

How can we unleash people driven digital health and wellbeing?



@VictoriaBenton
#PdDigital15

Sue Sibbald



mhabitat
Creative people centred digital innovation health | care | wellbeing
www.vivianhabitat.com
@vivianhabitat

our model



people-centred design

Finally a health tech day not driven by the industry but by the people #peoplepower and #PdDigital15

People driven digital health feels like a movement where the fun comes and trust comes. #PdDigital15



Joining the dots...



#PdDigital15
ground up innovation must be recognised, understood, and actively supported



Personalised Health & Care 2020 (Nov 14)

Arguably the first truly people led event happening here in Leeds #PdDigital15

Finally, a health tech day not driven by the industry but by the people #peoplepower #PdDigital15



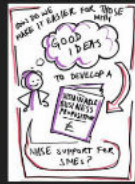
co-design
collaboration
co-production



#PdDigital15



getting the basics right
#PdDigital15



Support for innovators
#PdDigital15

"the question of how to unlock innovation and also people powered solutions has never been more relevant - and there is now a community of people who want to make sure it happens. The system may be listening ... there are signs that the system is ready to be disrupted"

@curiousc

Thank you



@VictoriaBenton
www.vivianhabitat.com/people-driven-digital-health-wellbeing
#PdDigital15

Next steps

By next digital resources and other activities are identified at the final event

Organise a learning session on Inspiring a Director's network, using social media effectively, healthy urban

Produce a paper with our findings to share with others

Present a paper back for feedback and discussion 11 December

Digital action plans included...

- Learning, sharing, helping
- Building momentum around innovation
- Bring forward health centres
- Local health, research, health, digital, innovation
- Health tech related digital resources
- Resource and engagement around digital resources

What gets in the way?

Complexity of buying devices and internet access

Customers aren't considering most of information and health related needs and managing cost spent online

Customers aren't using tech and health online

Difficult to measure online and offline quality digital resources which fit with systems and needs

Lack of confidence, skills and in working in ability for users



What do people need to live well?



Flourish
A people driven digital innovation community project
October-November 2015

Purpose
To explore together the potential of digital resources to support people living with mental health conditions to recover a life

*How can we unleash people driven
digital health and wellbeing?*



@BPDFFS

@VictoriaBetton

#PdDigital15

Sue Sibbald



A hand-drawn diagram with 'SELF CARE' in the center. Lines radiate outwards to various self-care components: PRESENCE, SUPPORT, ACCEPTANCE, CURIOSITY, KINDNESS, ATTENTION, PATIENCE, and LOVE. A magnifying glass icon is next to 'CURIOSITY'. The diagram is on a textured, grey background.



Fighting For Services

BPD FFS sue sibbald
@BPdffs **FOLLOWS YOU**

Campaigning and Training for People with Borderline Personality Disorder. Works at SHSCFT
Tweets nowt to do with work Keeper of rabbits .
[#BPDChat](#)

📍 Sheffield UK bpdffs.wordpress.com

3,877 FOLLOWING 4,962 FOLLOWERS

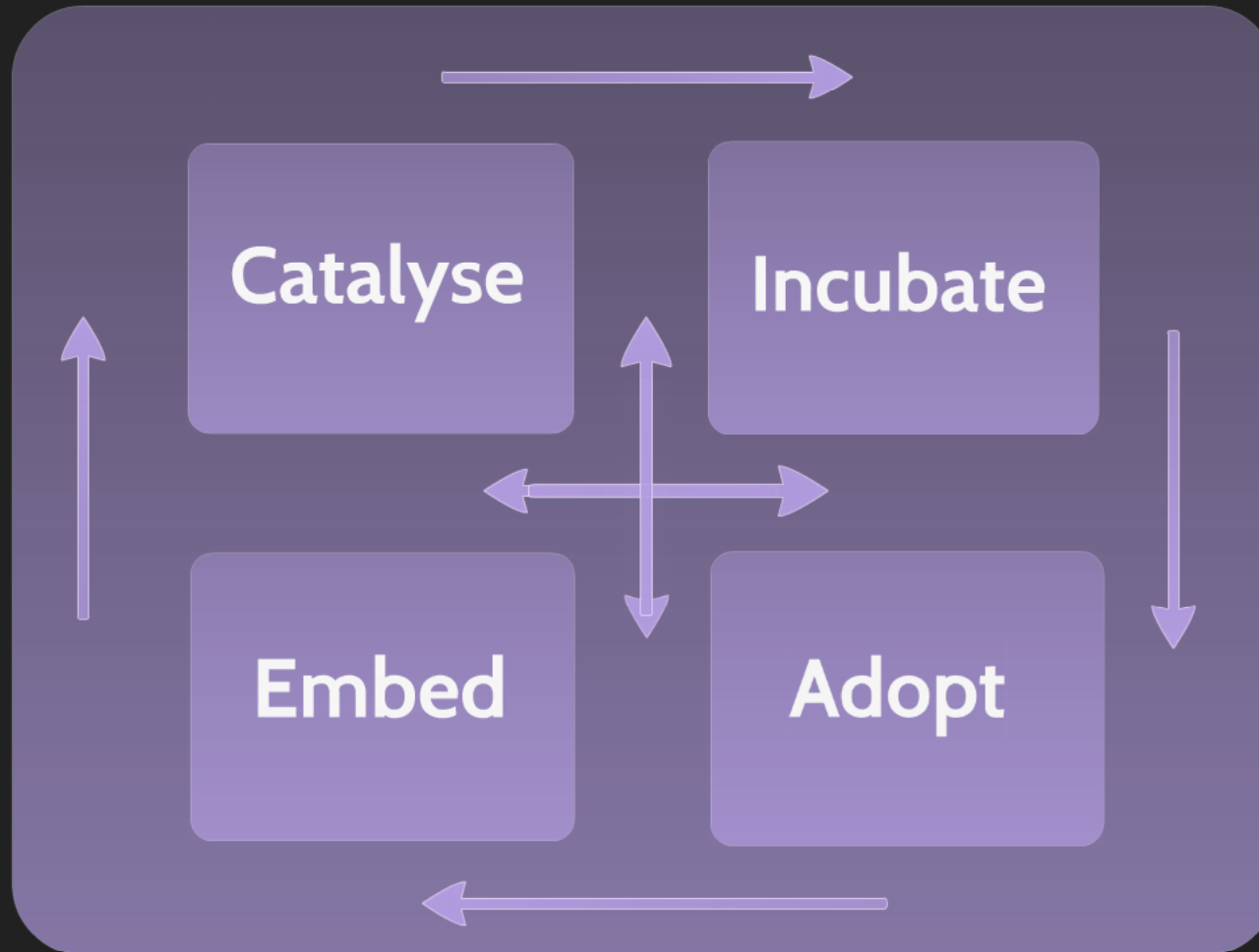
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**Creative people centred digital
innovation
health | care | wellbeing**

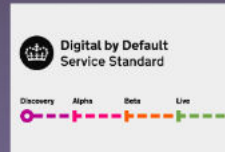
**www.wearehealthhabitat.com
[@wearemhabitat](https://www.instagram.com/wearemhabitat)**

our model

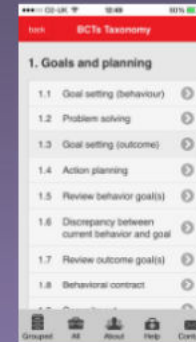


Standards | modularity | integration

co-design lab



evidence & theory



people-centred design



rapid prototyping
& user testing



operationalise & evaluate

@tobite_e Finally a health tech day not driven by the industry but by the people #peoplepower #PdDigital15



@jamesfm55 People driven digital health feels like a movement whose time has come. And much needed. #PdDigital15

@mjseres Arguably the first truly people led tech event happening here in Leeds #PdDigital15



@tobite_eFinally, a health tech day not driven by the industry, but by the people #peoplepower #PdDigital15



People Driven Digital Health and Wellbeing #PdDigital15

White Paper / June 2015

How can we unleash people driven digital health and wellbeing?



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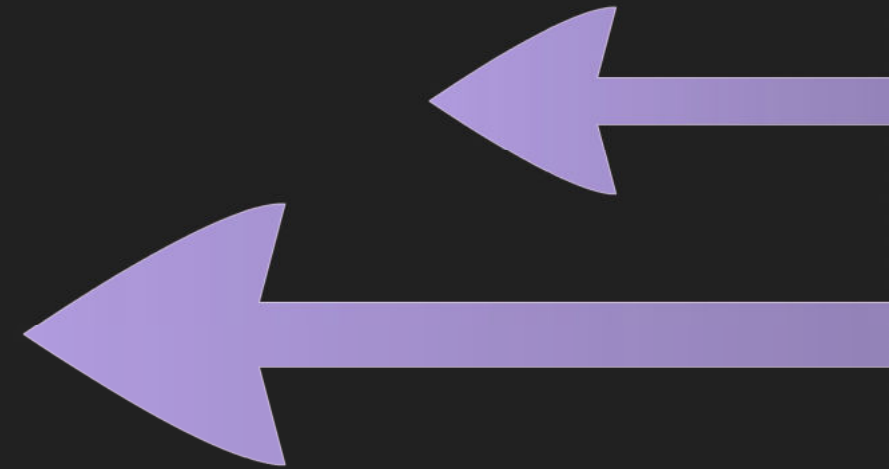


Personalised Health & Care 2020 (Nov 14)



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ground up innovation
must be recognised,
understood, and
actively supported





Joining the dots...



co-design
collaboration
co-production

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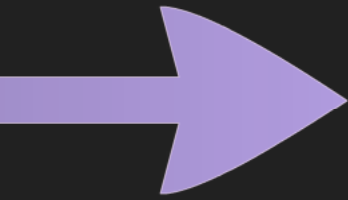
getting the basics right

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Support
for
innovators

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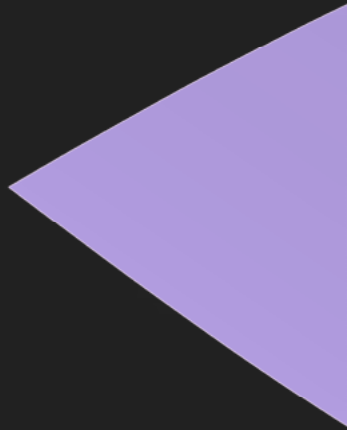


Flourish

A people driven digital innovation
collaborative pilot
October-November 2015

Purpose

To explore together the potential of digital resources to support people living with mental health conditions to recover a life



What gets in the way?



Complexity of buying devices and Internet access

Concerns over overwhelming mass of information particularly social media and managing time spent online

Concerns about being safe and healthy online

Difficult to find out about useful and quality digital resources which fit with interests and needs

Lack of confidence, skills and knowledge in taking first steps

Digital action plans included...

Learning, sharing, trying....



Buying devices and internet access packages

Being Safe and Healthy online

Social Media - Facebook, Twitter, Instagram, WhatsApp

Mental health related digital resources

Education and employment related digital resources

Next steps



Try out digital resources and other activities we identified at the initial event

Organise a learning session on buying a device/ Internet access, using social media and being healthy online.

Produce a paper with our findings to share with others
Presentation back to funders and others on 11
December

Thank you



Sue & Victoria

wearemhabitat.com/pddigital15-white-paper/

#PdDigital15