

# How can Help to Care help you?

## Helps you to manage long-term conditions

- “I’m caring for my mum, but I’ve also recently been diagnosed with diabetes. I know I need to stay well for mum’s sake. There wasn’t much time to go into it at my appointment, and I don’t have time to take part in the course I was offered between work and caring so being able to read up when I have 5 minutes to myself was useful”
- “I’m caring for someone with asthma, but when he asked about his inhaler, I didn’t really know how to help. The guide helped me to find videos from Asthma UK with the exact type of inhaler. He felt more confident after this and it saved us a trip to the GP.”

## Helps you to identify unpaid carers and access support

- “I never really thought of myself as a carer. I’m just doing what any husband would! I understand now that there are services specifically for me because it’s not easy. I feel okay for now, but it’s reassuring having the contact details for people that know what it’s like if I ever need more help”

## Helps you to decide when to get more help and where from using our assessment tools.

- “I used the pressure sore assessment tool which gave me the confidence to tell the GP. It turned out to be cellulitis and the doctor issued antibiotics. He said if the infection had spread, it might have needed treating in hospital, so it was good I caught it early”

## Helps you find services to support your health and wellbeing

- “I really wasn’t myself and my carer could tell. She brought it up because she was worried about me and passed on some numbers from the app. I’m not online so having phone numbers to call for support with my mental health helped me to talk it through”

## Helps you to get advice problems (especially ones that can be hard to talk about)

- “I look after for someone with continence problems. Its not always easy to talk about that and they don’t teach this stuff in schools! I’ve used the app to read up on catheter care and incontinence pads and now I know I’m giving the best care I can and what the signs of a problem might be.”

Help to  
Care

Supporting everyone  
who provides care

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# What do our users say?



I loved every bit of it especially the articles and trainings section, the navigation, and font choice is superb as I read through with ease.

It's packed with information that's readable and useful ... the contents are attractively signposted, and it's is easy to navigate and use. The hyperlinks throughout to specialist services are particularly useful

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



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