Digital Resource for Carers

The Carers UK Digital Resource for Carers brings together a number of specially designed digital products and online resources all in one place to get the best results for carers and help organisations provide comprehensive information and support for carers, including local bespoke information.

The Digital Resource is person-centred and aligns with the Carers Strategy. It will extend the reach to more carers, whilst shifting demand to the platform as a support tool, reducing the demand on the front door and Carers Support Service. It is currently being used by 115 local authorities as part of their carers offer and as part of the hospital discharge process.

The Carers UK Digital Resource:

- Supports information and advice, prevention and wellbeing duties under the Care Act
- Enhances the overall offer to carers as part of normal interactions between carers and professionals
- Supports self-care and strength based approaches
- Provides an opportunity for maintaining contact with carers around key messages
- Can be promoted and shared with employers to improve support for working carers
- Supports key outcomes in the local health & wellbeing strategies

How it can support carers:

- Find targeted information
- Build networks of support via an online forum
- Develop personal resilience
- Manage care more effectively
- Access to the 'Jointly' App to support the co-ordination of care between family members

EAST RIDING OF YORKSHIRE COUNCIL

Your life, your way
Adults and Carers at the heart of everything we do

Digital Resource for Carers

carersUK
making life better for carers

Benefits

- Expanded online tailored information and advice available for carers, including hidden carers who may not approach the local authority for support
- Increased ability for family members to co-ordinate care, with or without the need for formal social care support
- Increased opportunity for carers to stay healthy, build resilience and access peer support - demand avoidance
- Council employees – can be incorporated into our employee offer to those who are carers
- Local employers – can promote the platform to support carers in their workforce
- Health – can be used by primary care and as part of the hospital discharge process to support carers
- Supports priorities across the council – public health, housing, CSN, culture & leisure

EAST RIDING OF YORKSHIRE COUNCIL

Your life, your way
Adults and Carers at the heart of everything we do

Digital Resource for Carers

carersUK
making life better for carers

Register for our FREE digital resources and get the help you need today.

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

East Riding of Yorkshire Council has teamed up with Carers UK to offer carers in our area a comprehensive solution that brings together Carers UK's digital products and online resources with our own information and support for carers onto a single webpage.

To create an account and get free access to all the products and support resources click on the link carersdigital.org and create a new account by using your free access code DGTL2601

What's included?

- The Digital Resource for Carers includes e-Learning modules, factsheets, interactive guides, personalised support, and information from us covering the following areas:
- **Health and wellbeing:** including resources around nutrition and breaks
- **Support for Caring**: including our 5 'About Me' e-Learning courses on building emotional resilience and finding support, and our Upfront guide to caring which gives tailored advice to carers depending on their situation
- **Technology and Caring:** includes guides on how to use technology in care
- **Financial Planning:** includes a resource made with the Money Advice Service called 'Thinking Ahead'; a questionnaire style tool to help people think about the costs of caring
- **Working and Caring*:*** includes guides to rights at work and seeking support at work
- **Access to all to our care co-ordination App, Jointly.**
- **Young Adult Carers;** an e-Learning resource for young adult carers now in adult services including, for example, advice and information for making choices about caring, and support in and about education and work
- **Your own information and support for carers in your locality or in your organisation**

Carers Digital Resource

Brought to you by carersUK

In collaboration with East Riding of Yorkshire Council

Looking after someone?

Use this code to get free access to all the digital products and online resources, including:

E-Learning
Building resilience

Designed to help carers access advice and information relevant to their situation, find resources and identify sources of support including technology, as well as promote carers' own health and wellbeing.

Jointly
Care co-ordination app

A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.

Free publications
Carers UK guides

Essential reading for carers including: *Upfront guide to caring, Looking after someone – Carers Rights Guide and Being heard: A self-advocacy guide for carers*

More resources & info
Links to workplace resources

Access links to further resources and sources of information and support for people who are looking after a loved one.

Digital Resource for Carers

carersUK
making life better for carers

Your feedback is important…

Please explore this new platform whilst considering the following:

- **How useful is the available support and information?**
- **How easy did you find the platform to navigate?**
- **Is there anything else you would like to tell us?**

Please email your feedback and/or any queries to:

Emily.Randall@eastriding.gov.uk and Lisa.Black@eastriding.gov.uk

Thank you for your continued support.