

# ***Creating a Pregnancy Decisions App for People with Developmental Disabilities***

## **Project Summary**

### **What is this research about?**

We want to make an app that people can use to make decisions about getting pregnant or not getting pregnant. The app will work on a computer or smart phone. The app is for people with developmental disabilities; for example, intellectual disability or autism. We are using research to help make sure we design the app right. Part of that is including people with disabilities in the research to design it. The project will last for five years.

### **Why is this research important?**

There are no apps to help people with developmental disabilities make decisions about pregnancy. People with disabilities have told us they would like to be more supported and included to make these decisions for themselves.

### **Who is leading this project?**

Dr. Willi Horner-Johnson from Oregon Health & Science University is leading the project.

The team also includes scientists from:

- Oregon Health & Science University
- Portland State University
- Syracuse University

And community partners who:

- are people with developmental disabilities
- are 18-45 years old
- could become pregnant
- may or may not have been pregnant before

### **What are the main parts of the project?**

1. First, we will talk with people with developmental disabilities to learn more about how they make decisions about pregnancy.
2. Next, we will do a survey to learn what the most important things are to include in a pregnancy decisions app.
3. Last, we will make a draft of the pregnancy decisions app. The community partners will give feedback to make the app better. Other people with disabilities will try out the app and give us feedback too. We will keep working until we get it right. We want to make sure the app is helpful and easy to use.

### **What will we get from the project?**

At the end of the project, we will have a phone app that people can use to help make decisions about getting pregnant or not getting pregnant.