

## Digital Resource for Carers (DRC) checklist

Carers UK's **Digital Resource for Carers** platform hosts a wide range of online resources including e-learning courses, information guides and Carers UK's care-co-ordination app, Jointly, to promote wellbeing and resilience in caring. The Jointly app also contains a feature which enables carers to create a plan which can be stored, exported and shared.

Both **Jointly** and **MyBackUp** (accessible from the platform) can help carers create their own contingency plan.

### Here are some steps to help you rollout to carers identified in your practice

- Look at the Digital Resource for Carers to understand what resources it offers at [www.carersdigital.org](http://www.carersdigital.org)

**Sign up for an account** by using your unique code (it will look like this: DPCNXXXX). Enter email address, password, and unique code.

- Ensure all **practice staff know about the platform** and what it offers.
- Make your colleagues aware and **proactively promote** it to carers.
- **Send a text message** with a link to the web address and the unique code to every registered carer.

Here is a sample text: *'If you are looking after someone who is seriously ill, older or disabled, we are making a resource available to carers in the practice. Create an account at [www.carersdigital.org](http://www.carersdigital.org) using this unique code **DPCNXXXX**.'*

- If you communicate with carers by email, also use this message.
- If you have **ticketing information screen**, include a message:  
Looking after someone? Access free support resources for carers at [www.carersdigital.org](http://www.carersdigital.org) (Use code **DPCNXXXX**)

We will provide each organisation with a range of promotional materials including posters to have in waiting room areas and business cards to be made available at the reception desk.

It is important to constantly promote the resources as anyone can become a carer overnight, including those you have contacted before.

**Make sure you do this again and again.**