



Easy Read Guide to MySigns



www.mysigns.health

This easy read information explains what MySigns is and how it can be used. The words and pictures in this easy read guide can be adapted to suit individual needs.

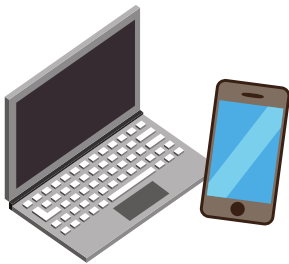
MySigns



This guide explains what MySigns is and how you can use it.



MySigns is developed by 3DN, UNSW Sydney.



You can use MySigns on a phone or computer.



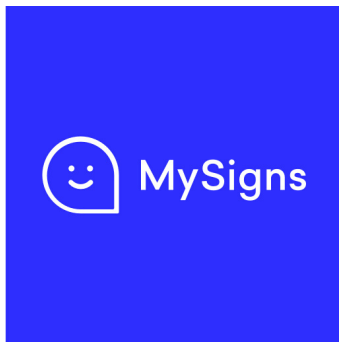
You use MySigns to collect photos or videos of you.

The photos and videos show how you look when you are happy, sad or have other feelings.



You can use the photos or videos you collect in MySigns to tell health workers about how you are feeling.

This helps health workers know how to support you.



How to Set up MySigns

Get MySigns on your phone or computer.

Add your name, who you live with and your birthday to MySigns.



Putting Photos and Videos on MySigns

You can ask people who know you to take videos or photos of you feeling different things.

Put the photos and videos on MySigns.

Say what feeling the photo or video is showing.



Using MySigns with Health Workers

You or your support person can show health workers the photos or videos on MySigns.

You can use MySigns at a medical appointment, or if you go to hospital.

The photos or videos can help health workers to know how you are feeling.

MySigns Rules



Only you or your guardian can set up MySigns.

You or your guardian can say who is allowed to add photos and videos of you to MySigns. You can ask for help to decide.

You can decide who can see your photos and videos.



You can ask questions about how MySigns works.

You can ask your guardian or the MySigns team.

Call or email the MySigns team and tell them you want to know more about MySigns.

Phone: (02) 9931 9160

Email: mysigns@unsw.edu.au



You do not have to use MySigns. It's your choice.