



Care Companion

DEVELOPED WITH CARERS FOR CARERS

MAKING USE OF CARE COMPANION



NEEDS AND ISSUES FOR CARERS

- The need for family care is increasing with the ageing population
- Whilst rewarding, caring can be demanding, emotionally draining and isolating
- Carers may not have the skills or knowledge to give the care that is best for their loved one
- A point often overlooked is the importance of helping carers to look after themselves

DIFFICULTIES FACED BY CARERS OF OLDER PEOPLE

- A lack of information, feeling uninformed
- Low self-confidence in ability to care
- Low trust and confidence in care services
- Little involvement in decision making processes
- Lack of skills to cope with cared-for's health condition
- Preserving own physical and mental health/resilience to sustain caring role



THE STORY BEHIND CARE COMPANION

- Care Companion is a unique personalised online resource, simple to use and accessible at all times
- Designed by a team at Warwick Medical School's Unit of Academic Primary Care, led by Prof Jeremy Dale
- Co-designed with significant involvement from a panel of family carers, with funding and professional input from NHS and local authority managers and health care professionals, Age UK Warwickshire and other voluntary organisations
- Informed by 5 years of in-depth research, so promoting likelihood of effectiveness




CARE COMPANION LAUNCH

- Launched across Coventry and Warwickshire with support from local MPs and the County Council
- Being implemented through NHS (general practice, community nursing, inpatient and outpatient teams, end of life care etc), Social Services, third sector and voluntary organisations
- Being evaluated as part of a major NIHR-funded research project





Welcome to Care Companion

[Show me](#) [Address Book](#) Chris, how are you doing today? 

Happy



Lonely




Ok



Sad



Stressed

[Save](#) No new notifications[Open](#) [To Do List \(5\)](#)

This is more a discussion and a chance for you to discuss your needs as a carer and the needs of the person you care for with your local council. Contact them to find out more.

Look at services to support your mental wellbeing

Have questions? Look at our FAQs

[View More](#)[Create a task](#)[My Diary](#) [Resources](#) 

CARE COMPANION

Profile-driven resources linked to cared-for person's condition(s), location, age of carer, ethnicity etc

Diary

Mood monitor

Address Book

Notifications

The screenshot shows the Care Companion website interface. At the top, there is a navigation bar with the logo and name 'Care Companion' on the left, and links for 'My Details', 'About us', 'Help', 'Glossary', 'Contact', and 'Log out' on the right. Below the navigation bar, there is a search bar with the text 'Search the site' and a 'Search' button. The main content area features a 'Welcome to Care Companion' message with a 'Show me' button. Below this, there are four main sections: 'Address Book' (with an icon of four people), 'Mood monitor' (with a question 'Chris, how are you doing today?' and five mood icons: Happy, Lonely, Ok, Sad, and Stressed, plus a 'Save' button), 'My Diary' (with an icon of a notebook), and 'Resources' (with an icon of a signpost). On the right side, there is a notification bar stating 'No new notifications' with an 'Open' button. Below that, there is a 'To Do List (5)' section with three items: 'This is more a discussion and a chance for you to discuss your needs as a carer and the needs of the person you care for with your local council. Contact them to find out more.', 'Look at services to support your mental wellbeing', and 'Have questions? Look at our FAQs'. At the bottom of the right side, there is a 'View More' link and a 'Create a task' button.



LET'S
GET
STARTED

Welcome to Care Companion

A free online resource for those looking after their loved ones.

Find out more

Try it out

Would you like to join Care Companion? Register:

Register

Already have an account? Log in:

E-mail or username *

Password *

Remember me

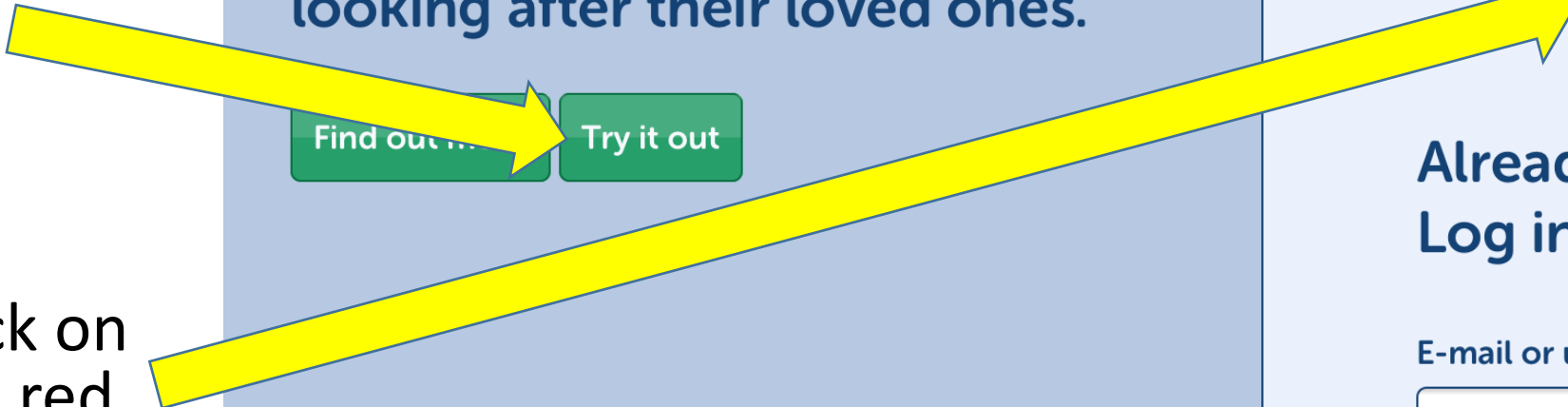
Forgotten password?
Click here.

Log In

Try it out

OR

Click on
the red
register
button



TRY IT OUT

Selecting this option will allow you to navigate the site without registering for an account

Once you tick the accept box and complete reCAPTCHA you must click on the green register button at the bottom of screen

Would you like to try out Care Companion for free?

You can test out the functionalities of Care Companion for free without registering any personal details. You will have access to a range of our resources and be able to create appointments in the diary page. Explore and see if Care Companion can help you.

No personal details needed.

Browse a range of our resources.

Try now for free!



Tick this box to accept the [Terms & Conditions](#) *



I'm not a robot



reCAPTCHA
Privacy - Terms

TO REGISTER

You will need a valid e-mail address

Your region must be within Coventry and Warwickshire

Tick box to accept T&Cs

Complete reCAPTCHA

Would you like to join Care Companion? It's free.

We need your email address and some information about where you and the person you care for live, to allow us to identify services and information that are relevant for you.

My email address *

Region *



My postcode *



Password *



Confirm password *

Password strength:

Tick this box to accept the [Terms & Conditions](#) *

I'm not a robot



reCAPTCHA
Privacy - Terms

REGISTRATION

Remember to click the green Register button at the bottom of the screen once you have completed the registration form

My postcode *

Cv47al



Password *

.....



Confirm password *

.....

Password strength: **Strong**



Tick this box to accept the [Terms & Conditions](#) *



I'm not a robot



reCAPTCHA
[Privacy](#) - [Terms](#)

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

[Register](#)



Welcom



ANNOUNCEMEN

Do you need
provide the s

ANNOUNCEMEN

Mental health
'emotional su
moods and r

ANNOUNCEMENT

Do you have questions about the Care Companion? Visit [FAQs](#) (frequently asked questions) at the top of the homepage to find answers to questions you may have about the Care Companion.



We have sent you an email.

Please click on the link within the email to verify your address.

You need to do this in order to access the features on Care Companion.

Okay, thank you



Not received an email from us? [Click here](#) to have it resent.

Please note that this will cause the previous email verification link to no longer work.



e could

th' and
manage your

VALIDATE E-MAIL

For data protection upon registering you will receive an e-mail to validate your account

Do check your junk, clutter and spam folders



carecompanion, Resource

Fri 31/05/2019 13:31

Inbox; Sent Items

To:



From: no-reply@carecompanion.org.uk <no-reply@carecompanion.org.uk>
Sent: 31 May 2019 13:30
To: carecompanion, Resource <carecompanion@warwick.ac.uk>
Subject: Please validate your Care Companion account

You have created an account at Care Companion

Please validate this account by clicking this link:

https://www.carecompanion.org.uk/authenticate/629/8Qz6eA35_IG-ye3pFSK19KUWXs6U09OEsWIIX7f9810

or copying and pasting it into your browser.

Thanks,
The CareCompanion team.



Please verify your email address

To make sure your account remains private, Care Companion needs to confirm this is your address. Simply enter your password to confirm.

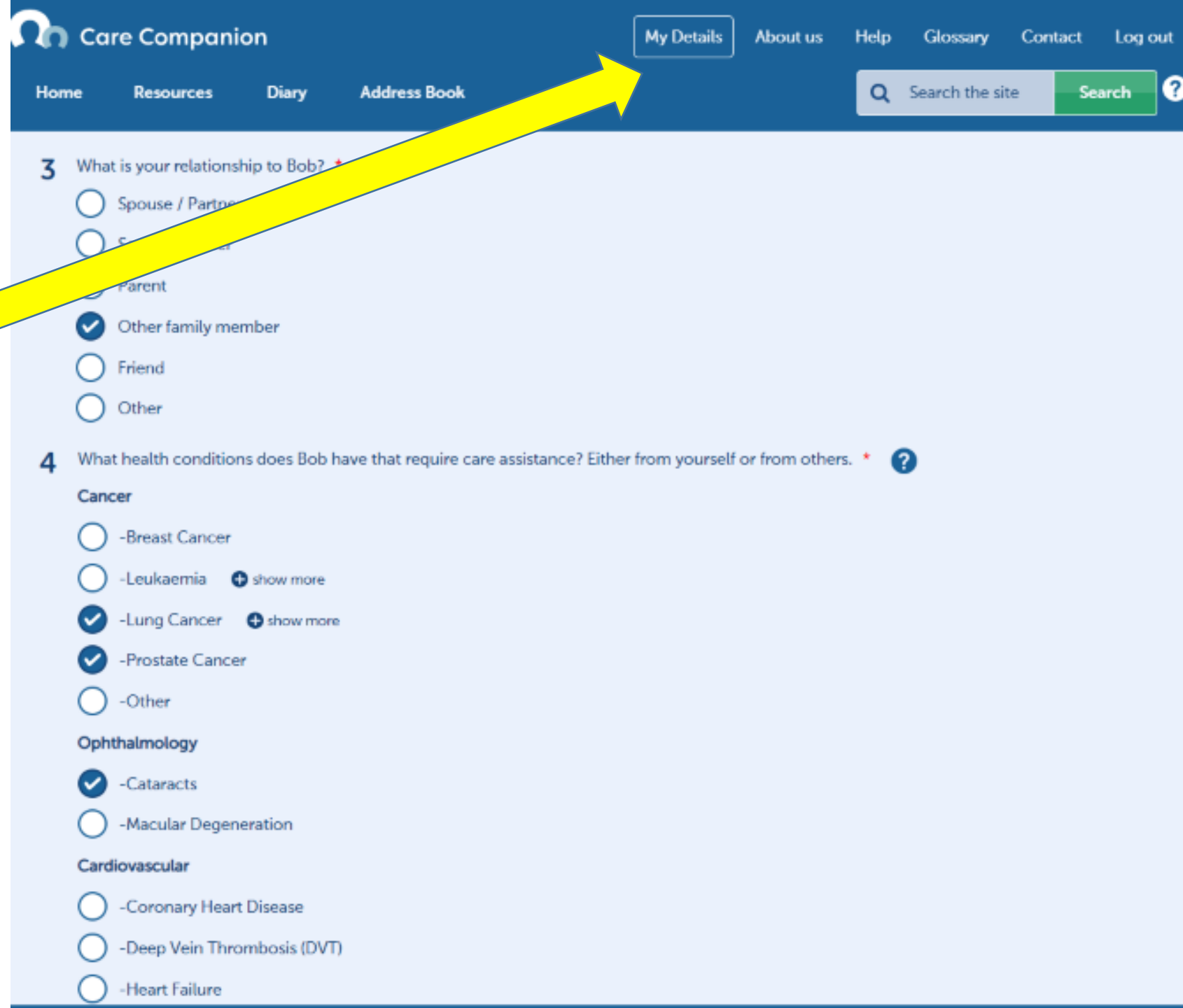
Password *

[Confirm Account](#)

PERSONALISED

'My Details' will ask for your details and the condition/s of the person you care for

This will personalise Care Companion to suit your individual needs





RESOURCES



Address Book

How is Russ doing today?



Happy



Lonely



Ok



Sad



Stress

Resources

In the Resources section you can find articles and internet links that are designed to help you. Click this panel to go to the Resources section.

Back

Next



My Diary



Resources

RESOURCES

Personalised to your individual needs when considering your location and your cared for person's illness

- selected at the time of completing 'my details'

My Resources

[View All Resources](#) →

Listed below are the resources you have saved. To add more resources click the 'View All Resources' button above, and then click 'Save to My Resources' on any resource.



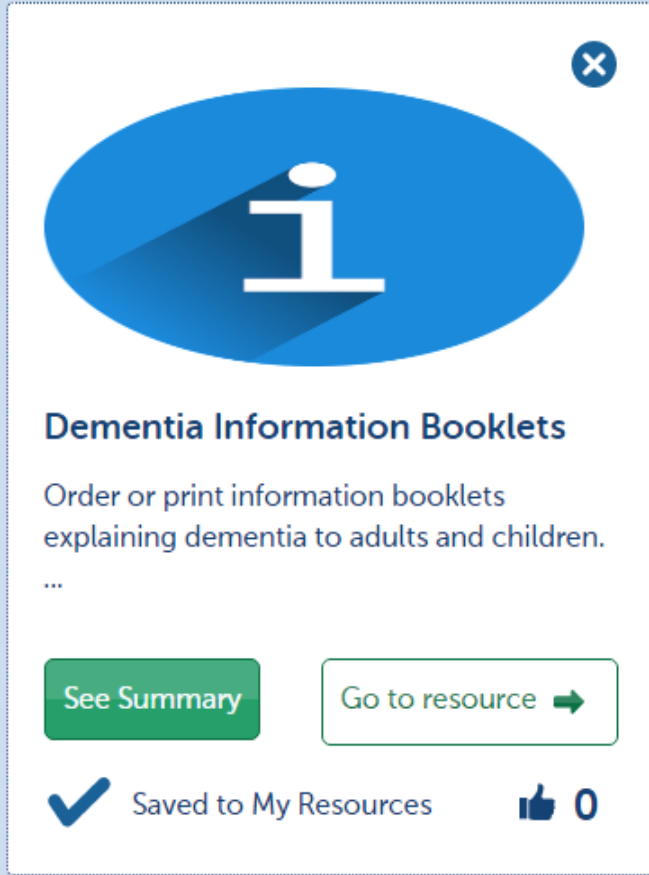
✕


Warwickshire Directory for Carers

A local directory for carers to find organisations, advice, services and support. ...

[See Summary](#) [Go to resource](#) →

✓ Saved to My Resources  1




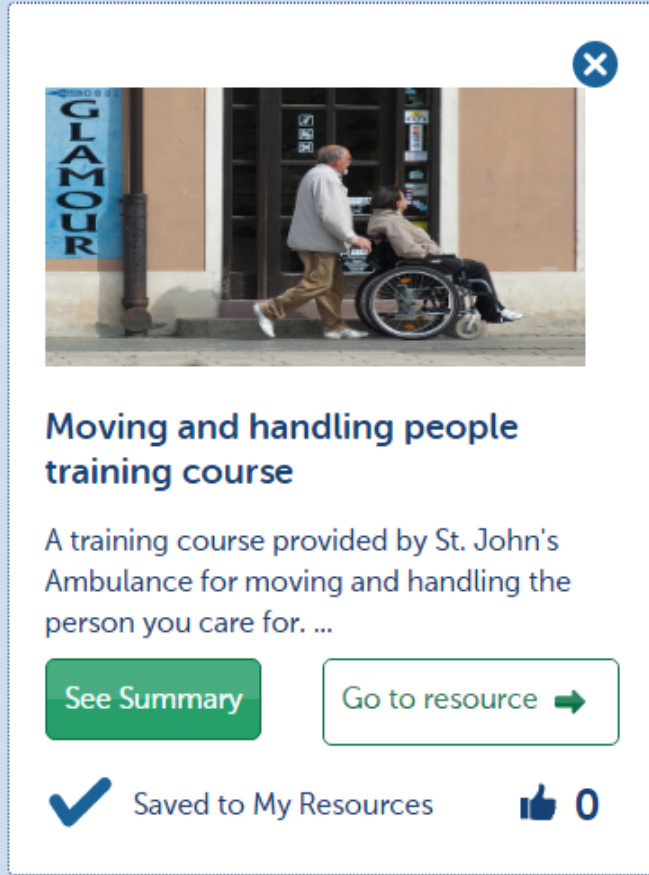
✕


Dementia Information Booklets

Order or print information booklets explaining dementia to adults and children. ...

[See Summary](#) [Go to resource](#) →

✓ Saved to My Resources  0




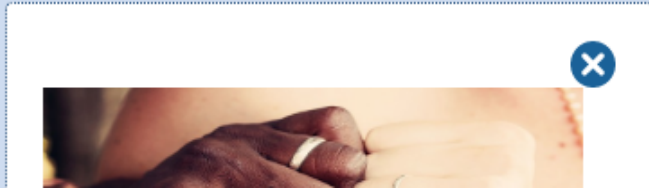
✕


Moving and handling people training course

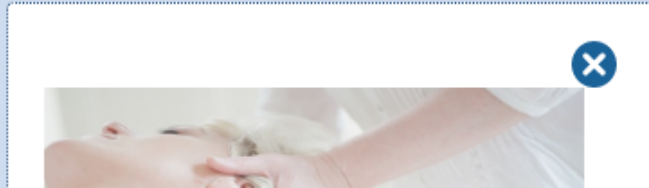
A training course provided by St. John's Ambulance for moving and handling the person you care for. ...


[See Summary](#) [Go to resource](#) →

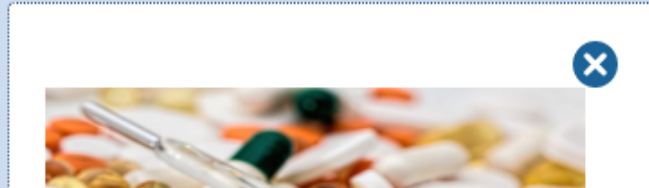
✓ Saved to My Resources  0




✕



✕










✕

MOOD MONITOR

Helps you keep track of your moods and guides you to resources you might find helpful

You can also track the moods of the person you care for

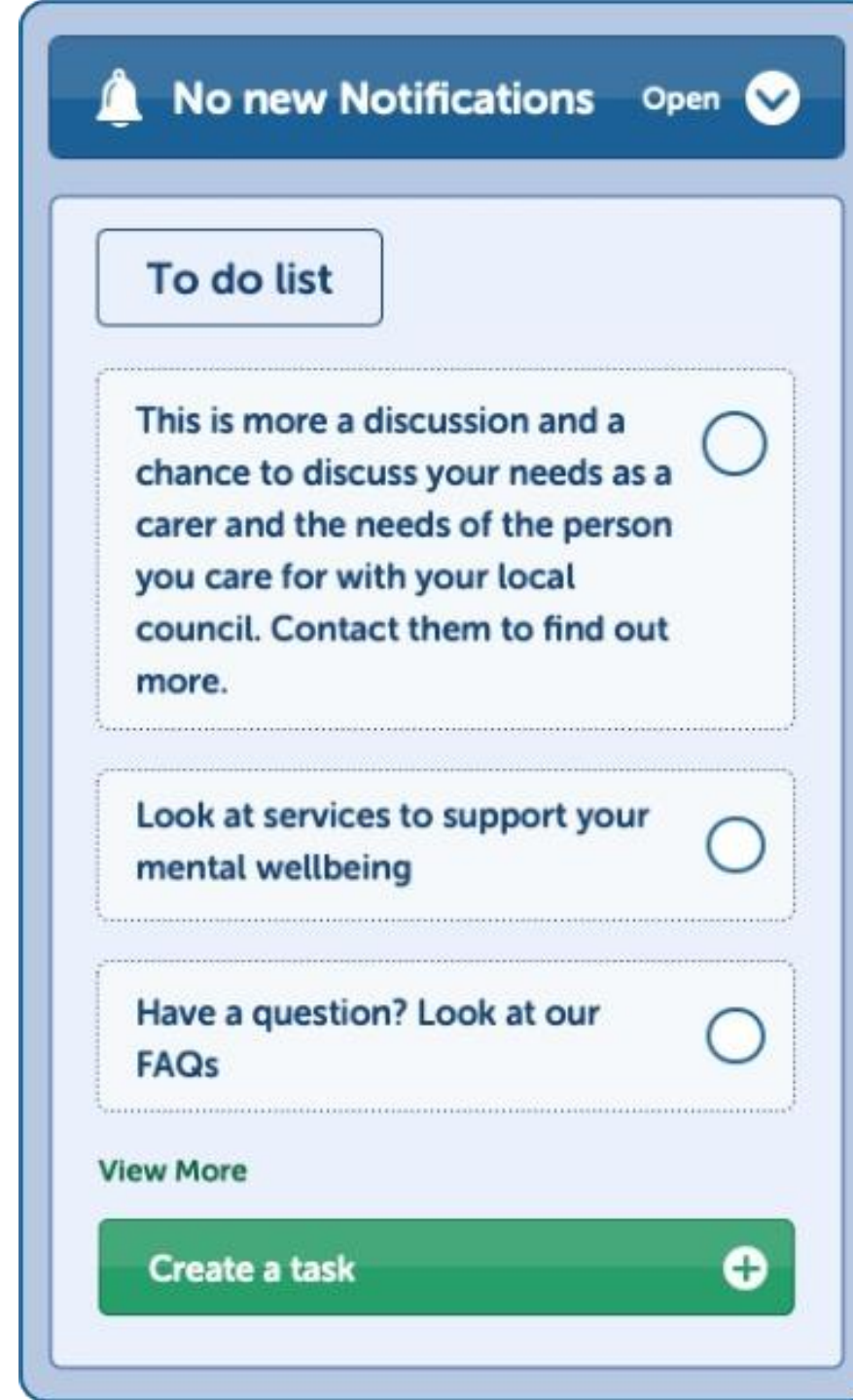
Chris, how are you doing today? 

| | | |
|--|--|---|
|  Happy |  Lonely |  OK |
|  Sad |  Stressed |  |

NOTIFICATIONS

Care Companion keeps you up to date with new resources and things that may help you on a day to day basis

You can set tasks 'to do' as a reminder and tick them off once complete



DIARY

Dedicated area to diarise medical appointments and record results, personal thoughts and significant events

The screenshot displays the Care Companion app interface. At the top, there is a navigation bar with the app logo and the text "Care Companion". To the right of the logo are links for "My Details", "About us", "FAQs", "Glossary", "Contact", and "Log out". Below this is a secondary navigation bar with "Home", "Resources", "Diary", and "Address Book". A search icon is located in the top right corner.

A white popup window titled "Diary" is centered on the screen. It contains the following text: "In your diary you can record anything that is important to you – such as things that have happened to the person you care for, information that you don't want to forget, or how you are feeling! It also keeps a record of your Mood Monitor ratings. Click this panel to go to the diary." At the bottom of the popup are "Back" and "Next" buttons.

To the right of the popup is a "Mood Monitor" section titled "How is Russ doing today?". It features five mood icons: "Happy" (smiling face), "Lonely" (sad face with a tear), "Ok" (neutral face), "Sad" (frowning face with a tear), and "Stressed" (neutral face with a horizontal line for a mouth). A "Save" button is positioned below the icons.

At the bottom of the screen, there are two large buttons: "My Diary" with a right-pointing arrow and "Resources" with a right-pointing arrow.

DIARY

Set your appointments and receive reminders via email

Entries are tagged to allow searching and printing

The screenshot shows the 'Care Companion' website interface. At the top, there is a navigation bar with the logo and links for 'My Details', 'About us', 'Help', 'Glossary', 'Contact', and 'Log out'. Below this is a secondary navigation bar with 'Home', 'Resources', 'Diary' (highlighted), and 'Address Book'. A search bar is located on the right side of the top bar.

The main content area is titled 'Your Diary'. It features a prompt: 'Would you like to know more about your Diary?' with a 'Yes I would' button. Below this, there are three main sections:

- Your Next Appointment:** A card showing 'Sunday 28th April 07:45 - 12:00' and 'My appointment Cornmarket St'. It includes an 'Edit' button.
- Add a new appointment:** A form with fields for 'Title', 'Start Time' (19:26), 'End Time', 'Location', and 'Date' (24/04/2019), and a 'Save' button.
- Add a Diary Entry:** A form with fields for '* Diary Title:', '* Date:' (24/04/2019), and '* Time:' (19:26), followed by an 'Entry:' text area.

On the left side of the 'Add a Diary Entry' section, there is a tag selection area with the text: 'Choose from one of these tags:' and a text input field. Below it, it says: 'Do none of these tags suit your entry? Create a new tag below.' with another text input field.

ADDRESS BOOK

A place to view relevant contacts, as well as store your own

Contacts are all in one place

The screenshot shows the 'Address Book' section of the Care Companion website. At the top, there is a navigation bar with 'Home', 'Resources', 'Diary', and 'Address Book' (highlighted). To the right are links for 'My Details', 'About us', 'Help', 'Glossary', 'Contact', and 'Log out'. A search bar is also present with a 'Search' button. Below the navigation, the 'Address Book' title is displayed, along with a 'Browse All Contacts' button. A central text box explains the 'Browse All Contacts' button and provides instructions on how to create and edit contacts. Below this, there are three contact cards: 'Create a Contact' (a form with fields for Organisation Name, Person's Full Name, Phone Number, Email, Address, and Additional Notes), 'Leamington Spa Age UK' (with phone number 01926 458100 and address 8 Clemens Street), and 'Leamington - Musical Memories Cafe' (with hours 10.00am-12.00pm and address The Moorings Bar and Restaurant).

Care Companion

My Details About us Help Glossary Contact Log out

Home Resources Diary **Address Book**

Search the site Search

Address Book

[Browse All Contacts](#)

The 'Browse All Contacts' button takes you to a directory of local and national Contact Information that may be relevant to your situation. From here, you can save information to Address Book so that is easy to find when needed.

You can create new entries in Address Book using the form below. These can be edited by clicking 'Edit' or removed completely by clicking the X in the top right corner of the contact form.

Create a Contact

Organisation Name *

(and / or) a Person's Full Name *

Phone Number *

Email *

Address *

Additional Notes (Optional)

Save

Leamington Spa Age UK

Free Legal clinics Thursday 10.00 - 12.00. Book a free consultation using the phone number provided.

01926 458100

8 Clemens Street Leamington Spa CV31 2DL

Leamington - Musical Memories Cafe

10.00am-12.00pm the last Monday every month (except bank holidays).

The Moorings Bar and Restaurant, Myton Road, Leamington Spa.

SUMMARY & GLOSSARY

There is a lot to learn and understand

The screenshot shows the 'Help' page of the Care Companion website. The navigation bar at the top includes 'Home', 'Resources', 'Diary', and 'Address Book'. On the right, there are links for 'My Details', 'About us', 'Help', 'Glossary', 'Contact', and 'Log out'. A search bar is located in the top right corner. The main heading is 'Help'. Below it, there is a filter for 'Show me items about: All'. The page features three main content boxes: 1. 'I'm struggling to cope and need emotional support' with text about Samaritans (116 123) and SANEline (0300 304 7000). 2. 'I'm feeling frustrated and want an activity to distract myself' with text about finding supportive sites. 3. 'I've found a good site and would like to recommend it to others'. To the right of these boxes is a 'Submit Feedback' section with a text area and a 'Submit feedback' button.

The screenshot shows the 'Glossary View' page of the Care Companion website. The navigation bar is identical to the previous screenshot. The main heading is 'Glossary View'. Below the heading is a navigation bar with letters from 'A' to 'Z' and 'All'. The page displays six glossary entries in a grid: 1. 'Acute Care': Treatment, usually in hospital, for patients with an acute illness or injury. 2. 'Advocate; Advocacy; Self Advocacy': Advocates help represent your personal interests and care needs. 3. 'Aids and Adaptations': Aids and adaptations make the home environment easier and safer. 4. 'Assistive Technology': Assistive technology is equipment that helps maintain people with disabilities' ability to learn, communicate and live independently. 5. 'Broker/ Brokerage': Support brokers are nominated people who plan and help with support packages and budgets. 6. 'Capacity for Informed Consent': A person lacks capacity if they are unable to make a decision about their treatment at that time.

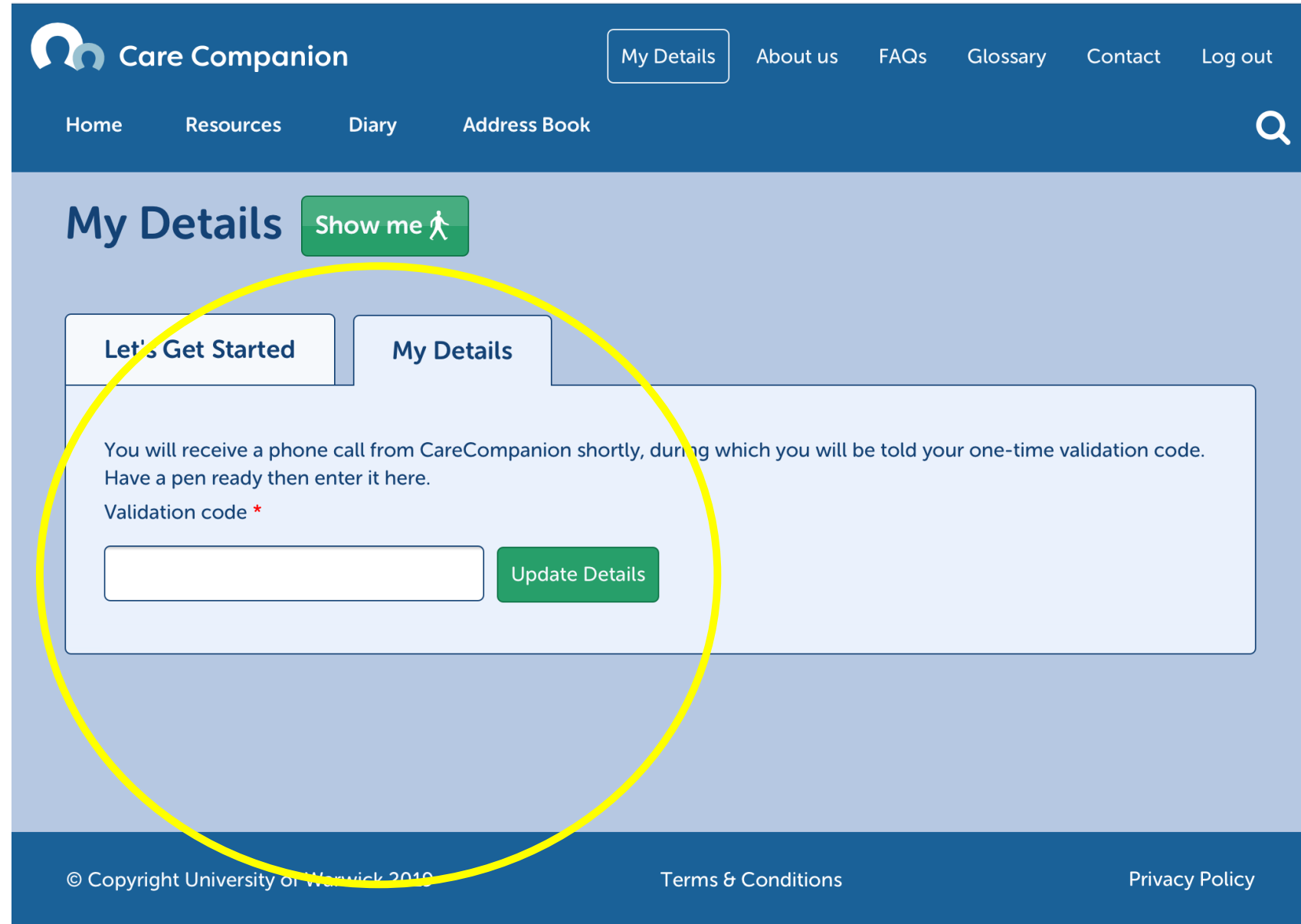
We have provided help and guidance, along with a glossary of terms

VALIDATION CODE

When completing 'my details' you will have added your contact telephone number

Next time you log-in you will receive a call to be given a validation code needed to log-in

This is to ensure your account remains secure



The screenshot shows the 'My Details' page of the Care Companion website. The page has a dark blue header with the logo and navigation links: 'My Details', 'About us', 'FAQs', 'Glossary', 'Contact', and 'Log out'. Below the header, there are links for 'Home', 'Resources', 'Diary', and 'Address Book'. The main content area is light blue and features a 'My Details' section with a 'Show me' button. Below this, there are two tabs: 'Let's Get Started' and 'My Details'. The 'My Details' tab is active and contains a message: 'You will receive a phone call from CareCompanion shortly, during which you will be told your one-time validation code. Have a pen ready then enter it here.' Below the message is a text input field labeled 'Validation code *' and a green 'Update Details' button. A yellow circle highlights the 'My Details' tab, the input field, and the 'Update Details' button. The footer contains copyright information: '© Copyright University of Warwick 2019', and links for 'Terms & Conditions' and 'Privacy Policy'.

CARE COMPANION RESOURCES

- Website: www.warwick.ac.uk/go/carecompanion
- The resource: www.carecompanion.org.uk
- E-mail address: carecompanion@warwick.ac.uk

