



# My Phone

*A calm, simple home screen — big buttons, familiar faces*

When a phone or tablet becomes a maze of icons, it can be easier to put it down than to use it. My Phone sits in front of the busy home screen as one calm grid of large buttons — the people to call shown by their photo, the camera, the photos, a simple “Today”, and one Help button. The buttons stay in one place, so the same tap does the same thing.

## WHAT IT DOES

- **Familiar faces, not icons** — the people to call are shown by photo, and **tapping a face speaks the name aloud**. The buttons stay in the same place, so the same tap does the same thing.
- **Everything in one place** — a camera, the photos, and a simple “**Today**” view that shows reminders one at a time, rather than a crowded list to scroll through.
- **A Help button that calls one person** the family chooses, an optional plain dialler for any number, and buttons that can open the companion **My Voice** and **My Day** tools inside it.

## PRACTICAL

- **Free**. No sign-up, no account, nothing to buy — it opens on the phone or tablet the person already has.
- Works on a **phone or tablet**, keeps working **offline**, and can be added to the home screen as an icon.
- **A carer or family member sets it up**: the photos, the people to call, the reminders and the one Help contact — then hands it over ready to use.
- **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 free resource a home-care team or retirement village can share with residents and their families.

## WHAT IT ISN'T

It's a calmer way to use a phone, not a medical or emergency device. The Help button calls one person the family chooses — it does not reach 999 or any emergency service, and it doesn't replace a pendant alarm, a care line or a care service. Whatever is already in place stays exactly as it is.

**WHO IT'S FOR** Anyone who finds a phone or tablet harder to follow — with dementia or memory changes — and the families, carers and care teams beside them.

When every button stays put and each face has a name, a phone can feel familiar again — and a familiar phone gets picked up.

OPEN IT, FREE

[valoraparentis.com/my-phone](https://valoraparentis.com/my-phone)

An early prototype, shared openly. If your team or village tries it with a resident and their family, we'd be grateful to hear what would make it better.

