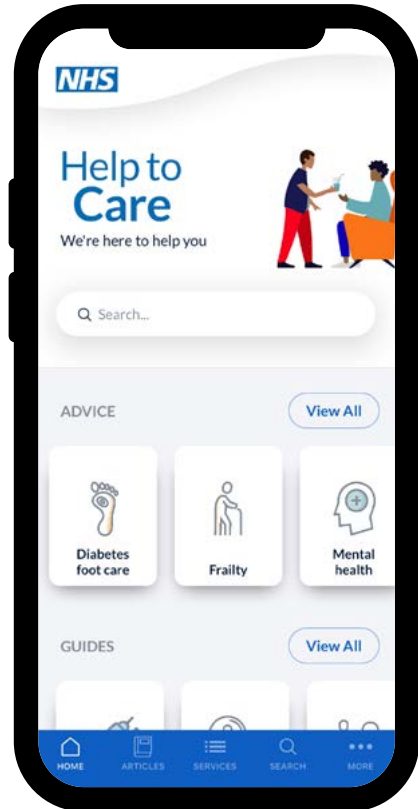
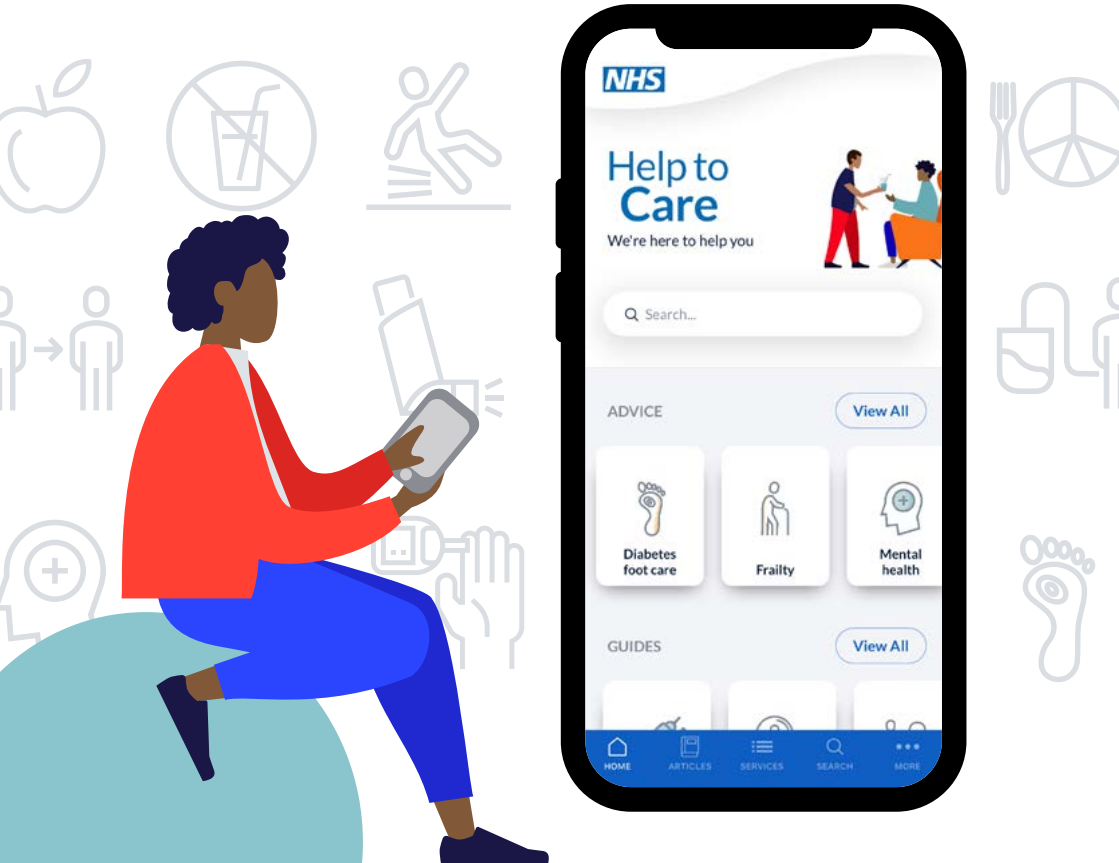


Help to Care



Supporting everyone who provides care



Download for free today



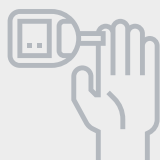
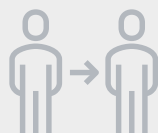
Do you provide care for somebody living in Kent and Medway?

Whether you're a paid worker, looking after a loved one, or volunteering to help someone else, you have a valuable role supporting the health and wellbeing of the people you care for.

Help to Care is a free mobile app designed to help you to spot the signs of a problem and find the right information and advice if you are worried about someone.

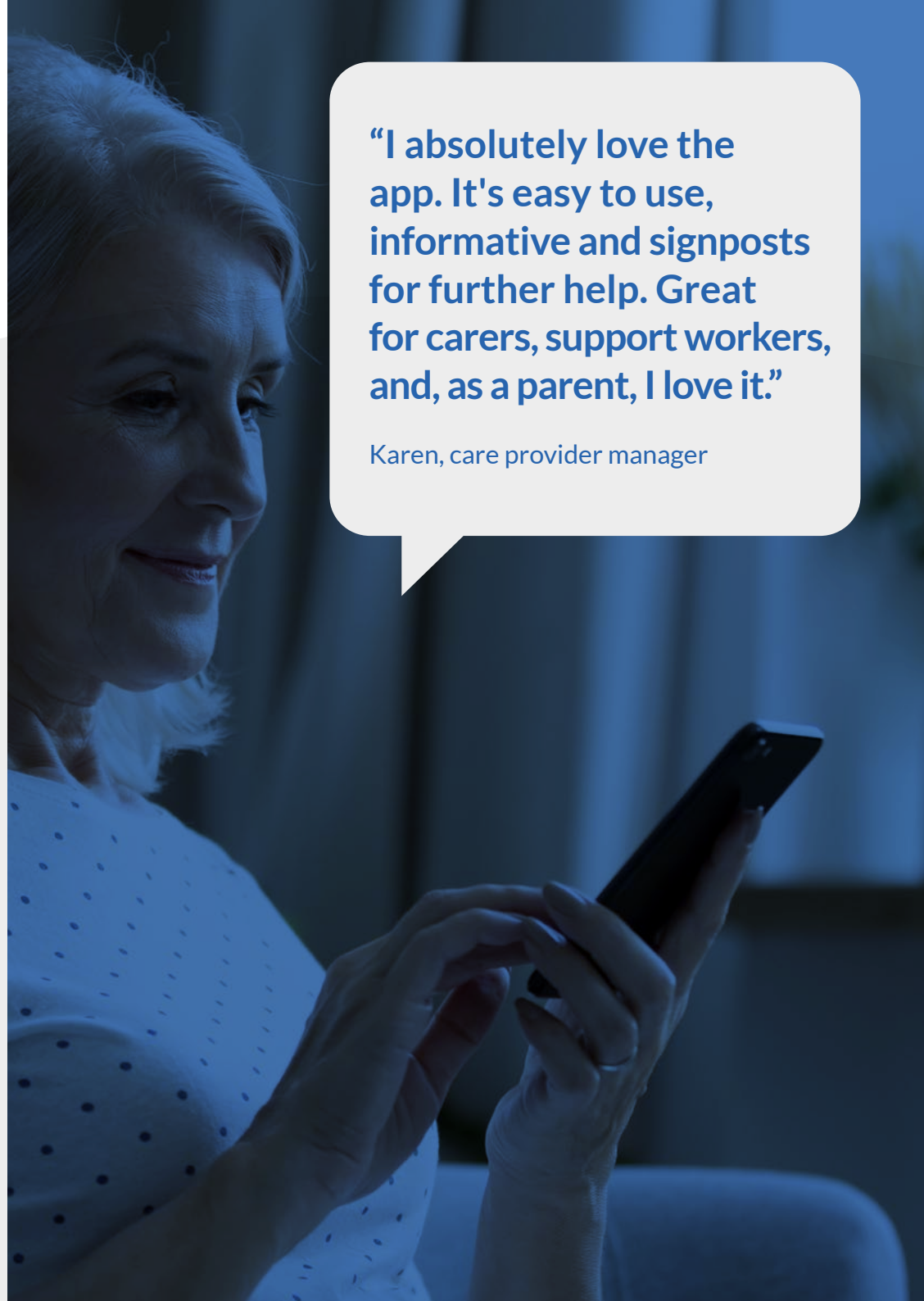
Help to Care has three sections to support you to deliver great quality care:

- We've got articles on a wide range of care-related topics, so you've got the information you need, wherever you are. We've even included handy assessment tools to help you make decisions quickly.
- Sometimes we all need a bit of help. Our services section signposts you to local and national organisations that can support you and the people you care for.
- Our training video library, can help you refresh your memory, know what to look out for, and learn about different conditions from NHS colleagues.



“I absolutely love the app. It's easy to use, informative and signposts for further help. Great for carers, support workers, and, as a parent, I love it.”

Karen, care provider manager





Get in touch

Website

www.designandlearningcentre.com/overview-of-our-work/helptocare/

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This app was created by Kent and Medway Sustainability and Transformation Partnership and is being delivered by the Design and Learning Centre.

It is based on the award-winning Stop Look Care booklet created by Brighton and Hove Clinical Commissioning Group.