


How to login to Care Companion

- 1 Visit www.carecompanion.org.uk
- 2 Enter your email address and password at the top right of the screen.
- 3 Click on  Login
- 4 You are now logged into Care Companion!

At this point you may receive a phone call to confirm it is you who is logging in, so keep your phone and a pencil and paper nearby. You will be given a login code to type into the box that appears.

You and your information:

Care Companion is a secure service meaning all personal information is stored with the highest level of security on the University of Warwick's computer system. To create an account, we need only your email address, county and a password. If you wish to create diary entries or store personal contacts, you will be asked to provide your phone number. We use this to verify that it is you logging into your account. Care Companion will not share your information nor use it for any other purpose than to confirm it is you logging into your account. You will receive a call with a code number whenever you login to Care Companion from a device or computer that you have not previously used. This means you can be confident that your information is secure. With your permission, your information will be used in a completely anonymous and confidential form for research that will help us improve Care Companion.

Keep a record of your login details:

Email Address:

Password:

Phone:

You are recommended to use your mobile phone number



Care Companion

DEVELOPED WITH CARERS FOR CARERS

User Guide



Coventry and Rugby
Clinical Commissioning Group
South Warwickshire
Clinical Commissioning Group



Care Companion is a free service, supported by the University of Warwick

Supporting you with your
Care Companion experience

General enquiries / contact: carecompanion@warwick.ac.uk

Welcome to Care Companion

Care Companion is a free, simple to use resource developed to support those who care for their loved ones. It has been created by a collaboration between carers and teams from the NHS, local authority, and the University of Warwick.

In one place it offers:

- ✓ An online profile to ensure everything is personalised to your needs.
- ✓ A library of carefully selected resources tailored to your individual care needs.
- ✓ A mood monitor to help you become aware of mood changes over time.
- ✓ A diary to help you document personal feelings and events, record upcoming appointments and resulting notes.
- ✓ Every step of its development has been informed by a panel of experienced carers.

Personalise your Care Companion:

By providing personal information about yourself and the person you care for, Care Companion takes you to resources and information that address your unique circumstances. It helps you manage every aspect of caring as well as your own health and wellbeing.

It saves time, stress and uncertainty caused by searching unaccredited websites and ensures access to information that might make a difference to your life and that of the person you care for.

Personalisation needs safeguards and these are listed overleaf.

Discover how Care Companion can help you. Go to www.carecompanion.org.uk and click on

Find out more

Useful Tip:

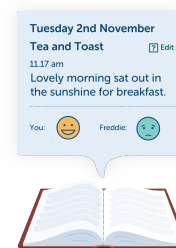
When you first visit Care Companion use the "Show Me" button to show you all of its features.

Show Me 

Care Companion has 4 main areas:

Diary

Keep track of appointments or events



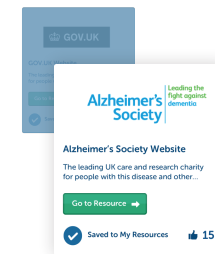
Contacts

Keep contact details in one place



Resources

A library of resources filtered to your personal needs



Mood Monitor

Keep track of your mood in the mood monitor



How to register:

- 1 Visit www.carecompanion.org.uk
- 2 Click on 
- 3 Type in your email address, county, postcode and create a password.
- 4 Validate email address
Go to your email account, click on the link in the Care Companion email that appears. This means we know it is you who wishes to create an account. The link will take you to the login page.
- 5 Complete your personal details by clicking on the 'My Details' option at the top of the page.
- 6 Provide the details of your loved one under the 'Let's get started' tab on the 'My Details' page.

Useful Tip:

To guide how to make best use of the Care Companion you will see question mark signs – click on them for useful advice



My Details

Let's get started