



The *Jointly* app: using smart technologies to support 'circles of care'

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Who cares?

We all care, will have to care, or be cared for

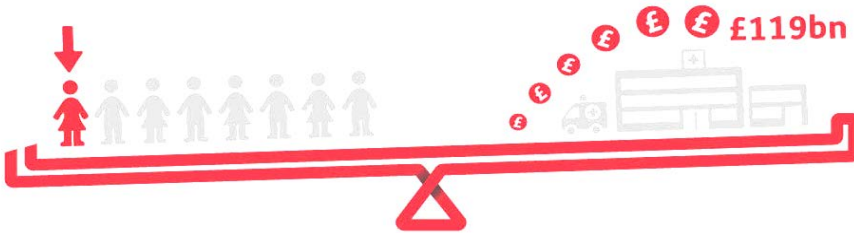
- The bulk of care *is* and has *always* been provided within relationships and families – in Europe 80% of care is provided by families and by 2050 globally three times more people of working age will be looking after 2 billion ageing family members
- More people are living longer, and at home, with disability and illness

Which means...

- More people needing care and more people needing to provide that care



There are **6.5 million carers**
in the UK today. That's 1 in 8 adults.



3 million carers combine paid work with care.

That's 1 in 9 people in any workplace.



What is the impact of caring?

Carers contribute £119 billion to UK society – the equivalent of a second NHS – but their caring role can result in significant penalties



- Health and wellbeing
- Financial security
- Social isolation

How can we support carers and the people they care for to build resilience?



Technology solutions for everyday life

We use a range of technology solutions in our everyday lives:

- Internet for information, online shopping and banking
- 'Apps' for smart living: travelling, planning, news, events, turning on our heating!
- ICT systems for remote working
- Skype and video conferencing for real-time communication at a distance
- Facebook for keeping in touch

And everyday lives include caring too...



Well-being

- Self-care applications
 - Health and wellness monitoring including wearables
- Self-assessment
- Online coaching and e-learning
 - Carers UK's Digital Offer for Carers
 - *About Me* – resilience e-learning
 - Self-advocacy toolkit
 - Expert webinars
- Online peer support
 - Carers UK's online forum
 - Virtual carers networks, including in the workplace – Carers Connect



Prevention

- Telecare
- Telehealth
- Telemedicine
- Activity monitoring
- Remote consultation
- Smart home technologies, e.g., environmental controls
- Wearables - Buddi
- 'Apps' for co-ordinating and supporting care - *Jointly*



Information and advice

- Online information and advice
 - Websites, e.g., NHS Choices
 - Employers for Carers
 - Facebook
- Online access to services
 - Booking doctor's appointments
 - Repeat prescriptions
 - Booking your own respite breaks
 - Online marketplaces for care and support services
 - Comparison websites
 - Find Me Good Care
 - Good Care Guide



choices












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Jointly app

Features:

- Home 
- Profile 
- Messaging 
- Tasks 
- Calendar 
- Medication 
- Notes 
- Contacts 
- Settings 

- Jointly is an innovative mobile and online app that makes sharing care with others easier, less stressful and a lot more organised.
- Working across different devices, Jointly is a central place for carers to store and share important information about the person they are looking after.



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making life better for carers

‘Looking after someone can be so complicated. Jointly helps me stay on top of things and share information easily with everyone involved in my son’s care.’

‘I’m a junior doctor who has just started using your excellent app for the care of my grandfather, and it’s been a really useful tool.’

‘I think it’s a great idea as we use self-directed support and this app is a great way of sharing information with the people I choose. If something happens to me then everything being in my head is no good to anyone! This app enables me to keep everyone in the loop. Thank you!’

‘I love the app! It is a real step forward!’

‘We’ve started to really rely on it – such a useful app.’



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www.carersuk.org
www.jointlyapp.com

