

Digital Resource for Carers

 **carersUK**
making life better for carers



Digital Resource for Carers

The Digital Resource for Carers allows you to offer the best of both worlds to carers by combining Carers UK's digital products and online resources with your own information, creating a truly comprehensive support resource for carers in your locality.

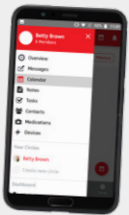
Subscribe to the Digital Resource for Carers and give carers free access to a range of essential online resources delivered on a custom-made, joint-branded platform. Use the platform to promote your own support for carers to create a comprehensive, cost-effective information resource.

The Digital Resource for Carers can support prevention and help carers before they reach crisis point, offering real value for money in tight times.



Help carers:

- Find targeted information
- Build networks of support
- Develop personal resilience
- Manage care more effectively



Jointly
The app to help share and co-ordinate care



E-learning
Online learning to help carers build resilience



Free Carers UK guides
Direct links to the heart of our online information



Your own resources
Add your own information and support resources

Why digital?

Carers UK has been making life better for carers for 50 years. We want to make our experience count by helping organisations like you use innovation to deliver support for carers.

In the changing landscape of health and social care, where demand for care is rising as budgets are being squeezed, the need to find effective and affordable services to improve carers' lives has never been more urgent.

This is why technology has such a vital role to play in supporting carers.

Increasingly, our first port of call for information and advice is online. But it's not just about giving carers information to read – digital tools can be as effective in building resilience as they are costeffective.

Our suite of digital resources will help you make the most of your money and get the best results for carers.

Your Digital Resource for Carers includes:

- A continuously updated, tailored and joint-branded platform hosting Carers UK's products and resources combined with your own information and support for carers.
- An access code which enables carers to create an account and use all the resources on the platform for free as often as they want.
- Joint-branded material to help you promote the Digital Resource for Carers including a leaflet, a poster, template emails and a Rollout Toolkit.



“As budgets get tighter we need to work smarter in reaching out to carers. The Digital Resource for Carers provides a brilliantly cost effective way of doing this.
– John Bangs,
Surrey County Council



Jointly

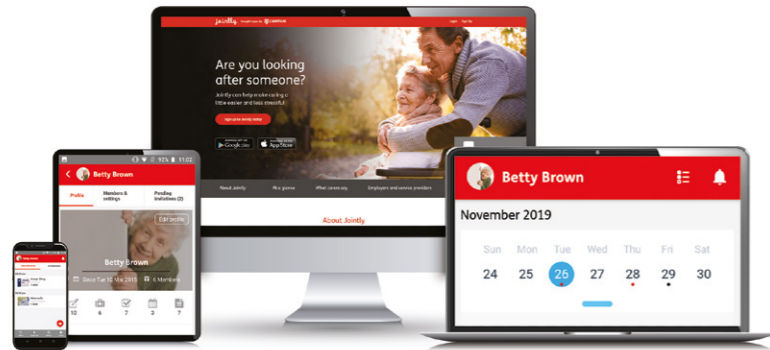
Jointly is Carers UK's mobile and online app designed to help carers share and co-ordinate care.

Jointly works by enabling carers to set up a 'circle of care' around the person they care for. Carers can then invite others involved in providing that care - family, friends, neighbours, professionals - to join the circle so everyone is kept in the loop.

Jointly is available for carers to purchase directly. When you subscribe to the Digital Resource for Carers you can offer the app entirely free of charge.

Whether accessed via smartphone, tablet or computer, Jointly offers:

- A central place to store and share important information
- Simple, intuitive group communication to keep everyone connected.
- Shared calendar, task lists, categorised notes and a medication manager, viewable offline too, to help organise what needs to be done.



“

Looking after someone can be complicated. Jointly helps me stay on top of things and share information easily with everyone involved in the care of my son.

– Julie, carer

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Accessible on:

- iPhone (iOS versions 9.0 and above)
- iPad (iOS 9.0 and above)
- Android devices (versions 5.0 and above)
- most modern web browsers

jointlyapp.com

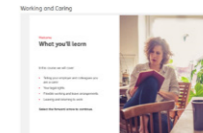
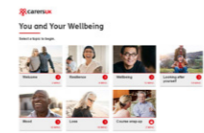
e-Learning

Looking after loved ones is such a vital role to play, both for families and for society as a whole. But without the right support caring can take its toll physically and emotionally, financially and socially.

Our online courses are designed to help carers access advice and information relevant to their situation, find resources and identify sources of support including technology, as well as promote carers' own health and wellbeing.

Accessible from any internet-enabled device, our e-Learning can help carers:

- Build networks of support
- Understand their rights, including their rights in the workplace
- Understand the financial support and benefits available
- Understand the role of technology in supporting care and caring and source technology that can support them
- Understand the impacts of caring on their health and wellbeing and develop strategies to stay healthy, including managing stress and sleep
- Understand the role of nutrition in caring for someone
- Develop strategies to manage time more effectively
- Recognise skills gained through caring



“

The course helped me become aware of issues often overlooked, ignored or taken for granted.

– Louise, carer

”



Accessible on:

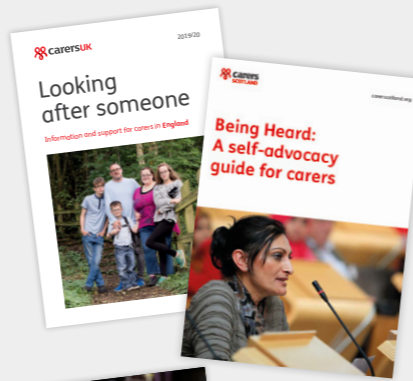
- All standard modern browsers and operating systems
- Computers, mobile devices and tablets with internet connection

Carers UK guides

When you're looking after someone, it is so important to get the right information as early as possible.

Carers UK has created a series of guides to cover key information carers need to know. By putting them all in one place, you can make sure carers can easily find what they need.

- Our **Upfront** guide is designed for those who are new to caring or haven't sought information and advice about caring before. It's tailored so carers can go straight to the most relevant information for them.
- Our **Looking after someone – information and support for carers** is a comprehensive guide to help carers navigate the maze of benefits and entitlements. From financial and practical support to technology and employment.
- Our **Being Heard** guide is designed to help carers speak up for themselves effectively, so they can get the help they or their loved ones need from health and social care services.
- Our **MyBackUp** tool helps you develop a contingency plan for the person(s) you care for.
- Our guide to technology solutions helps carers understand how simple devices and apps can help someone live independently for longer or give them peace of mind when they can't be around.
- Our guides for working carers are designed to help working carers understand their rights at work and the support available inside and outside the workplace.
- Our online help and advice covers the key information carers might need to know – from complex benefit criteria to tips about health and wellbeing.



Case study

Emma Bould, carer

“

I care in the evenings and at weekends for my 74-year-old Grandma who has dementia, and my Grandfather cares for her throughout the day.

Upfront gave us an invaluable summary of what support we are entitled to and what else could help our circumstances. It was simple and straightforward to use, being self-explanatory enough for even my 85-year-old, computer-illiterate Grandfather to use!

After completing it together and reading the personalised summary, we realised my Grandfather is entitled to a carer's assessment. This has allowed him to support my Grandma with

specialised respite care, so he can get a well-deserved break and a weekly game of golf!

We previously assumed that he wasn't entitled to anything, especially as the doctors and people from Social Services that he deals with every day didn't mention he might be entitled to support.

Caring day-in, day-out for my Grandma, dealing with her high support needs and aggressive behaviour, terribly affects both our health – without this small amount of respite that my Grandfather now gets, I believe we would have hit breaking point.

”

“Upfront gave us an invaluable summary of what support we are entitled to and what else could help our circumstances.”



Add your own resources

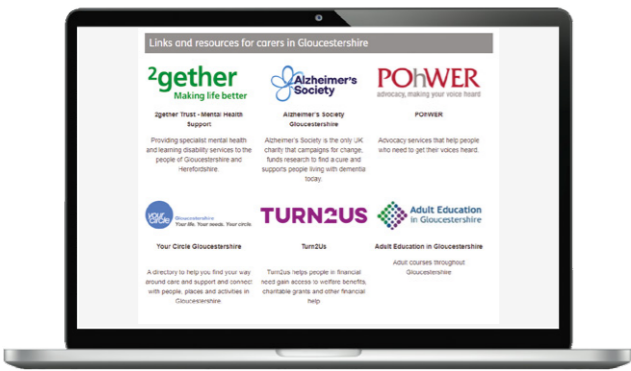
While Carers UK has 50 years of experience in the issues affecting carers, local service providers are, of course, experts in their own areas.

The Digital Resource for Carers allows you to offer the best of both worlds to carers by combining Carers UK information with your own information to create a comprehensive and tailored resource.

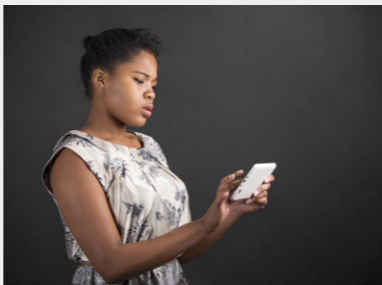
Your joint-branded Digital Resource for Carers platform brings all this information together seamlessly, so carers do not have to waste precious time trawling the

internet – or indeed give up and struggle without the support they need.

Here is an example of Gloucestershire Carers’ Hub own resources which has links to mental health support, financial support, adult education, their local Alzheimer’s Society, an advocacy service and a directory to find different support in the local area.



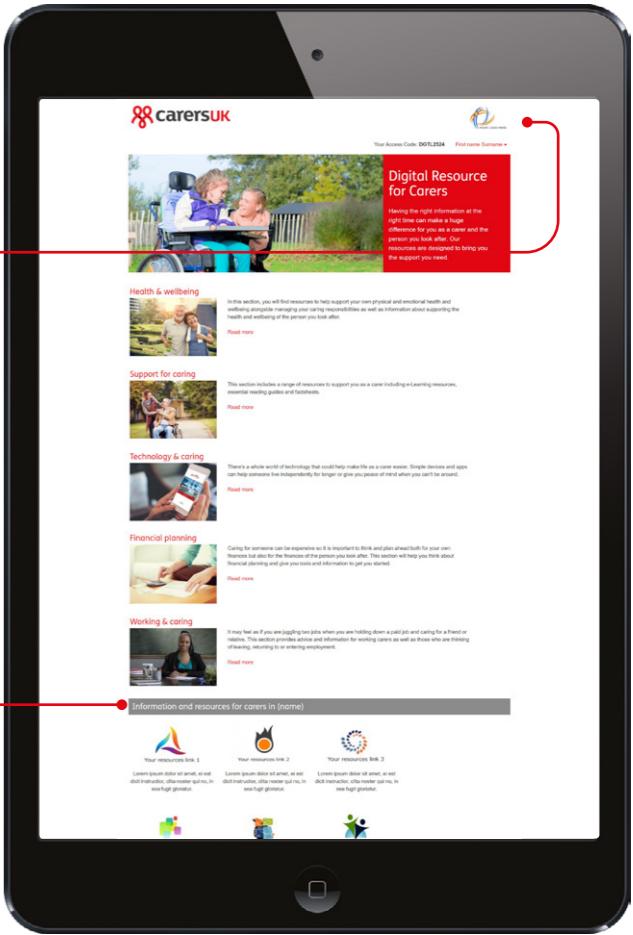
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Doing things online saves me time as a carer. It’s a no-brainer and it makes sense to me.
”
– Lucy, carer



Your logo here

The Digital Resource for Carers is a unique offer. On a single platform, it brings together expert resources developed by Carers UK, alongside tailored information and support from your organisation.

Your resources here



A 360° approach: helping you retain and support working carers

Local authorities are usually one of the largest employers in their locality and in tight times you will be all too familiar with the need to retain skilled experienced staff.

1 in 7 people in every workplace is a carer and this figure is set to increase. Given the stresses and strains that can result from balancing work and caring, it is unsurprising that 1 in 6 carers give up work to care full time.

But many of these employees will be your most valuable staff, the 45-64 year-olds

at the peak of their careers.

By recognising the needs of carers, you can hold on to your experienced staff and reap the rewards of creating a supportive working environment for carers.

Who are Employers for Carers?

Managed and supported by the specialist knowledge of Carers UK, Employers for Carers (EfC) evolved from a pioneering group of employers committed to supporting working carers.

With over 160 members across a range of sectors our key purpose is to ensure that employers have the support to retain and manage employees with caring responsibilities.

www.employersforcarers.org



Employers for Carers 'Umbrella' membership for local authorities

What you get:

- Access to the Digital Resource for Employers, a dedicated and co-branded online platform with resources, guides and practical advice for managers including case studies, model policies, FAQs and tools and tips.
- Our expertise for your organisation, through a free information or strategy session or a popular "lunch and learn" event, and access to additional consultancy and training services.
- Opportunity to share and learn from other employers including at our regular member networking events.

Our 'Umbrella' membership model, designed for local authorities, enables you to extend and share the benefits of Employers for Carers to SMEs and health partners in your locality.



To find out more about our online and digital products
or discuss your specific requirements, email us at
client.services@carersuk.org

carersuk.org/serviceproviders



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