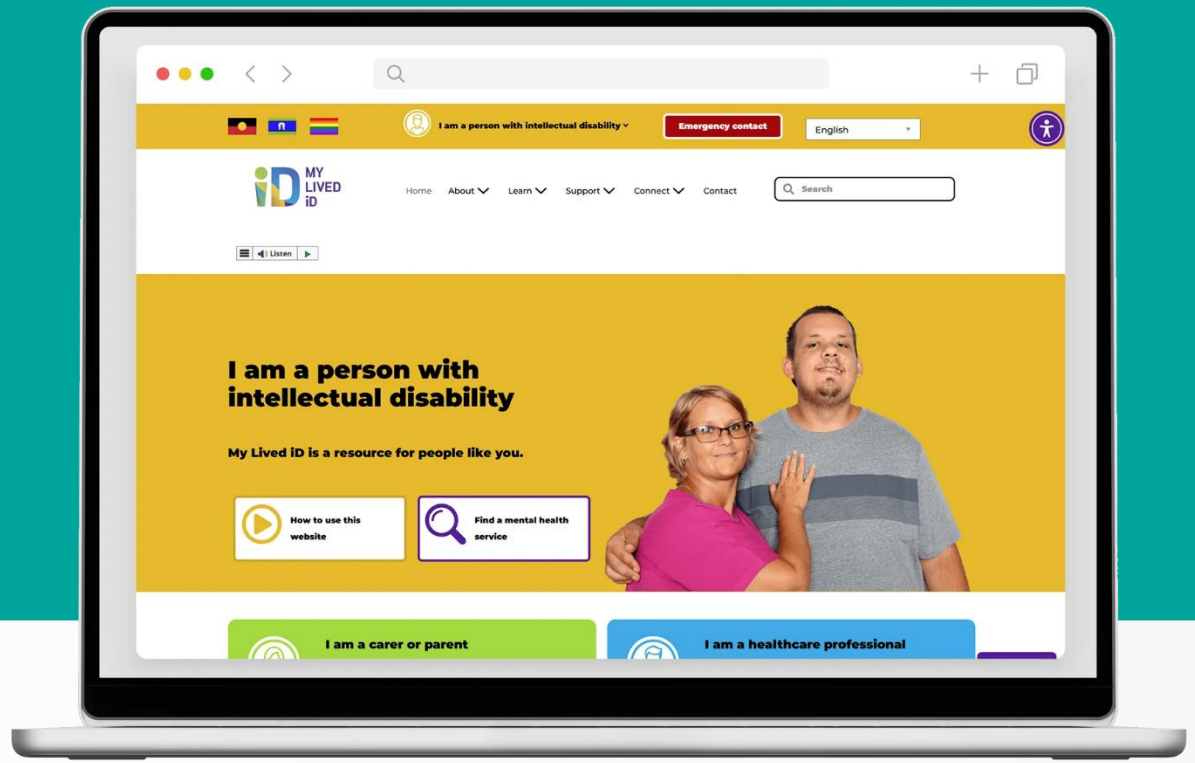
MY LIVED iD

A HUB FOR INTELLECTUAL DISABILITY



Centre for Developmental Disability Health, Monash Health

Melbourne, Australia

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Michelle Templeton, Clinical Senior Developmental Disability Nurse Consultant

Monash Health acknowledges the Bunurong and Wurundjeri Woi-wurrung peoples, the Traditional Custodians and owners of the lands where our healthcare facilities are located and programs operate. We pay our respects to their culture and their Elders past, present and future.

“We acknowledge the individual and collective expertise of those with a living or lived experience of disability. We recognise their vital contribution at all levels and value the courage of those who share this unique perspective for the purpose of learning and growing together to achieve better outcomes for all.”

My Lived iD Project

My Lived iD is a 5-year Project to help people with an intellectual disability find mental health information and support online

Getting the help you need

People with an intellectual disability can find it hard to find mental health support.

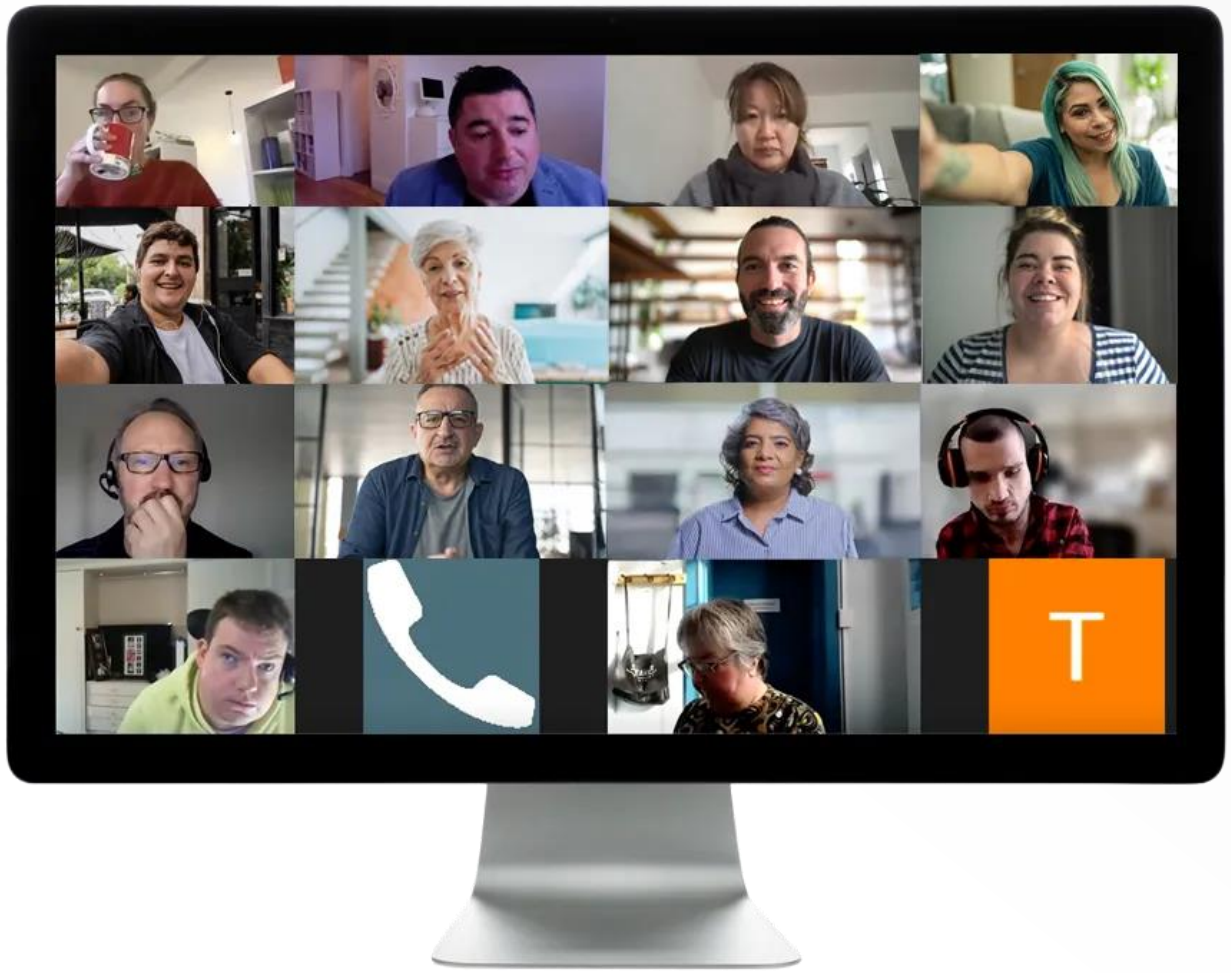
Mental Health support

We got funding to make a website for people with an intellectual disability find mental health information and support.

Co-design - *Nothing about us, Without us*

We came together with people with an intellectual disability and their carers to make the website accessible.

Co-designers in practise



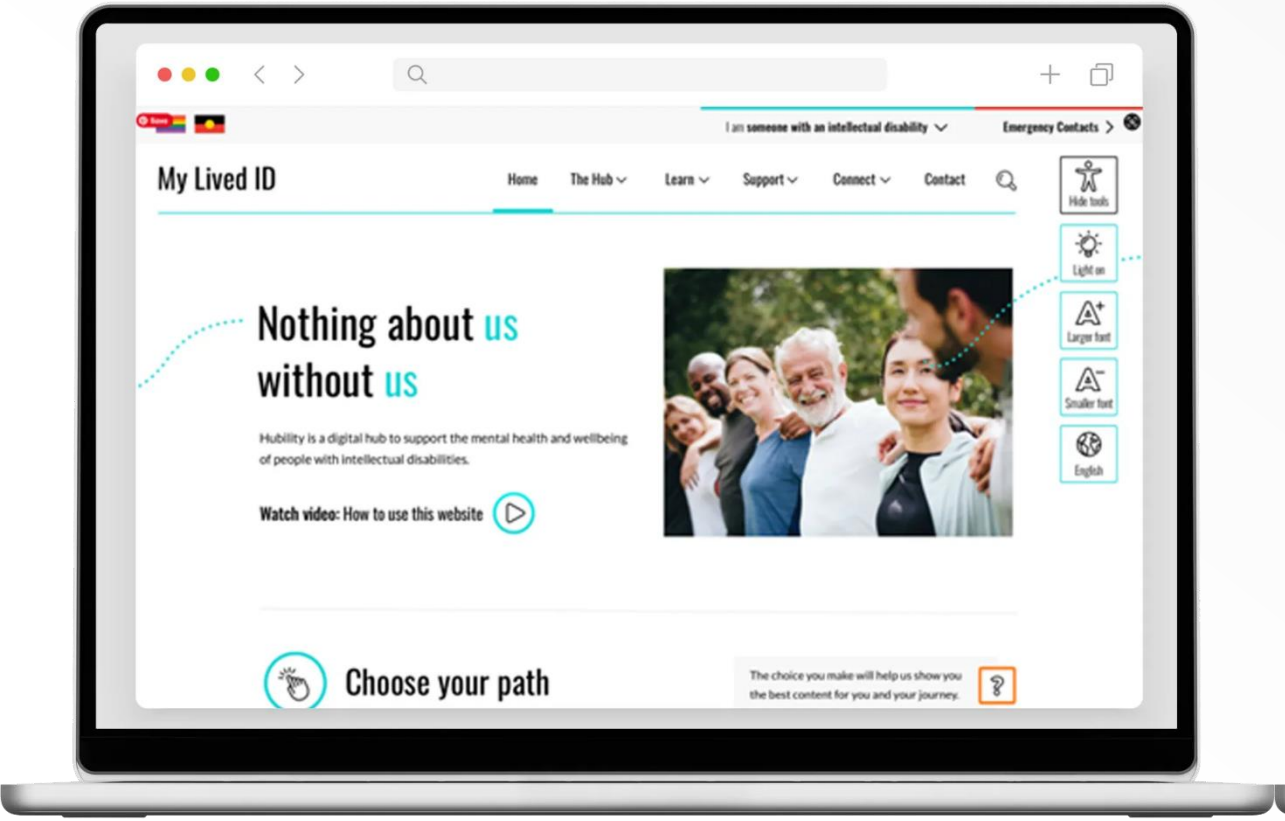
3 Co-design workshops

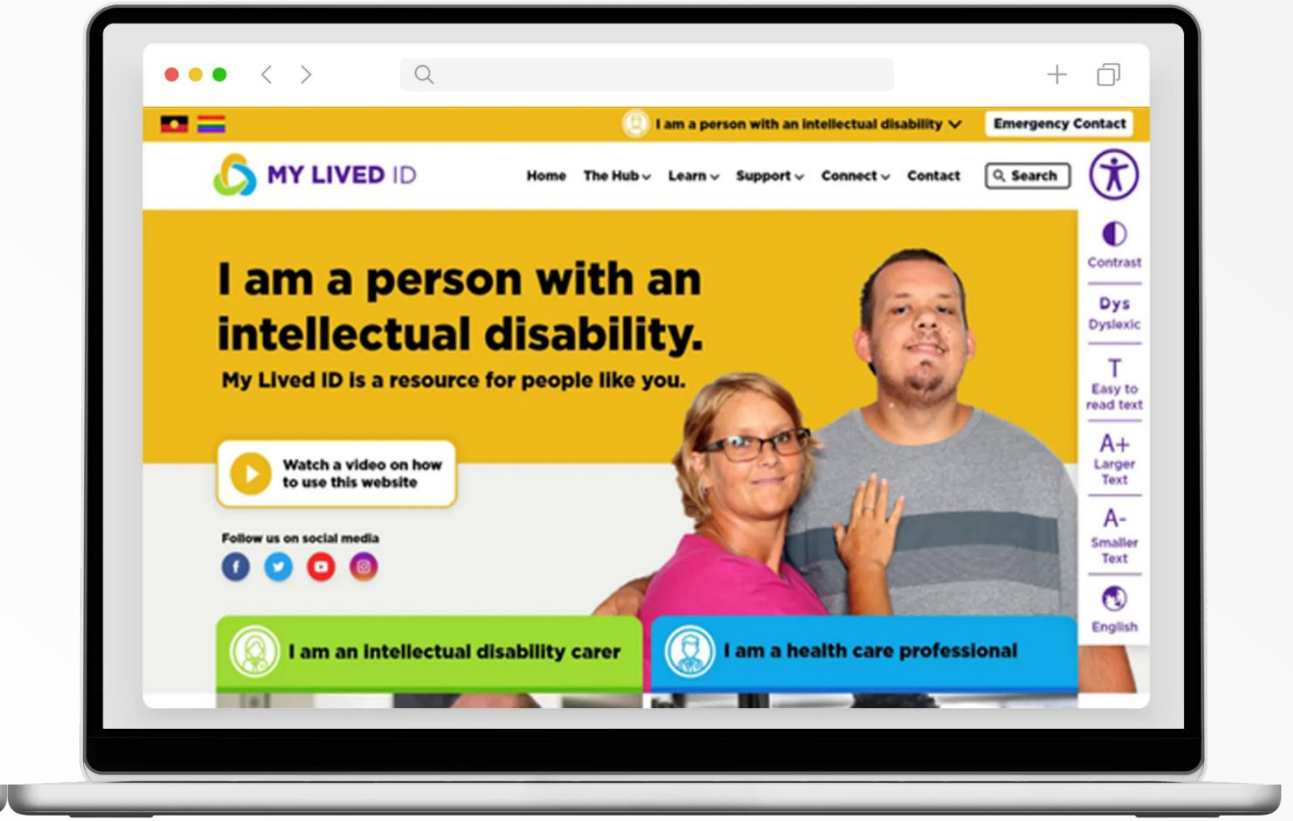
- 10 people with an intellectual disability
- 4 parents of people with an intellectual disability

Steering Committee

- National Disability Peak bodies
- People with an intellectual disability and their carers

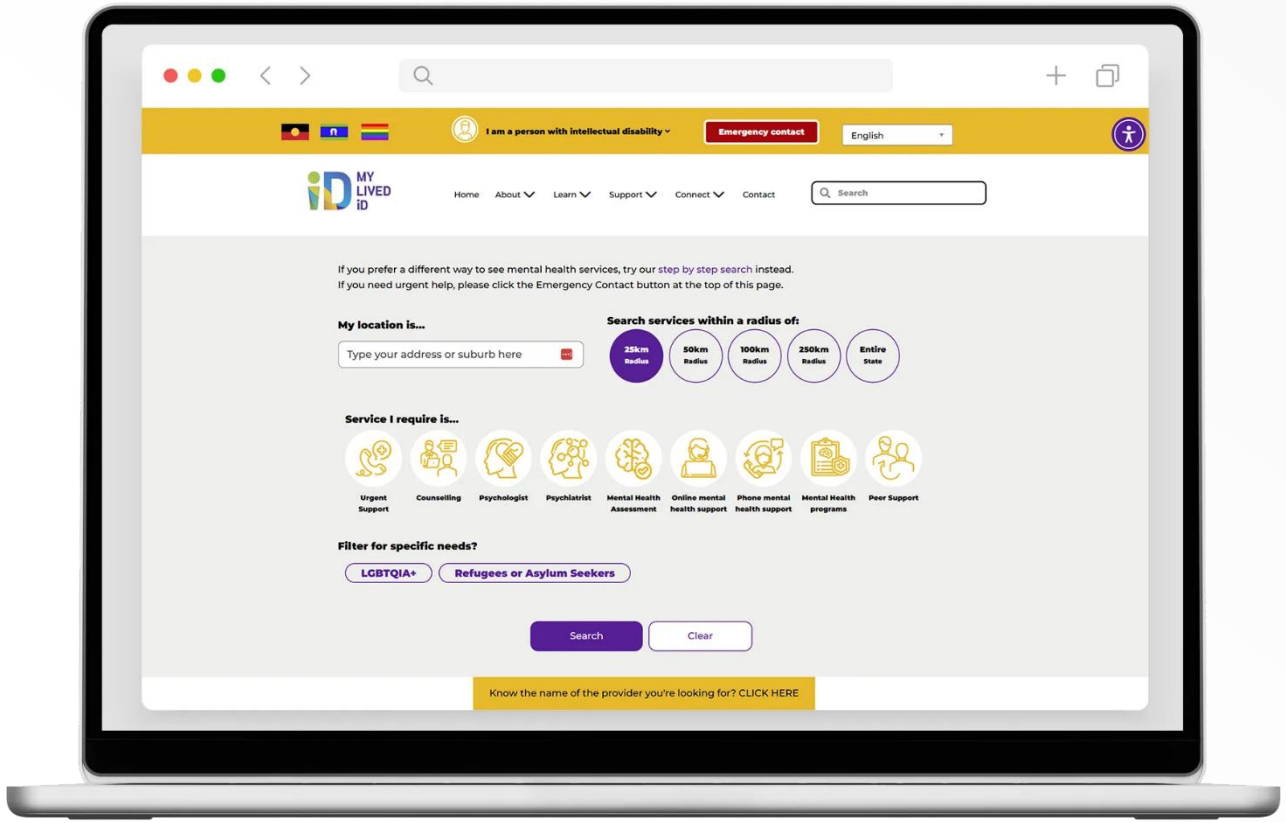
Why co-design is so important





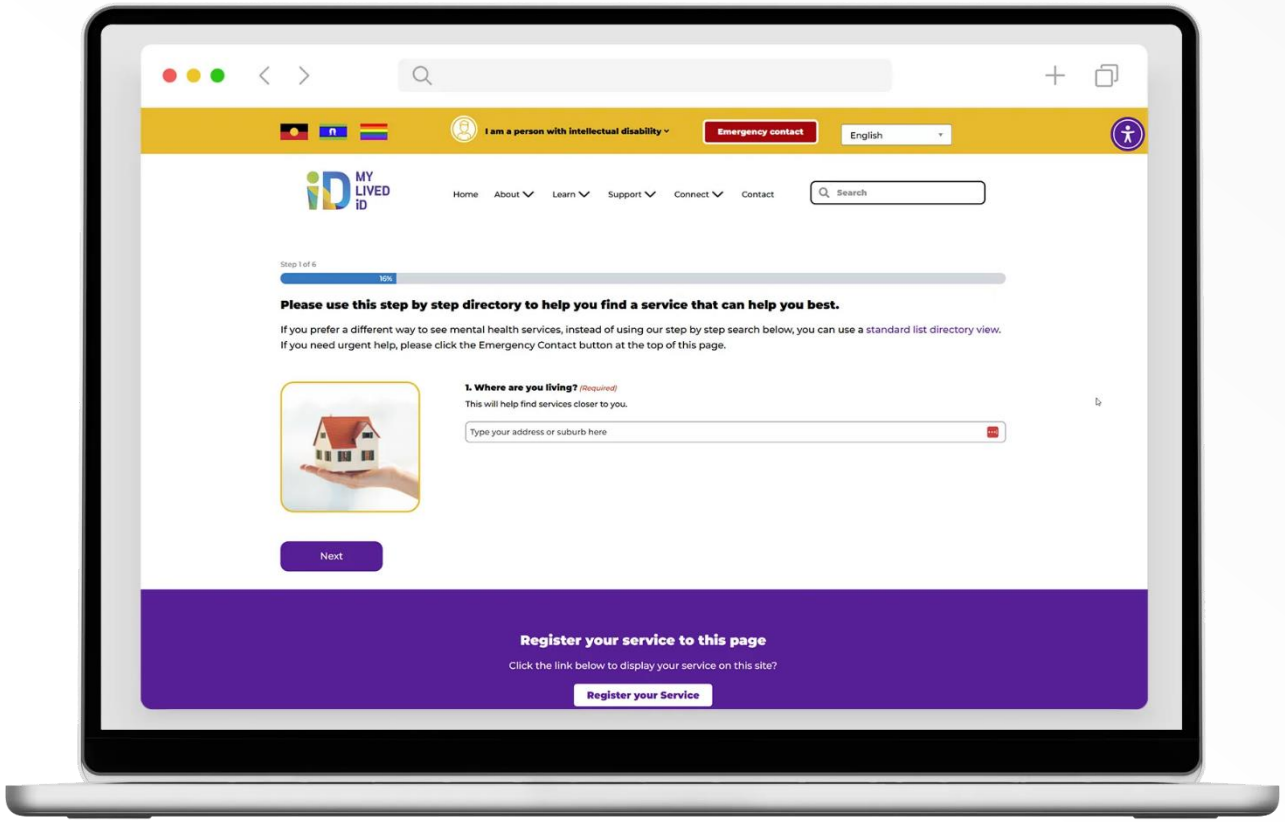
Here's the My Lived iD website

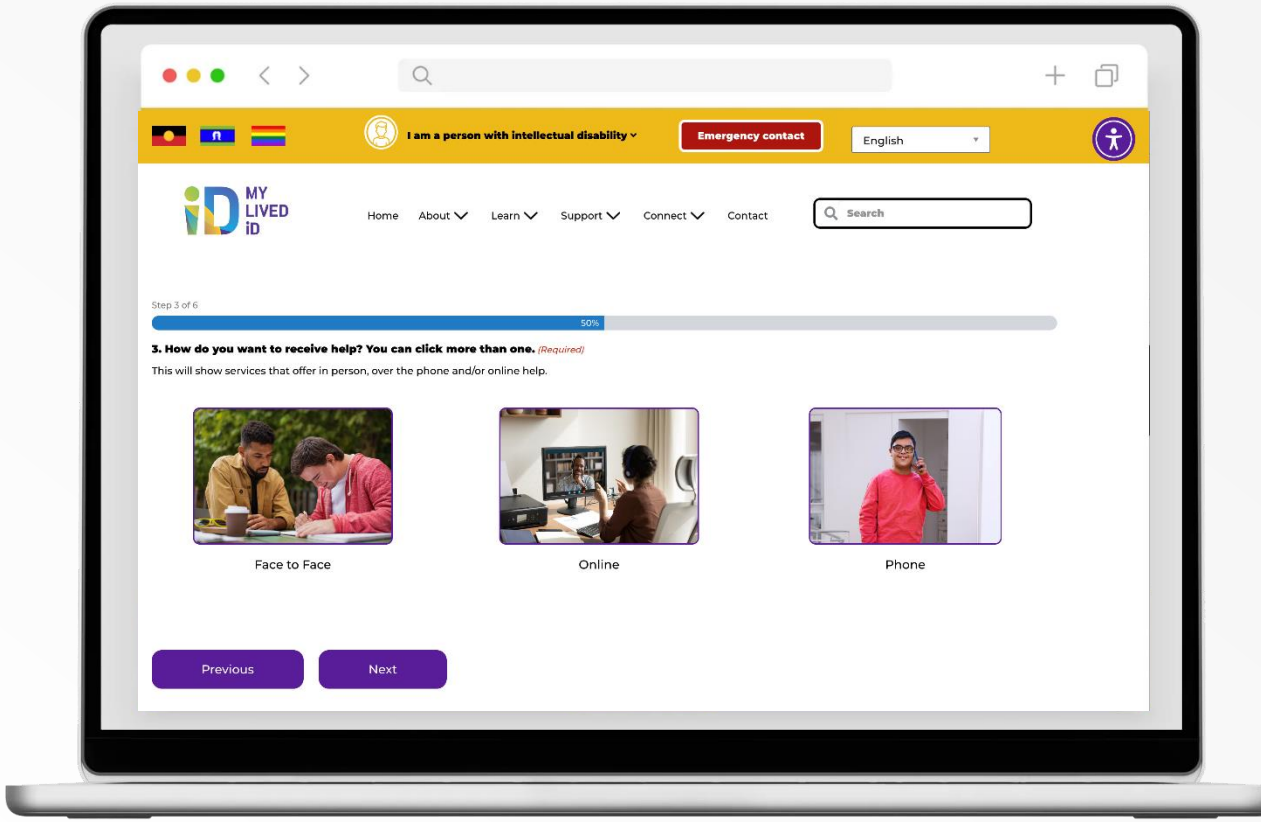
We wanted to keep improving the website



Once the website was developed, we kept listening and making changes to make sure the website was accessible

New way to use the directory





How could we work together to keep the website going?

- Be aware

- We are going to think about how the KEH and My Lived iD might work together.

Questions?