

MyHealthGuide

for adults with learning disabilities

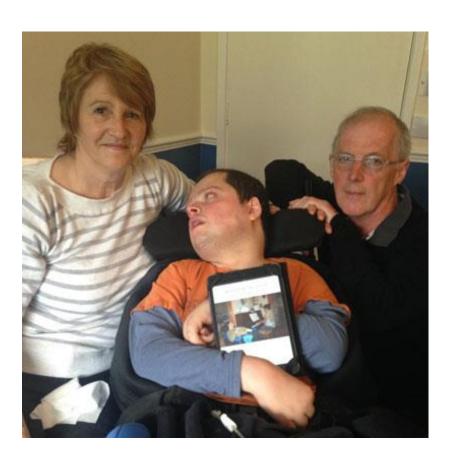








MyHealth Guide









MyHealthGuide



MATTHEW PROSSER

A GUIDE TO MY LIFE AND CARE NEEDS

































Impact:

- 30% Reduction in Service Utilisation*
- 80% of surveyed users said app added value to their lives**
- 89% of surveyed users intend to continue using app**





* Humber Trust data data

** University of Hull





People Use My Health Guide

- As a food diary
- To manage anxiety and depression
- To keep track of their diabetes
- To communicate regularly between where they sleep and where they spend their day
- To manage change





