

What is 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 through a collaboration between a panel of carers and teams from the NHS, local authorities, charities and University of Warwick.



How can I use Care Companion?

What does Care Companion offer?

- ✓ 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.
- ✓ Trusted and free service

Diary

Keep track of appointments or events

Tuesday 2nd November
Tea and Toast 📅
11:37 am
Lovely morning sat out in the sunshine for breakfast.



Resources

A library of resources filtered to your personal needs

Mood Monitor

Keep track of your mood in the mood monitor



Contacts

Keep contact details in one place



Care Companion provides information, advice and guidance to help you care more effectively. Every day – whether a good or a difficult one – at any time.

“ I need access to trusted information and advice. At last, here’s a resource that I can rely on ”

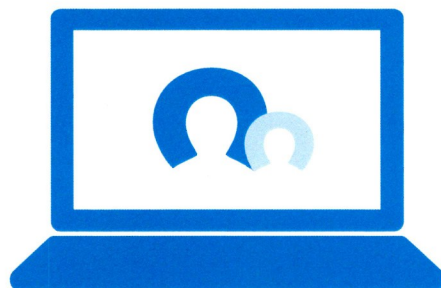
“ Care Companion is there for me and my wellbeing, as well as the person I care for ”

“ I use it to record appointments, things that I’ve been told, how I’m feeling – all in one place ”

Discover how Care Companion can help you by visiting

www.carecompanion.org.uk

Try it today!



Any questions?

✉ carecompanion@live.warwick.ac.uk



A free online resource for those who care

Are you supporting someone with care needs?

