

# MyHealth Enabler

**How might we ensure that everyone involved in supporting persons with intellectual disabilities is empowered to take informed and effective action in meeting their needs?**

## The Challenge

Persons with Intellectual Disability (PWID) experience higher rates of morbidity and mortality. This is believed to be caused by multiple factors, including a higher prevalence of chronic diseases such as diabetes, hypertension, and hypertipidaemia.

However, fragmented communication between caregivers, MINDS staff, and other healthcare providers, such as polyclinics and GPs exacerbates the problem. Currently, updates are scattered across phone calls, WhatsApp messages, and emails, leaving healthcare providers without a full picture of a client's health, impacting the ability to provide timely, informed and effective care.

Without integrated and seamless communications between the people providing care and support towards PWIDs, and fragmented exchange of health information, there is a lack of coordinated care and health monitoring, there are increased risks of care delays, and ultimately poorer health outcomes for PWIDs.

## The Solution

"MyHealth Enabler" is a person-centred, centralised communication platform designed to support Persons with Intellectual Disabilities (PWIDs) in managing their health. It enables caregivers to share timely health updates via text, photos, or voice recordings, with MINDS staff, who can provide guidance and coordinate with healthcare providers.

This ensures that the PWID's health information is complete, up-to-date, and easily accessible to all relevant parties.

By connecting caregivers, MINDS, and healthcare providers through a single, secure channel, MyHealth Enabler bridges communication gaps, supports better care planning, and empowers PWIDs to receive more timely and effective healthcare tailored to their needs.

Key Features include:

1. Health Updates: Caregivers can login to MyHealth Enabler wherever/whenever they are to post updates on the PWID's health.
2. Chat function: allows caregivers to communicate other non-health issues to MINDS Care staff.
3. Timely feedback loop: MINDS staff can review health updates and suggest timely interventions to manage the PWID's health condition.
4. Integrated Health Information: PWID's Health Passport will be updated, which can be shown to healthcare providers e.g. polyclinics/GPs.

## The Impact

MyHealth Enabler addresses the critical issue of fragmented health information that often leads to delayed or sub-optimal care for PWIDs. This solution creates a "single source of truth" for health updates, ensuring caregivers, MINDS staff, and healthcare providers are always aligned.

By improving coordination, it reduces stress for caregivers, enhances decision-making for professionals, and enables more timely interventions to support and improve the health of PWIDs. Over time, this connected approach can lead to fewer preventable health issues, better long-term outcomes, and a stronger, more responsive circle of care.

## Vote!

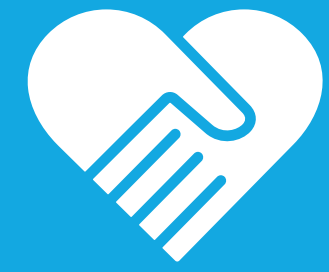
Vote for us to ensure seamlessly coordinated and person-centred information can enable effective and timely support for persons with intellectual disabilities.



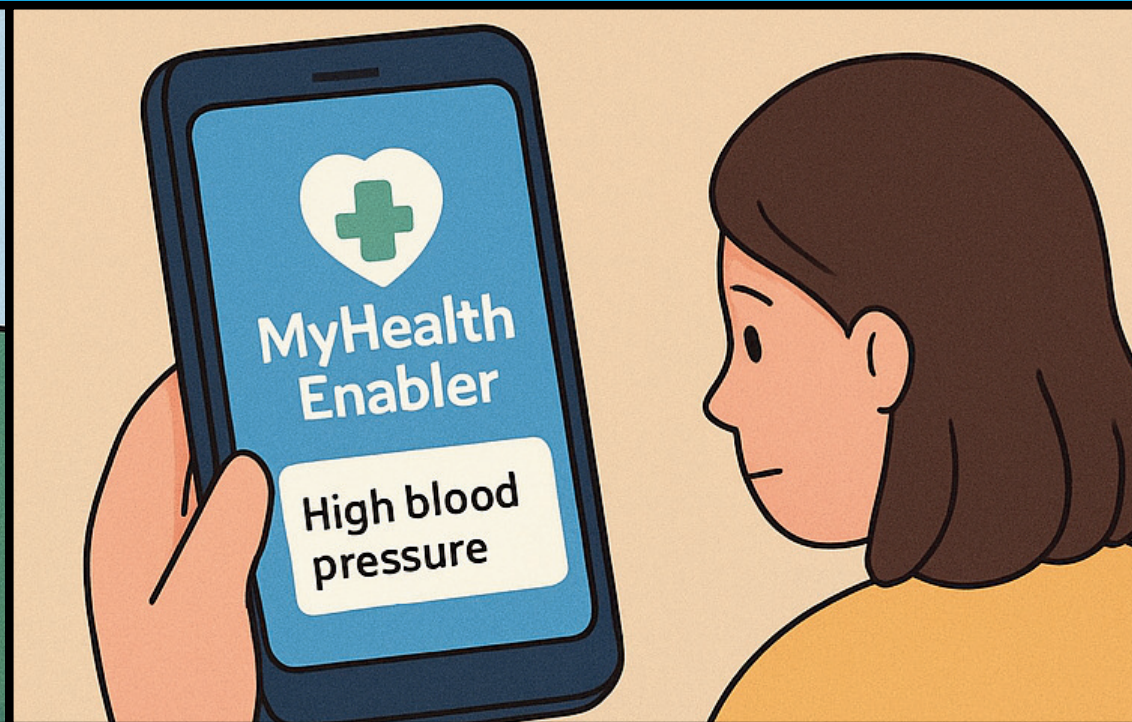
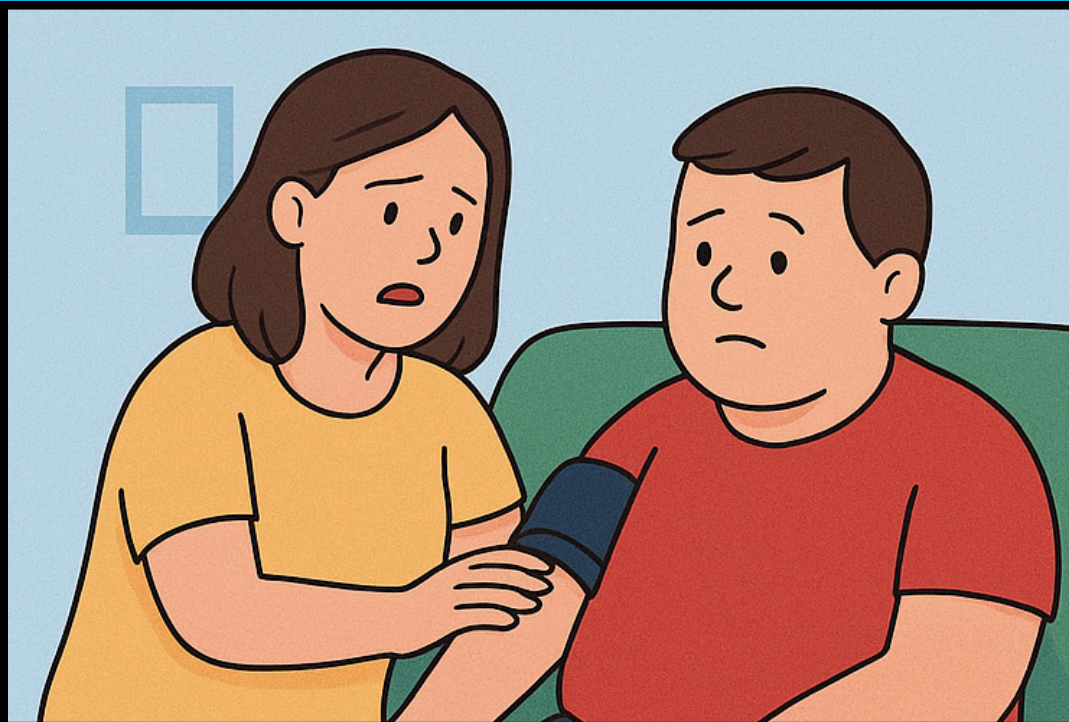
### The Design Team

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## Improving the Health of Persons with Intellectual Disability (PWIDs) with **MyHealth Enabler**



Lisa is unsure what to do when she notices that her son, Daniel, has been feeling giddy recently, with high blood pressure.

Lisa reports her concern via the MyHealth Enabler app, which provides caregivers with timely support.

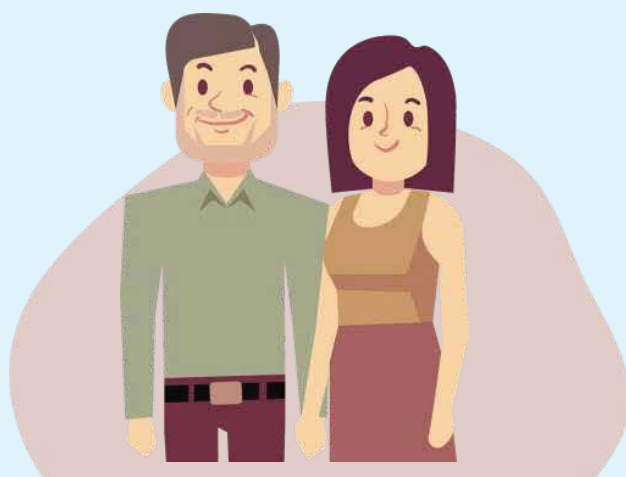
MINDS Care Staff is updated on the health status of Daniel and advises Lisa on how to manage Daniel's condition.

Daniel's health improves and is able to enjoy spending quality time with his mother, Lisa, in the community.

## From scattered health updates to a **Connected Care Team**

### CAREGIVERS

Empowered and better supported to manage health of PWIDs



### MINDS CARE STAFF

Improved coordination of care via a centralised comms platform



### HEALTHCARE PROVIDERS

Better care planning with more complete and updated health info of PWID



### Improved Quality of Care & Better Health Outcomes of PWIDs

