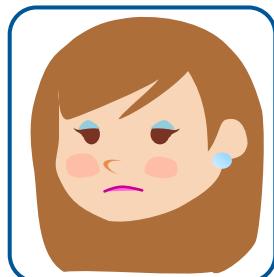


# Meet Millie



**Name:** Millie  
**Country:** UK  
**Age:** 18  
**Area:** urban  
**Life course:** young adult  
**Need:** chronic conditions and social needs  
**Connectivity:** broadband, smart phone

**Internet usage** Low  High  
**Mobile device skills** Low  High  
**Affinity to new tech** Low  High  
**Digital Health Literacy** Low  High  
**Assistance (ICT use)** No  Yes

Millie is diagnosed with autism spectrum disorder (ASD - specifically Asperger's Syndrome) and has a learning disability. She attends mainstream school with a special educational needs unit attached. She lives at home with her mother and younger sister. Her older sister lives nearby.

## ! What's important to Millie

- ✓ Spending time with her sisters, friends, and boyfriend
- ✓ Enjoys pop music, watching musicals; really likes baking
- ✓ Her possessions (make-up, clothes, phone, etc.) – she is annoyed easily when people touch her things

## 🏠 Daily living

- ✓ Can bathe and dress herself but sometimes needs reminders
- ✓ Does not like tidying up
- ✓ Wants her own room since her sister often touches her possessions

## 🧱 Own resources & assets / support

- ✓ Attends school when able and fit
- ✓ Older sister drives her places frequently
- ✓ Has violin lessons and band practice on Saturdays
- ✓ Very close to mom and sisters
- ✓ All friends live close to school (home is 3 miles away)

## 📅 Events, issues and personal concerns

- ✓ Aggressive outbursts
- ✓ Worried about being teased for being fat
- ✓ Lack of self-care
- ✓ Would like to be a chef, own a house and start a family but does not know where to start

## ❤️ Health concerns

- ✓ Attention deficit hyperactivity disorder (ADHD)
- ✓ Asperger's - difficulties in social interaction; repetitive patterns of behaviour/interests
- ✓ Overweight, possible diabetes
- ✓ Episodes of echolalia: repetition of noises / phrases (psychiatric disorder symptom)

## 📋 Health tests

- Annual health check with GP, including:
  - ✓ Behaviour & mental health review
  - ✓ Medication review
  - ✓ Physical examination
- ✓ Review of Child and Adolescent Mental Health Services
- ✓ Speech and language intervention

## 💊 Treatment: medications, therapies, etc.

- ✓ Regular mental health 1:1 support
- ✓ ADHD Medication for 8 years
- ✓ Speech and language through school

## 💬 Care professional concerns

- ✓ Risk of getting pregnant - she has a long-term relationship and needs to consider contraception.
- ✓ She might need education on sensible alcohol consumption.
- ✓ Transitioning into adult speech and language services
- ✓ Having spells in respite care due to her mum (carer) needing breaks

## Unmet needs

- (1) Millie wants to live an independent, fulfilled life while receiving support in coping with her conditions. She would like to have a supported living accommodation which reflects her ability to use technology, e.g. development of smart homes for people with learning and/or physical disabilities. It should enable her to adhere to the medication which currently her mum looks after.
- (2) She wants to interact with other young adults with learning disabilities, through social activities and living arrangements.
- (3) Millie requires education on key topics (birth control and sexual health, alcohol consumption).
- (4) Millie needs to be monitored for diabetes, as she is significantly overweight.
- (5) Travel independence – for example, driving simulations to assess car ownership after passing a driving test.

*This persona was developed by Leo Lewis, IFIC, Donna Henderson, TEC & Digital Health & Care Innovation, Scotland, and Michael Strübin, PCHAlliance with the kind support of the WE4AHA Blueprint and expert team.*

