Knowing Me app (Easy Read)

What is Knowing Me?

Knowing Me is an app for your phone or tablet.

It keeps important things about you in one place.

It is free to download.

What can I put in the app?

You can put in:

- what help you need;
- your health and your medicines;
- your appointments;
- your important papers, photos and notes;
- the people who help you;
- the things you like.

Who can see it?

Only the people you choose can see it.

You choose what they can see.

You can stop sharing at any time.

How do I start?

1. Get the app from the app store on your phone.
    - iPhone: look for **KnowingMe standard**.
    - Android: look for **Knowing Me**.
2. Make an account with your email.
3. Make your profile.
4. Ask a family member or carer to help you if you need.

How do I share it?

1. Tap **Supports** at the bottom of the screen.
2. Tap **Share access / Add support team member**.
3. Choose the person and what they can see.

Telling people how you feel

Each day you can tap a face to show how you feel.

You can add a voice note or a text note.

Your support team can see it.

Need help?

Email **help@knowingme.com.au**

Or ask someone you trust to help you.