



## What is PlaNet?

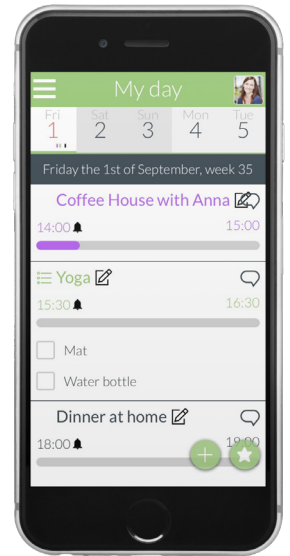
PlaNet is a digital support tool, that helps teenagers and adults creating structure in their daily life and strengthening communication with their network.

PlaNet stands for Plan + Network, and the purpose is to activate the user's network, to improve the quality of their everyday life. Experience shows that it also strengthens the user's ability to become more independent and self-sufficient.

## The user

The typical user of PlaNet will often recognize one or more of these:

- Is adult (18+) or on their way to become one
- Wants to take control of their own life
- Lacks initiative
- Easily loses overview
- Has problems staying focused
- Is motivated by small messages of recognition
- Doesn't want to use a support tool, that looks like an aid



*I bring PlaNet with me everywhere I go, and schedule everything there: school, meetings, homework and chores. Everything I feel the need to include.*

*Now I am the one with the overview. I know what to do, in which order, and I can coordinate my daily life myself.*

Helene Maria Pedersen  
19 years old, Asperger

## Creates coherence

The method is a week plan that provides great overview. The week plan can be shared, and all support persons have access to the same information. This assures an active and coherent effort, all while saving time on planning and coordinating, which frees resources and enables a better pedagogical focus.

## Support aid

PlaNet is used as a disability aid for persons with cognitive dysfunctions, e.g. autism, ADHD, dementia and acquired brain damage.

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