



My Day

A free, calm view of the day — the time, the day, and what's next

When a day slips out of focus — the date, what happens next, whether someone is coming — a calm screen can help. My Day answers one gentle question, “what’s happening right now?”: the greeting, the time, the day and date, where you are, and what’s on now and next.

WHAT IT DOES

- One calm screen — a greeting by name, a big clock, the day and date, and where they are: **“Good morning, John. Today is Thursday. You’re at home.”**
- **“Right now”** and **“next”** shown large, with the whole day laid out in order and a small **needle that tracks the time** down the schedule.
- Steady extras: **reminders the carer writes** (where the keys are kept, say), an optional read-aloud, and a little companion that changes with the hours.

PRACTICAL

- **Free.** No sign-up, no account, nothing to install — it opens in a web browser.
- Works on a **phone, tablet or computer**, offline once it’s open, and can be added to the home screen.
- **A carer sets it up:** the name, the place, the day’s plan and the reminders — with bigger text, high contrast, a seeing-side layout, or read-aloud.
- **Six languages** — English, French, German, Spanish, Italian and Polish.
- **Private by design:** it stays on the device — no account, no data sent to us. A browser’s “online” voice sends the read-aloud text to that voice’s provider, as any read-aloud does.

WHAT IT ISN'T

It’s a calm way to see the day, not an alarm, a medical reminder or a care service. It doesn’t set alarms, send messages, remind anyone about medicines, or track where someone is — and it replaces nothing already in place. A pill organiser, a care visit or a personal alarm stays exactly as it is.

WHO IT’S FOR Anyone who finds the day harder to hold onto — after a stroke, with dementia or memory changes — and the families and carers beside them.

Knowing what day it is, and that someone is coming at two — small certainties can steady a whole afternoon.

OPEN IT, FREE

valoraparentis.com/my-day

An early prototype, shared openly. If you try it with someone you support, we’d be grateful to hear what would make it better.

