



# MyHealthGuide

for adults with learning disabilities



## MALDABA

SOFTWARE DEVELOPMENT FOR HUMANS



 MyHealthGuide





MATTHEW PROSSER

A GUIDE TO MY LIFE AND CARE NEEDS





**MALDABA**  
SOFTWARE DEVELOPMENT FOR HUMANS

Humber **NHS**  
NHS Foundation Trust



# MyHealthGuide





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

