

# My Health Story

Looking forward to the future

**Recording the stories of our personal health journeys.**

In 2017, DHI partnered with Mydex, a community interest company, to investigate how person-owned data stores could be used to help record personal health information. One of the key findings which emerged in this work was the need for people to record health stories which could be easily shared with others to explain their circumstances.

From 2020-2021, DHI funded a Masters of Design project to further develop the health story concept. The project worked closely with people who have multiple chronic health conditions to understand how they wanted to record and share their health stories with others.

**“Navigating one’s way through one’s health is quite a challenge...it’s hard to stay on course.”**

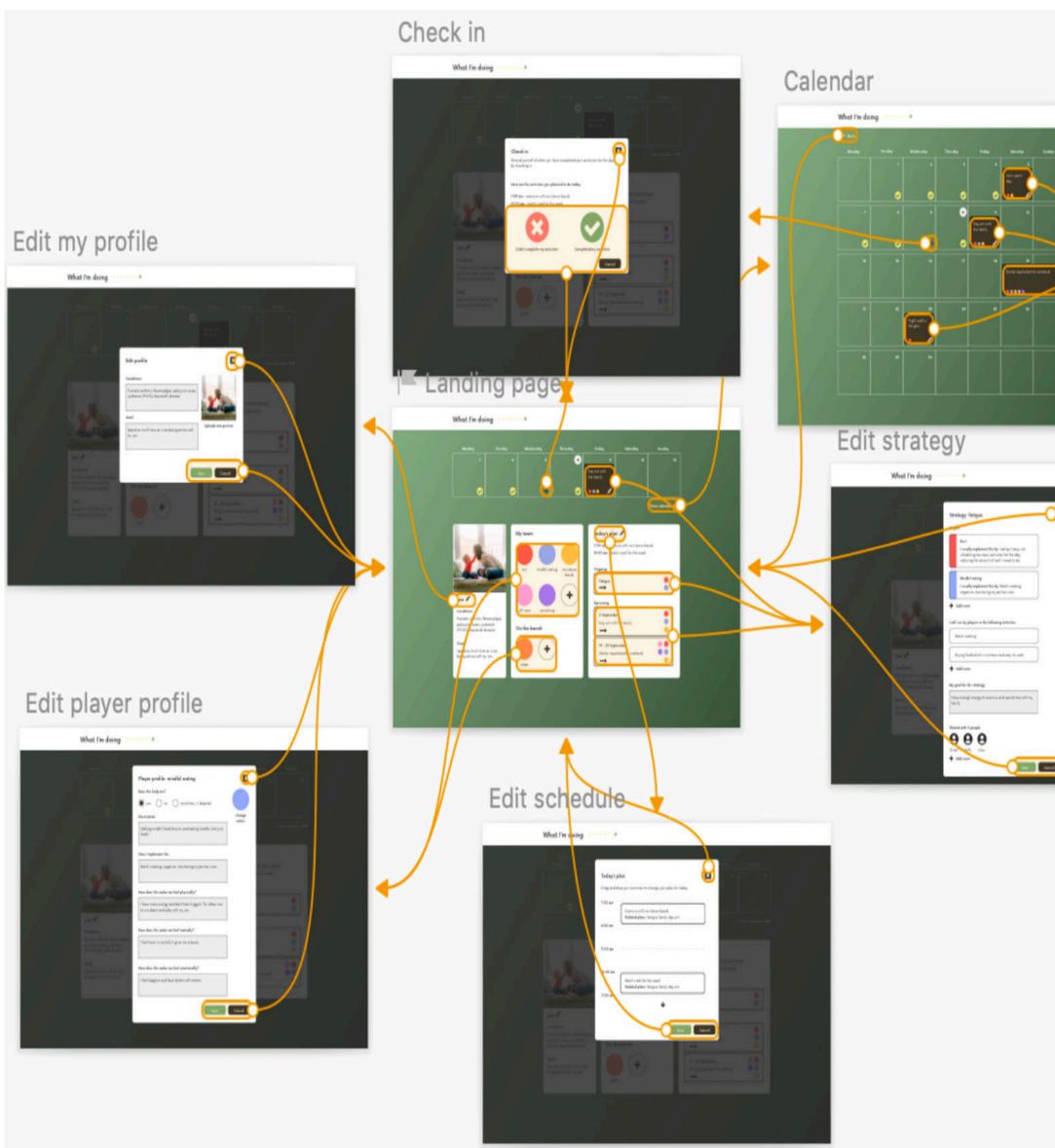
Suffering with depression

Read Edit

Diagnosed with early menopause

When I was diagnosed with MS

*See Me, Hear Me, Know Me: Digital Design for Health Storytelling. MRes thesis, The Glasgow School of Art. Marissa Cummings, 2021*



## Translating Insights into Concepts

In the “See Me, Hear Me, Know Me” project, five participants shared their experiences of having multiple chronic health conditions, the challenges they faced, and the difficulty of conveying these experiences to others.

Working closely with the researcher, they co-designed five interactive, digital prototypes which demonstrate their stories and show each participant’s future vision for a health storytelling tool. The project also developed a set of requirements and design guidelines for creating applications for health storytelling.

In addition to the finished thesis, the findings from the Masters project were published in two different academic journals. The requirements and guidelines are also being used by DHI to further other person-centred digital work.

**“The patient has knowledge, but not power. The doctor may or may not have an unmet need - the need to be better informed and to transform their practice.”**

