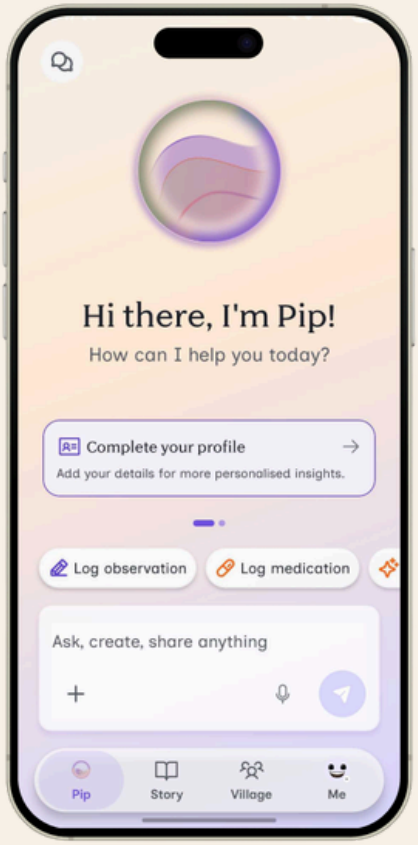
UnderstandingZoe

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



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

Keep every note, document and observation in one place

Invite your support circle

Try for free!

To learn more, visit: understandingzoe.com

Social Traders CERTIFIED SOCIAL ENTERPRISE Business for good

ISO/IEC 27001:2022 CERTIFIED

WINNER '25

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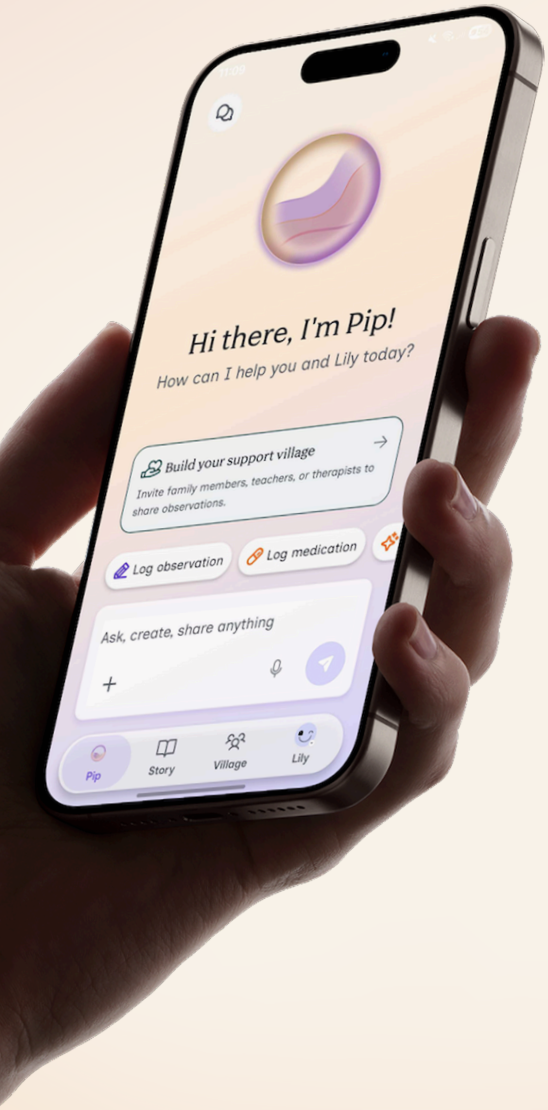
7-day Free Trial



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 :

understandingzoe.com

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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!

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A tool for every neurodivergent person,
and everyone beside them.

try for free !

try for free !

Too loud.

The world can be a lot.

Understanding Zoe

To understand, and to be understood

try for free !

Wrong socks.

The seams decide the day.

Understanding Zoe

To understand, and to be understood

try for free !

Beige food. Again.

The safe list keeps shrinking.

Understanding Zoe

To understand, and to be understood

try for free !

A nightly battle.

Easier said than done.

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