



Supporting care and
caring:
everyday technologies
for everyday lives

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Who cares?

We do!

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

- The bulk of care has *always* been provided within relationships and families, it is simply part of our everyday lives – 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



Solutions for everyday life

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

- Internet for information, online shopping and banking
- ‘Apps’ for clever 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...



How could we use TECS for caring?

- Online information and advice
- Online access to services
- ‘Apps’ – *Jointly* for co-ordinating care
- Online peer support
 - Carers UK’s online forum
 - London Fire Brigade virtual carers network
- Technology to support remote caring
 - Telecare
 - Telemonitoring
 - Remote consultation

jointly



Do people know about TECS?

- Carers UK's *State of Caring 2013* found that 43% of carers were not aware of technology solutions to support them
- Carers UK and Tunstall Healthcare's 2013 report *Potential for Change* based on a YouGov poll of the UK general public found that while over 7 in 10 people use technology for banking, shopping, communications and leisure, only 3 in 10 use it to help them care
- 80% of respondents to the poll did not know what telecare was



Do people want TECS?

The same YouGov poll found that when people were informed about what health and care technologies are, including telecare, the majority would consider using these services

- 79% said they would use telecare if it was affordable
- 61% would use online information, alarms, sensors and health monitoring equipment
- 57% would book hospital appointments or organise care services online
- Respondents over 65 were more likely than average to say they would use technology for care
- Only 3% said they would not use technology for care



What are their benefits to carers?

Responding to complex caring, family and working lives

- *State of Caring* found that 45% of carers using TECS said they had given them peace of mind
- 11% of carers said that using TECS had given them more independence
- 12% said that using TECS had made them less stressed
- In *Potential for Change* 65% said they thought technology would play a bigger role in the future in supporting families to care for older or disabled loved ones



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