



## Some Useful Online Resources

### Some Useful Online Resources

#### Sheffield Directory

<http://www.sheffielddirectory.org.uk>

This is a directory of information about a vast range of services and organisations in Sheffield. Whether you're looking for lunch clubs, or day centres, or what support is in place in Sheffield for those with a condition such as bipolar, or MS.

#### Sheffield Mental Health Guide

<http://sheffieldmentalhealth.org.uk/>

This is a guide to all the mental health services in Sheffield, for example the Community Mental Health teams, how to access them and what sort of support can be provided through them. It also provides information on specific concerns, such as anxiety or bereavement, as well as links to Relaxation videos and tips.

#### Carers Trust

[www.carers.org.uk](http://www.carers.org.uk)

#### Carers UK Information pages

<http://www.carersuk.org/help-and-advice>

#### Benefits and financial information

<http://www.carersuk.org/help-and-advice/financial-support>

#### Practical support, such as how to find careworkers for at home, or residential and nursing care

<http://www.carersuk.org/help-and-advice/practical-support>

#### Coming out of hospital

<http://www.carersuk.org/search/coming-out-of-hospital>

#### Legal issues, such as Power of Attorney

<http://www.carersuk.org/help-and-advice/practical-support/managing-someone-s-affairs>

#### Looking after your own health

<https://www.carersuk.org/help-and-advice/health>

#### Employment

<http://www.carersuk.org/help-and-advice/work-and-career>

### Useful apps and online tools



## Jointly App

<https://www.jointlyapp.com/#welcome>

This is an app designed specifically for carers – it enables you to share information with anyone else who is involved in caring for your friend or family member. You can upload details such as which medication needs to be taken, or the shopping which needs to be picked up, and mark when it has been done. This can be used for an individual purpose, as a task list which might help keep track of what needs to be done, or shared with other people who could chip in and help.

Thapp has been designed by Carers UK. For more information on how it works, visit:

<http://www.carersuk.org/help-and-advice/our-products-for-carers>

## Cura

<https://curahq.com/>

This is very similar to Jointly. However, it has been designed to enable a wide range of people to see the tasks which need to be done. For example, if a friend says 'let me know what I can do to help', they would be able to see what time a hospital appointment was, and be able to offer to assist with that. It enables a wider community of people to know how they can help and what would be most useful each day for you.

## Carer Forums

<http://www.carersuk.org/forum>

<http://www.carers.org/forums>

You may also find there are forums specifically for carers of individual conditions, or a type of condition – for example, there is a carers' forum through Macmillan for those who are supporting someone with cancer; and a carers' forum run by the Alzheimer's Society.