



Care Companion

DEVELOPED WITH CARERS FOR CARERS

MAKING USE OF CARE COMPANION

How to guide for carers



DIFFICULTIES FACED BY CARERS OF PEOPLE WITH LONG TERM/ LIFE LIMITING CONDITIONS

- 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-person's health condition
- Preserving own physical and mental health/resilience to sustain caring role

What is Care Companion?



- Care Companion is a unique individually tailored resource, simple to use and accessible at all times
- Designed for carers who look after family and friends with long term or life limiting conditions, such as:
 - Dementia
 - Cancer
 - CPD
- Co-designed with significant involvement from a panel of family carers who have significant understanding of the needs of people who care for family members or friends.
- Informed by 5 years of in-depth research, so promoting likelihood of effectiveness



What can Care Companion do for me?



- ✓ It can help support and encourage carers to look after their own wellbeing, self confidence and physical and mental needs.
- ✓ Increase skills or knowledge to give the care that is best for their loved one
- ✓ Feel less isolated
- ✓ Support your wellbeing both emotionally and mentally



CARE COMPANION

Create your own profile that is personalised to your needs. E.G:

- Cared for persons condition? (for more tailored resources)
- Location? (for local support in your area)
- Age of Carer
- Ethnicity

It also has areas to support your day to day wellbeing and organise your thoughts, such as:

- Diary
- Mood monitor

A practical resource to note down and keep safe important appointments:

- 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 a 'Register Now' button on the right. Below this is a secondary navigation bar with 'Home', 'Resources', 'Diary', and 'Address Book'. A search bar is located on the right side of the top navigation bar.

The main content area features a large 'Welcome to Care Companion' message with a 'Show me' button. Below this are four main interactive cards: 'My Diary' (with a notebook icon), 'Resources' (with a signpost icon), 'Address Book' (with an icon of four diverse people), and a mood monitor section titled 'Jessica, how are you doing today?' which includes five emotion icons (Sad, Lonely, Stressed, Ok, Happy) and a 'Save' button.

On the right side, there is a notification banner stating 'No new notifications' with an 'Open' button. Below this is a 'To Do List (2)' section with two items: 'Have questions? Look at our FAQs' and 'Look at services to support your mental wellbeing', each with a radio button. At the bottom of this section is a green 'Create a task' button with a plus sign.

The footer contains copyright information: '© Copyright University of Warwick 2019', and links for 'Terms & Conditions' and 'Privacy Policy'.



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

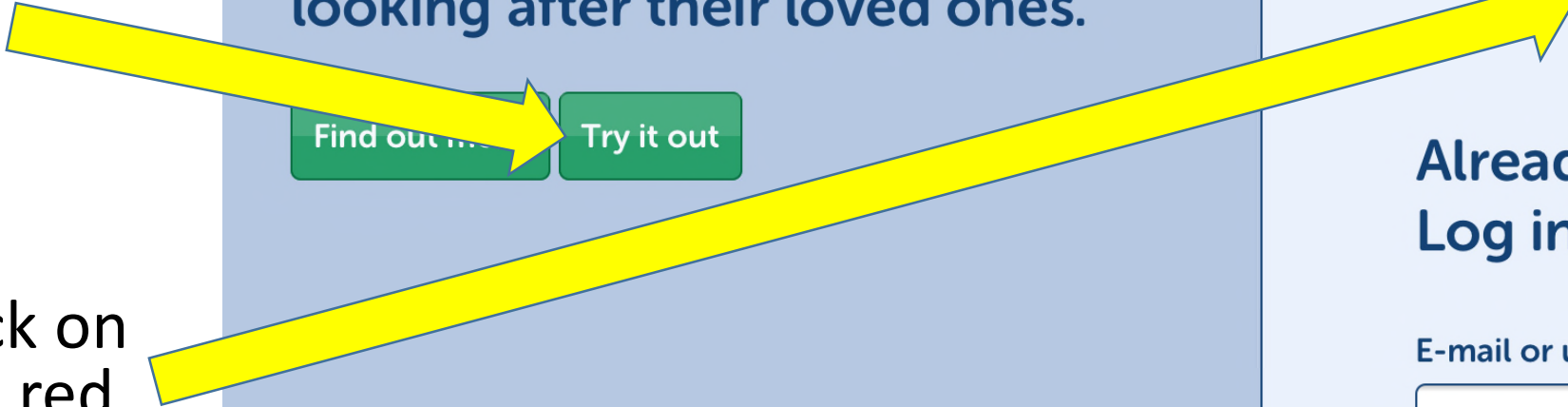
Forgotten password?
Click here.

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 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 boxes to accept T&Cs and 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 *

- Select -



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.





Welcome



ANNOUNCEMENT

Do you need
provide the s

ANNOUNCEMENT

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.

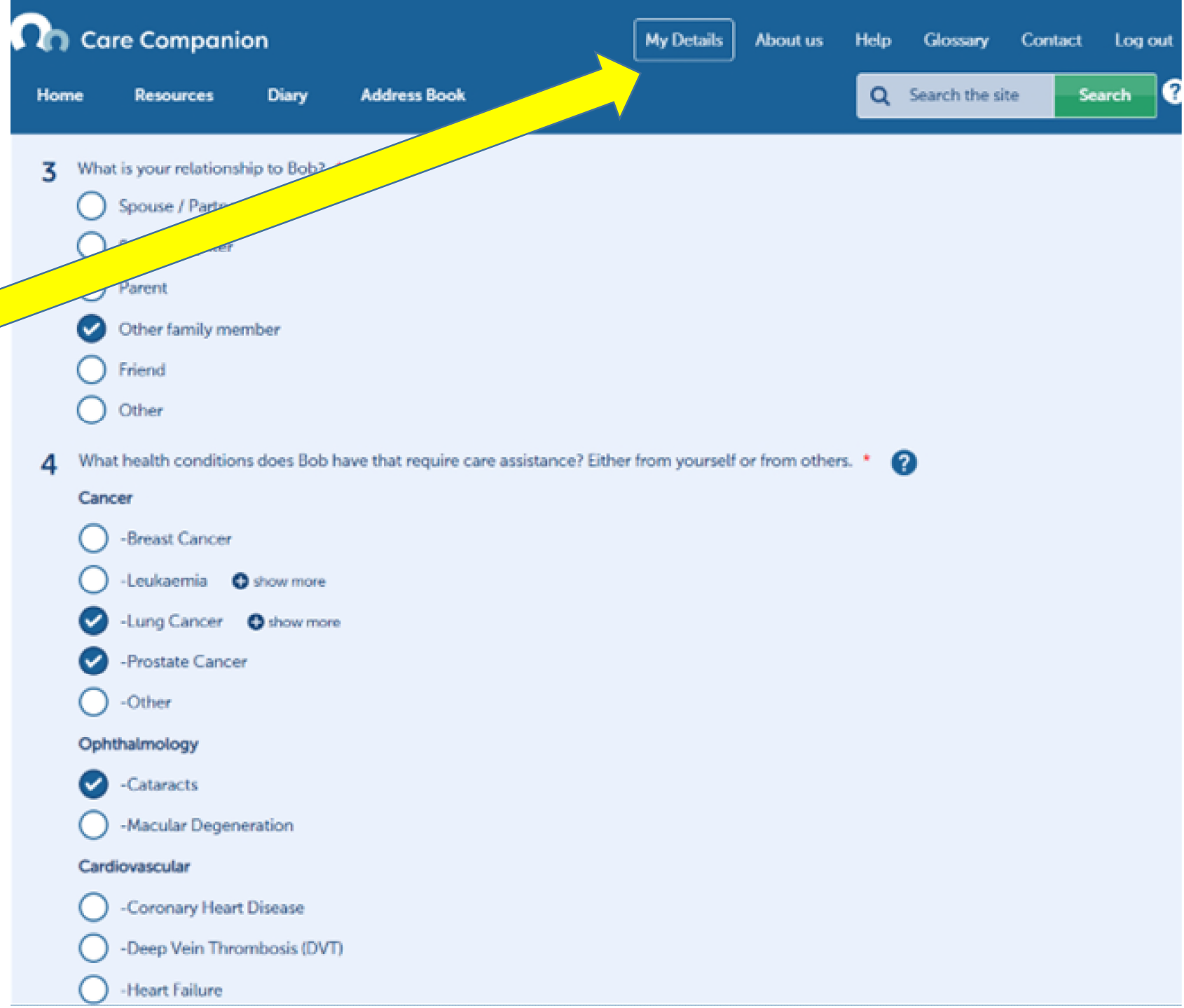
Password *

[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



Care Companion

My Details About us Help Glossary Contact Log out

Home Resources Diary Address Book

Search the site Search

3 What is your relationship to Bob?

- Spouse / Partner
- Parent
- Other family member
- Friend
- Other

4 What health conditions does Bob have that require care assistance? Either from yourself or from others. *

Cancer

- Breast Cancer
- Leukaemia [+ show more](#)
- Lung Cancer [+ show more](#)
- Prostate Cancer
- Other

Ophthalmology

- Cataracts
- Macular Degeneration

Cardiovascular

- Coronary Heart Disease
- Deep Vein Thrombosis (DVT)
- Heart Failure



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

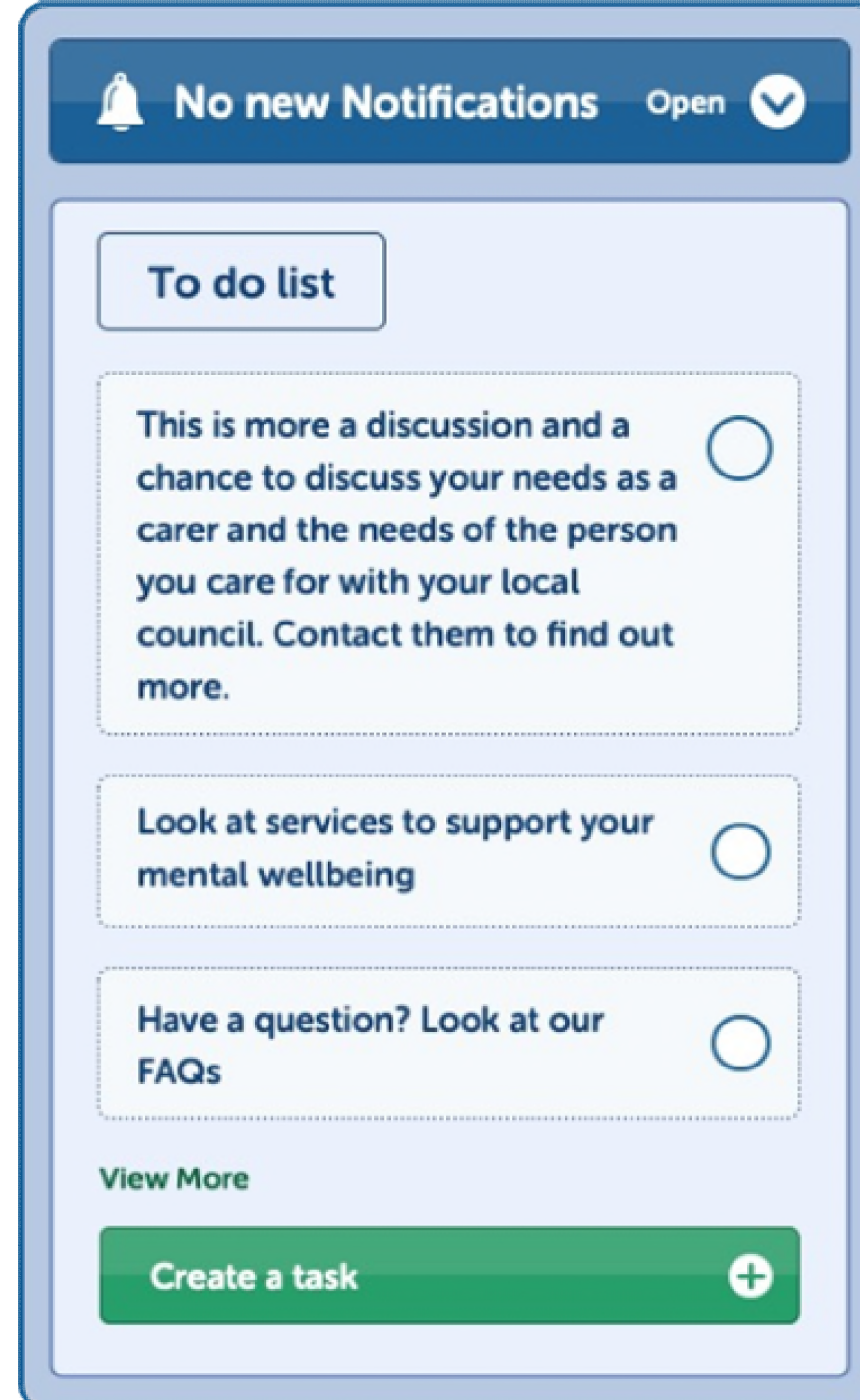
Chris, how are you doing today? 

 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 jot down medical appointments and record results, personal thoughts and significant events confidentially

The screenshot displays the Care Companion app interface. At the top, the navigation bar includes the app logo, the name "Care Companion", and 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 modal window titled "Diary" is open, containing 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." The modal has a close button (X) in the top right and "Back" and "Next" buttons at the bottom.

Below the modal, there are two main content areas. The left area features an illustration of a notebook and pencils, with a button labeled "My Diary" and a right-pointing arrow. The right area is titled "How is Russ doing today?" and includes a help icon (question mark). It displays five mood icons: "Happy" (smiling face), "Lonely" (sad face), "Ok" (neutral face), "Sad" (crying face), and "Stressed" (frowning face). A "Save" button is positioned to the right of the "Ok" and "Sad" icons.

At the bottom right, there is an illustration of a signpost with three arrows pointing in different directions, with a button labeled "Resources" and a right-pointing arrow below it.

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 navigation bar.

The main content area is titled 'Your Diary'. It features a prompt: 'Would you like to know more about your Diary?' with a green button labeled 'Yes I would' and a checkmark icon.

Below the prompt, there are two 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 with a pencil icon and a 'View your upcoming appointments' button.
- Add a new appointment:** A form with fields for 'Title *', 'Start Time *', 'End Time', 'Location', and 'Date *'. The 'Date' field is pre-filled with '24/04/2019'. A green 'Save' button is at the bottom right.

At the bottom, there is another section titled 'Add a Diary Entry'. It includes a 'Choose from one of these tags:' section with a dropdown menu, a note 'Do none of these tags suit your entry? Create a new tag below.', and a form with fields for '* Diary Title:', '* Date:' (pre-filled with '24/04/2019'), and '* Time:' (pre-filled with '19:26'). Below these fields is a large text area labeled 'Entry:'.

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' page of the Care Companion website. 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', and 'Address Book' (which is highlighted). A search bar is located on the right side of the top navigation bar.

The main content area is titled 'Address Book' and includes a red button labeled 'Browse All Contacts' with a right-pointing arrow. Below this is a white text box containing the following text:

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.

The interface features three main panels:

- Create a Contact:** A form with fields for 'Organisation Name *', '(and / or) a Person's Full Name *', 'Phone Number *', 'Email *', 'Address *', and 'Additional Notes (Optional)'. Each field has a dropdown arrow on the right. A green 'Save' button is at the bottom.
- Leamington Spa Age UK:** A contact card with a close button (X) in the top right. It lists 'Free Legal clinics Thursday 10.00 - 12.00. Book a free consultation using the phone number provided.', a phone number '01926 458100', and an address '8 Clemens Street Leamington Spa CV31 2DL'.
- Leamington - Musical Memories Cafe:** A contact card with a close button (X) in the top right. It lists '10.00am-12.00pm the last Monday every month (except bank holidays)' and an address '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'. The main content area is titled 'Help' and features a filter 'All' under 'Show me items about:'. There are three visible sections:

- I'm struggling to cope and need emotional support**: Provides contact information for Samaritans (116 123), SANEline (0300 304 7000), and The Silver Line (0800 4 70 80 90).
- I'm feeling frustrated and want an activity to distract myself**: Offers advice on finding supportive sites and activities like meditation and walks.
- I've found a good site and would like to recommend it to others**: (Partially visible at the bottom).

On the right side of the page, there is a 'Submit Feedback' section with a text input field and a 'Submit feedback' button.

The screenshot shows the 'Glossary View' page of the Care Companion website. The navigation bar at the top includes 'Home', 'Resources', 'Diary', and 'Address Book'. The main content area is titled 'Glossary View' and features a filter 'All' and a search bar. The glossary is organized into a grid of six categories, each with a title and a brief description:

- Acute Care**: Treatment, usually in hospital, for patients with an acute illness or injury.
- Advocate; Advocacy; Self Advocacy**: Advocates help represent your personal interests and care needs.
- Aids and Adaptations**: Aids and adaptations make the home environment easier and safer.
- Assistive Technology**: Assistive technology is equipment that helps maintain people with disabilities' ability to learn, communicate and live independently.
- Broker/ Brokerage**: Support brokers are nominated people who plan and help with support packages and budgets.
- 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 is a secondary navigation bar with 'Home', 'Resources', 'Diary', and 'Address Book'. The main content area is light blue and features a 'My Details' section with a 'Show me' button. There are two tabs: 'Let's Get Started' and 'My Details'. The 'My Details' tab is active and contains a text box with the following text: '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 this text is a label 'Validation code *' and an empty input field. To the right of the input field is a green 'Update Details' button. A yellow circle is drawn around the input field and the 'Update Details' button. At the bottom of the page, there is a dark blue footer with the text '© Copyright University of Warwick 2019', '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

