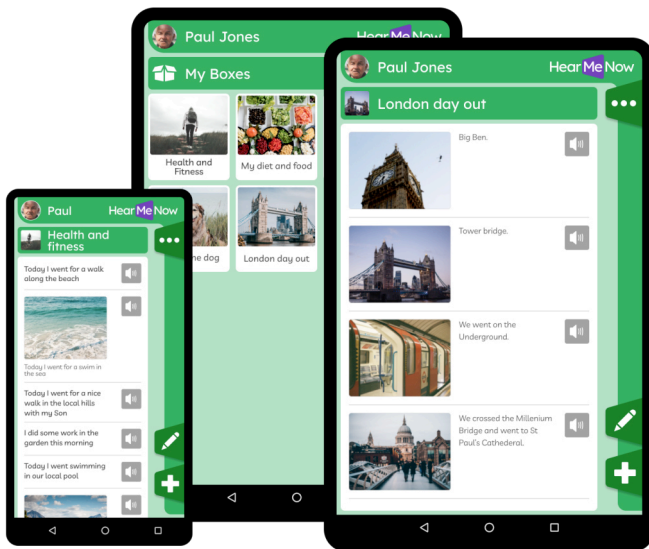


MALDABA
SOFTWARE DEVELOPMENT FOR HUMANS

Hear Me Now

www.hearmenowapp.com



Used by:



Available on the NHS
digital apps library

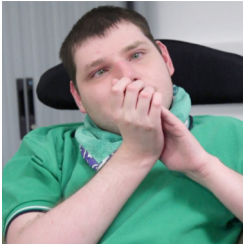


www.nhs.uk/apps-library/my-health-guide/

07866 462 710

hello@maldaba.co.uk

www.maldaba.co.uk



It's everything you need to know about me

"My son Max has very complex needs and his carers take Hear Me Now with him everywhere. Anyone who doesn't know Max, by picking up Hear Me Now, will know Max. You can just press a box (a collection of content) and whatever you need to find out about Max will come up."



Get someone up to speed more quickly

"Sometimes a person I've not met before needs to help me put my wheelchair together. I've got a guide for this which is saved in My Documents on Hear Me Now. Keeping everything in one place means I don't forget where anything is."



Recording my blood sugar level

"I use Hear Me Now to keep a track of my blood sugar levels. I record daily entries in my diabetes box and can share the details with my doctor."

Tracking my exercise

"I try and stay fairly fit and aim to do 8,000 steps a day. I can use Hear Me Now to record my activity in a walking box. I also like to share pictures with my family."



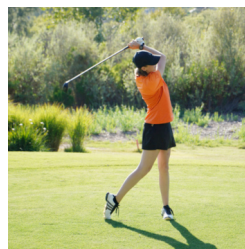
I can show new people the way I like certain things to be

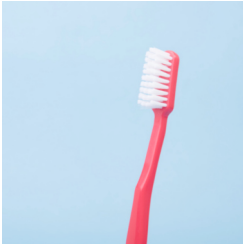
"I like my hair to be cut in a certain way but don't always have the same hairdresser. With Hear Me Now, I can show images of my hair so the hairdresser understands what I want. It helps to put my mind at ease."



Keeping a record of my progress

"I recently took up golf as a new hobby as a way of getting some additional exercise and to get outside more often. I'm able to record my scores to monitor my progress, and make notes of specific things that went well, and also not so well. My friends can see my comments and send tips back to me."





Sometimes I struggle to get my point across

“I often get nervous when I visit the dentist, and it’s difficult for me to explain things correctly. With Hear Me Now I can record a quick video beforehand so that my dentist knows about any potential issues, or that I’m happy.”



It helps me record important information

“When I collect my medicine my pharmacist often tells me things to do that I might forget. With Hear Me Now these can be written down for me, or recorded as images, audio or video.”



It helps me not forget certain activities

“My dentist recorded a video for me in Hear Me Now about remembering to brush my teeth. When I got home my Mum watched the video and set up a daily reminder for me to make sure I don’t forget.”

I like to share with just my family

"I've started painting as a new hobby, and although I'm not very good at the moment, I can put images in a box that I share with just my family. I enjoy showing them (and only them) what I've done."



I use it as a daily diary

"I like to use Hear Me Now as a diary, keeping a record of things I've done in the day. When I go out for a walk I often take pictures and add them to my boxes. It means both my family and carers can see what I've been doing whether at home or at my day service."



My shopping list with images

"I use Hear Me Now as a shopping list, and as well as just being a list of words, I can also add pictures of items I'm less familiar with. This helps me to identify them in the supermarket, which is really useful."





I set myself targets in the app

“Hear Me Now is helping me to lose weight. I’ve set the my target weight as the box name, and keep a record of my weight every day. I also take pictures of my progress. My clothes now fit me much better than before so I’m really happy.”



It helps me remember more complex tasks

“My daughter and I use Hear Me Now to help me with tasks around the house. I sometimes have difficulty remembering certain tasks, so she can record a video of me cooking some food, and I can then use Hear Me Now to play this back if I ever have difficulty remembering specific steps.”

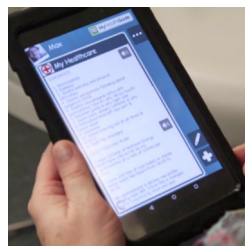


I can do everything in one app

“I like that Hear Me Now allows me to record so many things. I have a condition that means I need to drink lots of water throughout the day. I can even have a box just for that, so I can record when I last drank. It’s so flexible.”

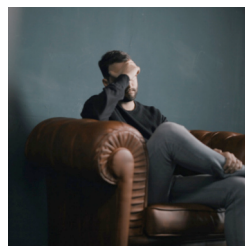
It helps in an emergency

“If my son has a seizure you just press the box and it will go through every stage, instead of having to trawl through paper, and tell you everything you need to do in an emergency. This is what’s happening. This is what you need to do. He gets better care because everything is in one place.”



It helps to reduce my anxiety

“I often worry about lots of things, but particularly when I go to the doctor as I don’t like needles. In Hear Me Now I have a list of things I can do which really helps to reduce my anxiety.”



Care staff know what to do if I hurt myself

“I recently sprained my wrist very badly, and when my carer Mary came back from her holiday she was able to check the box my doctor created. This gave details of the injury and also the exercises I need to do to help me recover.”



Awards



Who's behind Hear Me Now

MALDABA
SOFTWARE DEVELOPMENT FOR HUMANS

Hear Me Now is designed, built, and maintained by Maldaba Ltd.

Maldaba (www.maldaba.co.uk) is a software company specialising in web-based and mobile applications for the public and non-profit sectors.

Since 2002 Maldaba have partnered hospitals, charities, research institutes and universities to realise projects both for research and for daily business-critical use.

To find out more about Hear Me Now,
please visit: www.hearmenowapp.com
or e-mail: enquiries@hearmenowapp.com