PRODUCT PREVIEW

Begin where you are



MAKE A LITTLE MORE ROOM

Pia is being developed to help you organise your thoughts, choose a manageable next step and return to your own practical goals.

Find a useful focus

Reflect on where you are, what matters and what you would like to change. Use your own priorities.

Make a manageable plan

Identify support, obstacles and small actions. Keep a Life Plan you can review and adjust.

Understand information you receive

Explain unfamiliar terms in documents from a clinician or pharmacy and prepare questions for the appropriate professional.

Return at your own pace

Pause, skip, revise or continue. Progress need not mean a streak, score or comparison with someone else.

- “Help me make a realistic plan for the next month, starting with one thing I can change.”

Learning with Pia >

Privacy and control >

DEVELOPMENT STATUS

Wellbeing assistance is in development and is intended for practical organisation and preparation. Medical diagnosis, treatment and medication changes belong with a qualified clinician.