

A digital hub to support the mental health and wellbeing of people with intellectual disabilities

23 August 2022



# Why we need My Lived iD

- Up to 40% of people with an intellectual disability have co-diagnosis of mental health conditions
- People with intellectual disabilities often struggle to access appropriate health services
- Carers can feel isolated and burnt out when caring for a loved one which can lead to avoidable hospital admissions
- COVID-19 pandemic highlighted the scarcity of accessible information for people with intellectual disabilities and their supports

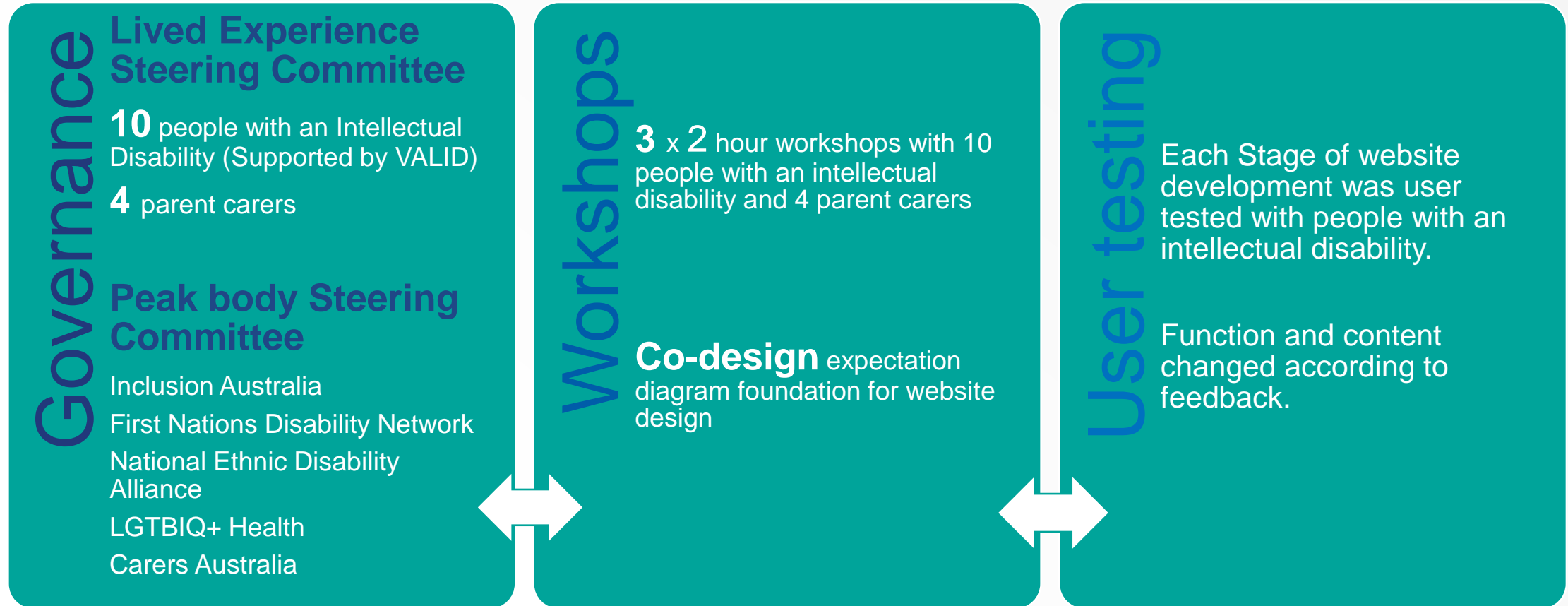


# Nothing About Us, Without Us

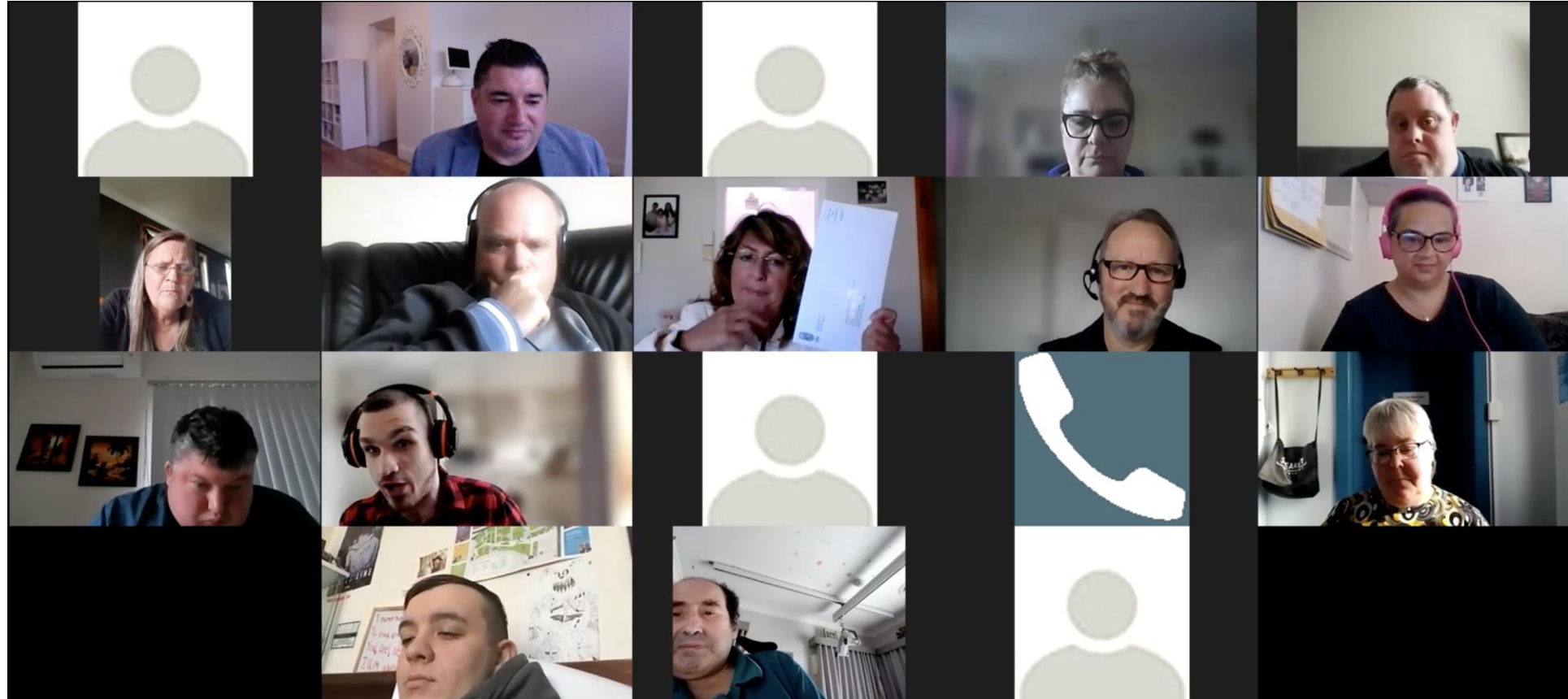
- In 2020 the Centre for Developmental Disability Health received a Commonwealth Department of Health grant. The intent of the digital hub was provide an agile digital platform that was:
  - Accessible
  - Useable
  - Sustainable
  - Able to be evaluated and improved
- A key principal of the My Lived iD hub is *nothing about us, without us*, to design with people with an intellectual disability, and their families and carers



# Co - Design



# Co – design workshops



# Why co-design is so important

The image displays two screenshots of the My Lived ID website, illustrating accessibility features. The left screenshot shows the main navigation and a large heading "Nothing about us without us". Below the heading is a paragraph: "Hubility is a digital hub to support the mental health and wellbeing of people with intellectual disabilities." and a video player with the text "Watch video: How to use this website". At the bottom, there is a section titled "Choose your path" with a question mark icon and the text "The choice you make will help us show you the best content for you and your journey." The right screenshot shows the website with a yellow header and a large banner that reads "I am a person with an intellectual disability. My Lived ID is a resource for people like you." Below the banner is a video player with the text "Watch a video on how to use this website" and social media icons. At the bottom, there are two buttons: "I am an intellectual disability carer" and "I am a health care professional". A vertical sidebar on the right side of the right screenshot contains accessibility tools: "Hide tools", "Light on", "Larger font", "Smaller font", and "English".



# How the My Lived iD hub works

Watch the demonstration video at:

[mylivedid.org.au](https://mylivedid.org.au)



## Next steps....

- Develop a content steering committee who will be responsible for strategically overseeing the development of the hub's content
- Increase registration of intellectual disability appropriate services nationally
- Evaluate the use and impact of My Lived iD across all three targeted user groups
- Seek continuation of investment in the hub beyond 2025

