

# Help to Care



# Supporting everyone who provides care



Download for free today



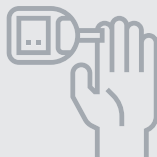
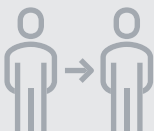
## Do you provide care for somebody living in Kent and Medway?

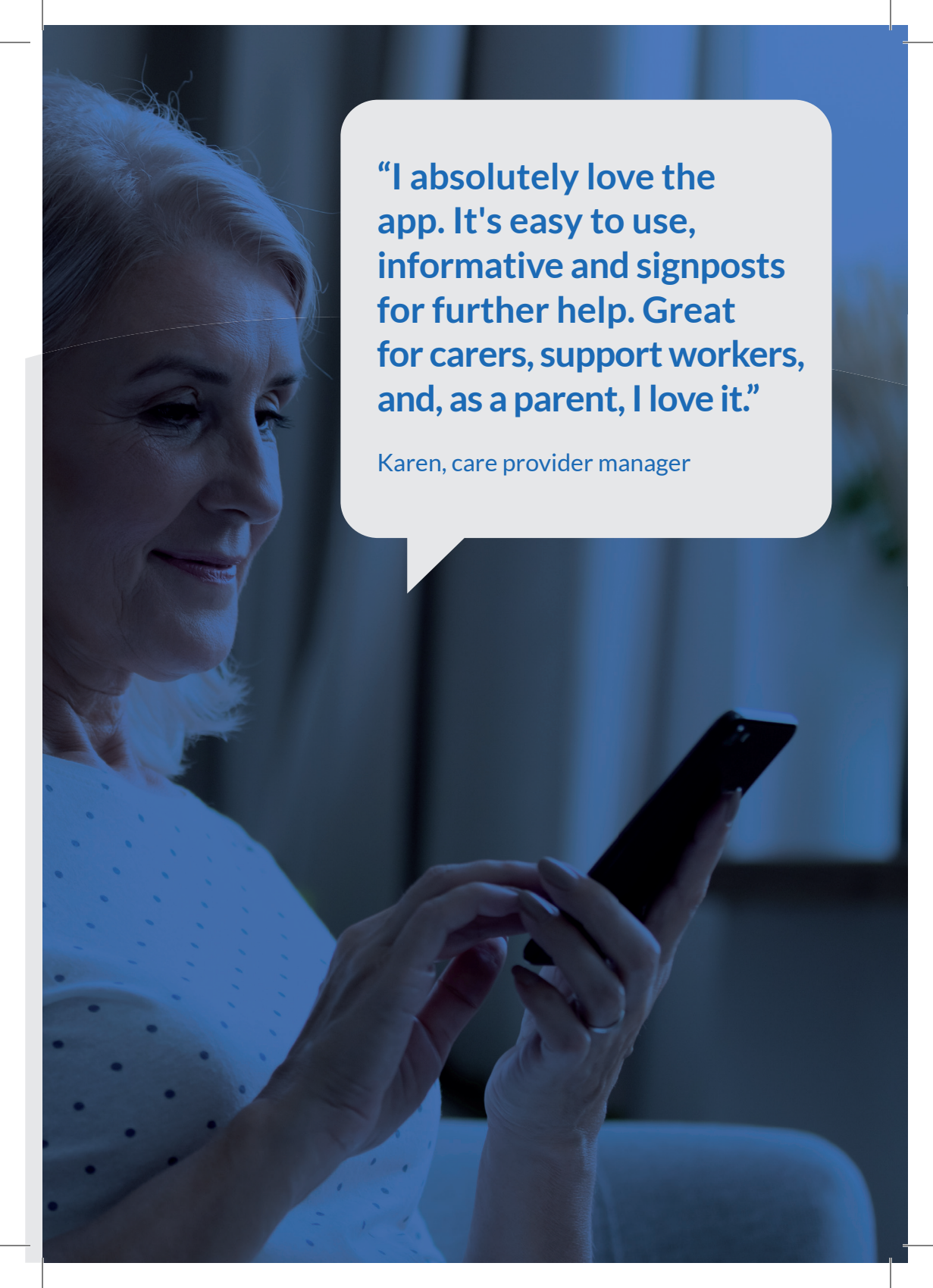
Whether you're a paid worker, looking after a loved one, or volunteering to help someone else, you have a valuable role supporting the health and wellbeing of the people you care for.

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.



A woman with short grey hair is shown in profile, looking down at a smartphone she is holding with both hands. She is wearing a white top with small dark polka dots. The background is a blurred indoor setting with light-colored curtains. The entire image has a blue color cast.

**“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/](http://www.designandlearningcentre.com/overview-of-our-work/helptocare/)

### Email

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### Twitter

@KentDLC



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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.