

A circular inset image showing an elderly person's hands using a laptop. The person is wearing a blue and white striped shirt and tan trousers. The laptop is silver and open, with the person's fingers resting on the keyboard and trackpad.

CARERS DIGITAL SUPPORT

We are committed to informing, involving and supporting carers, family members and friends as partners in the care of people using our services.



Carers Digital Support

A carer is someone who looks after a partner, friend or family member giving practical or emotional support.

We are committed to informing, involving and supporting carers, family members and friends as partners in the care of people using our services.

This leaflet provides information around national digital support available to carers.

Bridgit Care

What is Bridgit Care?

Bridgit Care focuses on providing online support, resources, and information for carers. It aims to help carers manage their responsibilities more efficiently and stay organised.

More information on Bridgit Care and details of how to sign up are available at www.bridgit.care

How does Bridgit Care work and when would I need to use it?

Bridgit Care provides free online support for carers in two ways:

- Providing customised and local information that is useful to carers when they need it. Support information may range from wanting to learn more about specific health conditions, getting personal advice and finding out about local events.

- ‘Ask Bridgit’ instant access to a virtual carer coach who will find out what as carer you are finding difficult and may need support with. Instant advice is provided, along with a self-help support plan.

How can I access Bridgit Care?

Bridgit Care is available on various platforms, including web browsers, mobile devices, and tablets.

To access ‘Ask Bridgit’ you will need WhatsApp.

How much does Bridgit Care cost?

Bridgit Care provides free online support.

Additional features and support are available for a fee.

Jointly (developed by Carers UK)

What is Jointly?

Jointly focuses on helping family caregivers coordinate care for their loved ones by enabling them to create a care network, share information, and communicate effectively.

More information on Jointly and details of how to sign up are available at www.jointlyapp.com

How does Jointly work and when would I need to use it?

Jointly offers several features to help carers to organise the care they are giving:

- Group communication with others within a 'circle of care'
- Tasks and lists to help keep organised
- Shared calendars for coordinating care tasks
- Medication management tools
- Journal for tracking care notes
- Useful contacts list

Jointly has a user-friendly interface and a clear layout.



How can I access Jointly?

Jointly is available to download as a mobile app for Apple and Android devices.

How much does Jointly cost?

You can access the Jointly video, Jointly user guide and Jointly FAQs for free.

Jointly works with circles of care. You can purchase a Jointly circle with a one-off payment of £2.99.

Your Local Authority carers support may be able to provide additional support and, in some cases, fund the one-off payment. Local Authority details can be found on the back page of this leaflet.

Key features of Bridgit Care and Jointly

Some of the key features of Bridgit Care and Jointly are compared below:

Feature	Bridgit Care	Jointly
Personalised Support	✓	✗
Self-Help Plans	✓	✗
AI-Powered Assistance	✓	✗
Two-Way Communication	✓	✗
Group Messaging	✗	✓
To-Do Lists	✗	✓
Medication Management	✗	✓
Calendar Integration	✗	✓
Contact Storage	✗	✓

We wanted to illustrate the differences between the two digital tools to make sure the benefits of having both are clear.

CONTACT US

For further information, please contact the Patient and Carer Experience Team using the details below:

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Beverly Road
Willerby
HU10 6ED



01482 389167



Hnf-tr.patientandcarerexperience@nhs.net



humber.nhs.uk

Local Authority Carers Support Details

East Riding

www.eastriding.gov.uk/adult-social-care/caring-for-someone/

01482 396500 or ercarers@eastriding.gov.uk

Hull

www.chcpcic.org.uk/chcp-services/carers

01482 222220

North Lincolnshire and North East Lincolnshire

www.carerssupportcentre.com/contact-us/

01472 242277 or info.nel@carerssupportcentre.com (North East Lincolnshire)

01652 650585 or info@carerssupportcentre.com (North Lincolnshire)

North Yorkshire

www.northyorks.gov.uk/adult-care/carers

0300 131 2131



Caring, Learning
& Growing Together