client has successfully completed Lesson 1 and the glasses are paired with their smartphone.

Steps:

1. Activating Voice Commands:

- Explain the "wake phrase": "**Hey Meta.**"
- Instruct the client to say "Hey Meta" and listen for the **confirmation chime**. This is the green light to give a command. Practice this several times.

2. Core Commands:

- **Taking a Photo:** "**Hey Meta, take a photo.**" Practice this command and listen for the distinct shutter sound.
- **Recording a Video:** "**Hey Meta, start recording.**" Listen for the starting chime. "**Hey Meta, stop recording.**" Listen for the stopping chime.
- **Checking Battery:** "**Hey Meta, what's my battery level?**" The glasses will verbally report the percentage. This is a key independence skill.
- **Controlling Media:** "**Hey Meta, play music.**" "**Hey Meta, pause.**" "**Hey Meta, next song.**" Explain the touchpad gestures for volume control as an alternative: swipe forward to increase, backward to decrease. Also, explain that Meta AI needs to be connected to Spotify or Apple music.

Notes for the Trainer: Focus on clear, concise commands. Role-play different scenarios, like "I want to take a picture of my pet" or "I need to check if my glasses have enough battery for a trip to the store." Reinforce the importance of the wake phrase and the confirmation chime.

Lesson 3: Intermediate - Advanced Accessibility & Communication

Objective: To integrate the glasses with other accessibility tools and to use them for hands-free communication and environmental awareness.

Materials: Meta Glasses, smartphone with the Be My Eyes app installed and linked to the Meta View app and WhatsApp installed and linked to the Meta View app (if client utilizes).

Prerequisites: The client has successfully completed Lesson 2.

Steps:

1. Conn
2. **Hands-Free Communication:**
 - Explain the process of making and receiving calls and messages.
 - **Making a Call: "Hey Meta, call [Contact Name]."** The glasses will confirm the action and make the call.
 - **Answering a Call:** Explain that a call will be signaled by an audible ringtone. The client can press the **Power/Action button** once to answer.
3. **Be My Eyes Integration:**
 - Explain the power of this collaboration. The glasses' camera can be a "remote eye" for a sighted volunteer.
 - Review the process of connecting Be My Eyes to the Meta AI mobile app.
 - From the Meta AI mobile app, tap the Eyeglasses icon in the bottom right.
 - Tap on the Setting icon.
 - Tap Communication.
 - Tap Connect next to the provider you want to connect.
 - **Initiating a Call: "Hey Meta, Be My Eyes."** Explain that the glasses will connect them to the next available volunteer.
 - **Practical Scenarios:**
 - "Can you read the expiration date on this milk carton?"
 - "Can you tell me what color shirt I'm holding?"
 - "Can you help me find the ketchup in the fridge?"

- **Toggling Cameras:** Explain the double-tap gesture on the right arm of the glasses to switch the camera view between the glasses and the phone. This is a valuable trick for close-up tasks.

4. WhatsApp Integration:

- Explain the benefits of utilizing friends for visual assistance from contacts.
- Review the process of connecting WhatsApps to the Meta AI mobile app.
 - From the Meta AI mobile app, tap the Eyeglasses icon in the bottom right.
 - Tap on the Setting icon.
 - Tap Communication.
 - Tap Connect next to the provider you want to connect.
- How to send a message:
 - Have the client put on the glasses.
 - With the glasses on say, “Hey Meta, send a message to (name) on WhatsApp.”
 - Listen and confirm that you’ve selected the correct person.
 - Say the message you want to send.
 - The device will read the message back to you the client to make sure it’s correct.
 - The client will then say, “Yes”, “No”, or “Cancel”.
- How to send a voice message through WhatsApp:
 - Have the client put on the glasses.
 - With the glasses on say, “Hey Meta, send a voice message to (name) on WhatsApp.”
 - Listen and confirm that the client has selected the correct provider and person.
 - Once the recording has begun, have the client say the voice message they would like to send.
 - The recording will stop once silence is detected for 3 seconds or the 1-minute limit has been reached.
 - The device will ask to confirm that they would like to send.
 - The client will then say, “Yes”, “No”, or “Cancel”.
 - Repeat the same steps for making a call by saying, “Hey Meta, call (name) on WhatsApp.”
 - When the call is complete, the client can double-tap the touch pad on the glasses or they can hang up from their phone.

Notes for the Trainer: This is a major step towards independence. Emphasize that Be My Eyes is a volunteer-based service, so they may need to try again if a volunteer isn't immediately available. Discuss the privacy aspects of a video call and that the volunteer can only see what the camera sees. Discuss how the client can also answer or decline incoming calls by saying "Hey Meta, answer", or "Hey Meta, decline."

Lesson 4: Expert - Advanced AI and Independent Problem-Solving

Objective: To leverage the full power of Meta AI for hands-on, real-time information gathering and to troubleshoot independently.

Materials: Meta Glasses, a variety of everyday objects (e.g., a can of soup, a book, a jacket).

Prerequisites: The client has a solid grasp of all previous lessons.

Steps:

1. Environmental Description and Object Identification:

- Explain the "Look and Tell" or similar AI features. This allows the user to ask the glasses to describe their surroundings.
- **General Description:** "Hey Meta, look and tell me what you see." The AI will provide a brief summary of the scene.
- **Specific Identification:** "Hey Meta, what is this in my hand?" Practice this with different objects.
- **Reading Text:** "Hey Meta, read this." Have the client position a short text (e.g., a product label) in front of the camera.
- **Navigating a Space:** "Hey Meta, what's in front of me?" Practice this in a familiar room, identifying furniture or doors.

2. Independent Troubleshooting:

- **"My glasses won't respond to 'Hey Meta'."**
 - *Solution 1:* Are they on your face? The glasses power on automatically when worn.
 - *Solution 2:* Press and hold the **Power/Action Button**. This is a manual override to activate voice commands.
- **"The sound is too quiet."**

- *Solution:* Use the voice command "**Hey Meta, increase volume,**" or practice the forward swipe on the touchpad.
- **"My glasses won't connect to my phone."**
 - *Solution:* Check if Bluetooth is on. Use your phone's screen reader to navigate to settings and toggle Bluetooth.
- **"How do I factory reset my glasses?"**
 - *Solution 1:* Using the Meta AI app.
 1. Ensure the glasses are powered on and connected to your phone via the Meta AI app.
 2. Open the Meta AI app and tap the settings icon.
 3. Tap "glasses and privacy".
 4. Select glasses from the list.
 5. Scroll down and select "factory reset".
 6. Confirm the reset and wait for the process to complete.
 - *Solution 2:* Using the physical buttons on the glasses.
 1. Turn the glasses on.
 2. Close the right temple arm.
 3. Press the capture button five times quickly until the LED turns solid orange. (This may require some assistance.)
 4. Press and hold the capture button. The LED will start to flash. (This may require some assistance.)
 5. Wait for the LED to cycle through white and green and then turn off, which indicates the factor reset is complete. (This may require some assistance.)
 6. Manually unpair the glasses from your phone's Bluetooth settings by going to your phone's Bluetooth menu, find your glasses, and choosing to "forget" or "unpair" the device.
- Repairing WhatsApp
 - Updates can cause apps to disconnect from the glasses. When this occurs, the app needs to be reconnected. Have the client repeat the steps mentioned in lesson 3 to connect the Meta AI app with WhatsApp.

- **“How to submit a bug issues or report on the glasses?”**
 - *Solution 1: Through the mobile app.*
 1. From the Meta AI mobile app, tap the list icon on the top left.
 2. Tap settings icon in the bottom left.
 3. Scroll down and tap Help & Support.
 4. Tap Submit a report.
 5. Follow the on-screen instructions to describe the issue and submit the report.
 - *Solution 2: Through the shake phone feature.*
 1. From the Meta AI mobile app, tap the list icon in the top left.
 2. Tap the Settings icon in the bottom left.
 3. Scroll down and tap Help & Support.
 4. Tap the toggle next to Shake phone to report a problem.
 5. When this feature is turned on, you can shake your mobile phone back and forth to trigger a bug report when the Meta AI app is open.

Notes for the Trainer: This final lesson focuses on building confidence and problem-solving skills. Encourage the client to be creative with their commands. Remind them that Meta AI is a developing technology and may not be 100% accurate, so it should be used with other trusted tools like a cane or guide dog. The goal is to make the Meta Glasses a seamless and empowering part of their daily assistive technology toolkit.

Additional Tips for the Certified Low Vision Therapist (CLVT)

Pairing with a Speaker for Training

To allow you to hear what the client is hearing, you can pair the glasses to a separate Bluetooth speaker during the training session.

Steps:

1. Place the glasses in pairing mode. You can do this by using a voice command or the **Meta View app**.
2. On the speaker, activate its Bluetooth pairing mode.

3. On your phone, in the Bluetooth settings, select the speaker to connect it. Once the speaker is connected to your phone, it will automatically connect to the glasses, so you both can hear the audio.

Comfort and Fit

To help with the glasses slipping on the nose, **silicone nose pads** can be added. These can be purchased online. For clients with smaller ears or for added security, **silicone ear hooks** can be a great way to ensure the glasses stay in place.