

Understanding Zoe

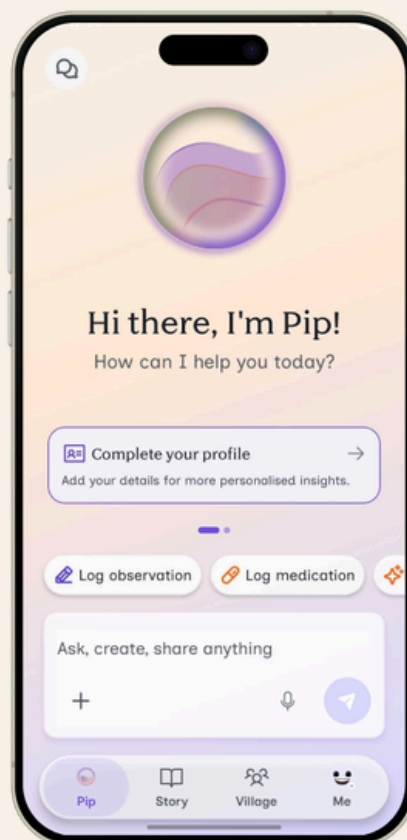
To understand, and to be understood

You're holding so much in your head.
We lighten the load for neurodivergent life.

Track sleep, medication,
energy & mood

Private and secure,
hosted in Australia

Keep every note,
document and observation
in one place



AI Chat, available 24/7 with
evidence-based insights

Invite your support circle



Try for free!

To learn more, visit:

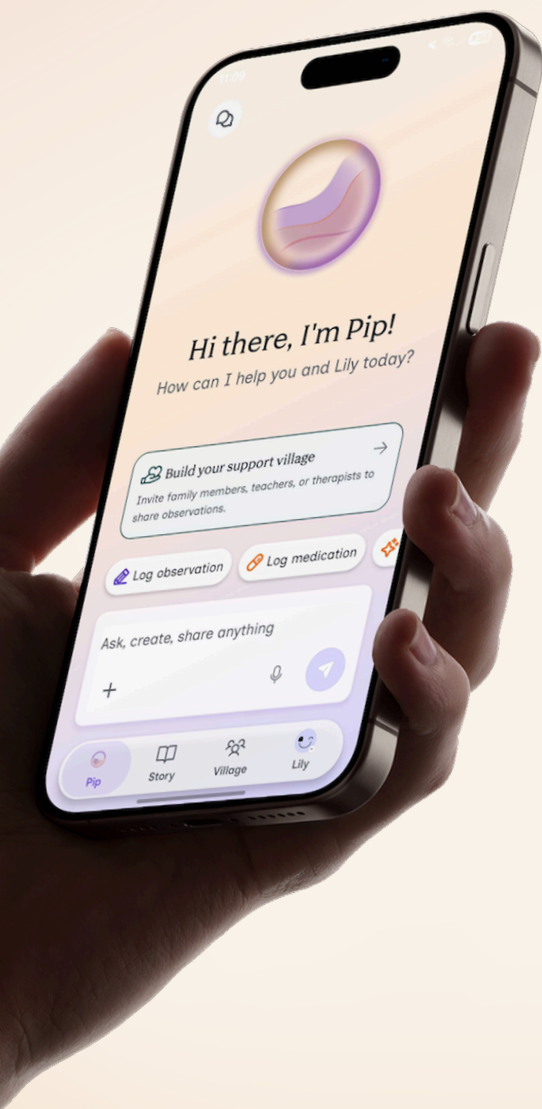
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Understanding Zoe

To understand, and to be understood

✦ 7-day Free Trial



How to install the app

1. Scan the QR code below with your phone camera.
2. Tap "Download app" and let it install.
3. Open the app and create your account. It takes a minute.
4. Tell us a little about you so that support can be tailor-made.

...That's it. You're in!



scan me !

The tool for every neurodivergent person,
and everyone beside them :

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To understand, and to be understood

You're holding so much in your head.
We lighten the load for neurodivergent life.



- ✓ Keep every note, document and observation in one place
- ✓ Track what's actually helping
- ✓ Share with your village: you control what they see
- ✓ Get plain-language and evidence-based insights
- ✓ Private and secure, hosted in Australia



Try for free!

To learn more, visit:

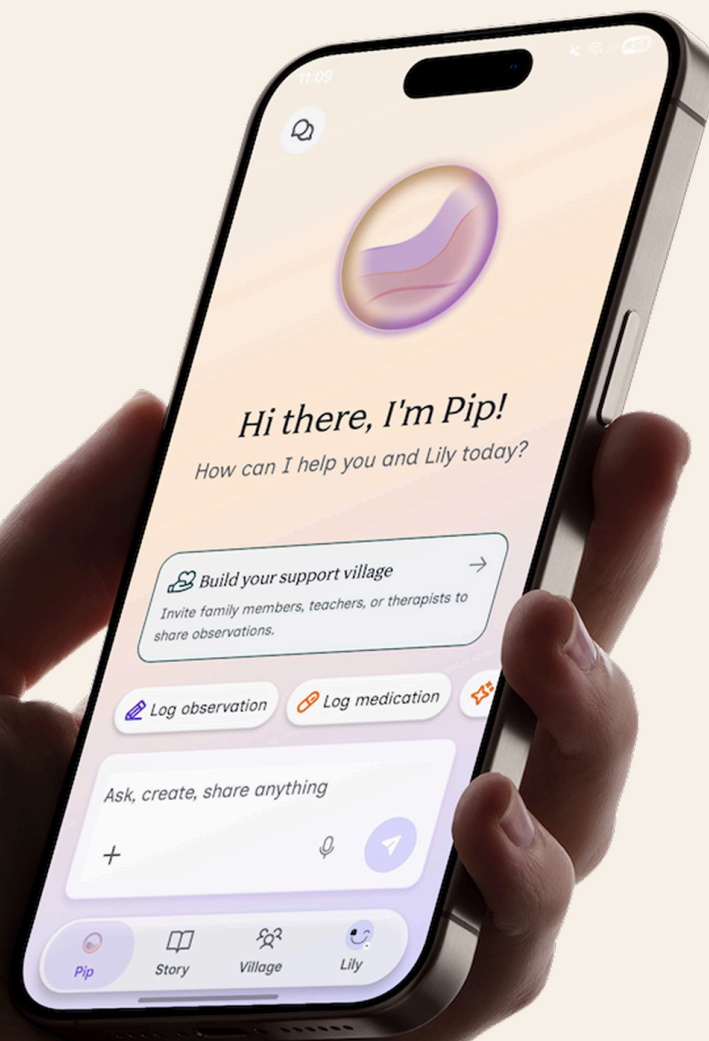
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try for free !





Too loud.



The world can be a lot.

Understanding **Zoe**

To understand, and to be understood



Wrong socks.



The seams decide the day.

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To understand, and to be understood



Beige food. Again.



The safe list keeps shrinking.

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To understand, and to be understood



A nightly battle.



Easier said than done.

Understanding **Zoe**

To understand, and to be understood