

# **My QOL – Quality of Life for people with Learning Disabilities**

## **What is it?**

MY QOL is brand new interactive software, to be used on a tablet or large screen, that offers a series of designed applications based specifically for people with Learning Disabilities and/or Mental Health issues. The apps were created and led by Learning Disability leads, Occupational Therapists, Speech and Language Therapists, psychologists and nurses. The apps are built in a format and language that is appropriate to the person's cognitive and developmental level and do not require internet/WIFI use. The functionality covers an array of needs from either the service user or staff member's point of view; non-verbal communication, paperless system for staff, interactive sensory, modernised person centred plans, video feedback for learning, word based activities, self-managed quizzes, movies, music, hand-eye co-ordination games and much more. It utilises a phone sized projector and this creates mobile sensory experiences by projecting the tablet onto a wall in any location.

## **How it is being used in Wigan to enhance personal centred planning processes?**

The Person-Centred Plan utilises new technology to create a user friendly, interactive and modern support plan which is video and picture based, and gives immediate feedback for the service user. It can be staff or service user led and caters for visual learners, empowering the individual to create their own bespoke plan. The design works specifically towards preventing, reducing or stopping the development of future episodes of challenging behaviour. It offers support and interventions which ensures the focus is on improving the person's support and increasing their skills. It offers the opportunity to provide pictorial risk assessment images that are meaningful and specific to that person rather than being generic.

My QOL is currently being piloted in Wigan for some of our families in the Person and Community centred Approaches project. We are also trailing the use of this in our Supported Living accommodations, with a robust evaluation in place for future planning.