for adults with learning disabilities
MATTHEW PROSSER

A GUIDE TO MY LIFE AND CARE NEEDS
This image contains logos and text related to various organizations, including MyHealthGuide, Maldaba, Humber NHS Foundation Trust, eahsn, SBRI Healthcare, NHS England, and HEE Health Enterprise East. The text indicates that the views expressed are those of the authors and not necessarily those of the funding partners.
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
** 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