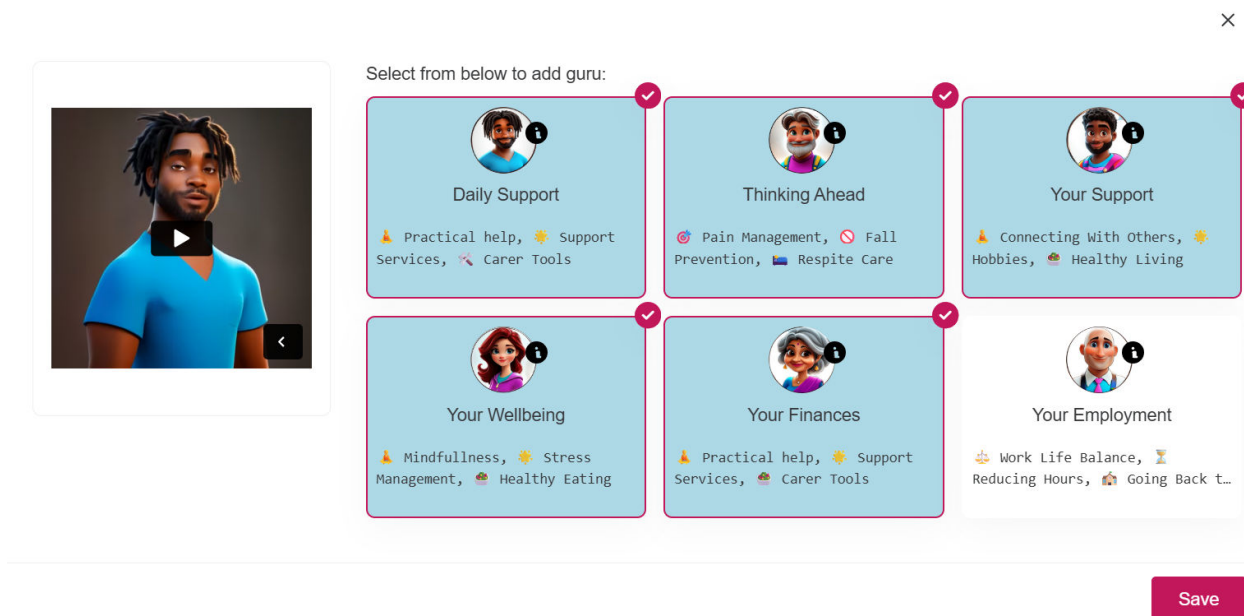


Bridgit Care – User Guide

Welcome to Bridgit Care! This guide explains each part of your app and how it can support you in your caring journey.

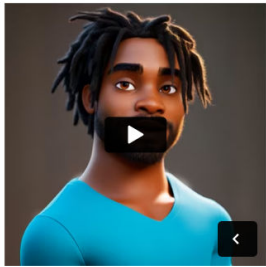
1. Coaches (Your AI Support Team)

- Add a coach by pressing the + icon in the left panel.
- Coaches (sometimes called “gurus”) give you personalised support — for example, *Wellbeing Wendy* can guide you with hobbies, loneliness, anxiety, and balancing your caring role with life.
- Each coach comes with around 20 support topics. You can choose the ones most relevant to you and add them to your plan.
- Coaches provide **tailored advice** in real time, based on your circumstances. For example, if you’re caring for a grandparent, the coach will find services, tips, and guidance specific to your situation.



2. Support Areas & Groups

- Support areas are like specialist themes inside each coach, e.g., carer rights, financial help, job support, or wellbeing.
- You can add as many as you need to your plan.
- Once added, coaches will give you practical advice, highlight common questions carers often ask, and suggest services or resources.
- Some areas may link you to **local or national organisations** (e.g., Samaritans, Carers Trust, or your council).



Carer Colin ⓘ

Daily Support

Select from below to add advice.:

 Physical Health

 Falls Prevention

 Help with Eating

 Care Technology

 Staying Hydrated

 Family

 Mobility

 Mental Health

 Medication

 Pain Management

 Providing Care

Save

3. Advice Hub

Inside the **Advice** section, you'll find:

- **Written advice** generated for you in real time.
- **Services:** Recommended local or national organisations you can contact for extra help.
- **Events:** Online or in-person activities, updated regularly, so it's worth checking back often.

- **Videos:** Helpful YouTube and other video content selected by your coaches.
- **News:** National and local updates, including changes to carer benefits or support.
- **Apps:** Over time, more recommended apps will appear to give carers easy access to new tools.

👉 Coaches continuously search for new, relevant information — so the Advice Hub is always up to date.

Advice

Service

Events

Video

Ne



Contact Sandwell Council at 0121 569 2266 to enquire about a carer's assessment and available support in Rowley Regis.

☀️ **Help with Providing Care for a Loved One in Rowley Regis**

🌈 Caring for a loved one, such as a grandparent, can be both rewarding and challenging. Support is available locally to help you in your role.

☀️ **Local Support Services**

- **Sandwell Council:** Offers carer's assessments, advice, and respite care. Contact them at sandwell_enquiry@sandwell.gov.uk or call 0121 569 2266. More information is available [here](#).
- **Communities in Sync – Talking Therapies Plus:** Provides free one-to-one therapy sessions and group activities. Call 07717 680965 or visit [their website](#).
- **CROSSROADS:** Offers one-to-one support, training, and emergency funding. Contact them at 0121 803 6830 or email CAL@sandwellcrossroads.org.

☀️ **Practical Assistance**

- Equipment or adaptations to make your grandparent's home safer can be accessed through Sandwell Adult Social Services. Call 0121 569 2266.
- Find local carer support groups via [Route2Wellbeing](#).

☀️ **Financial Support**

- Explore benefits or financial support options [here](#).

You're not alone—help is just a call or click away! ❤️

Linked Toolkit

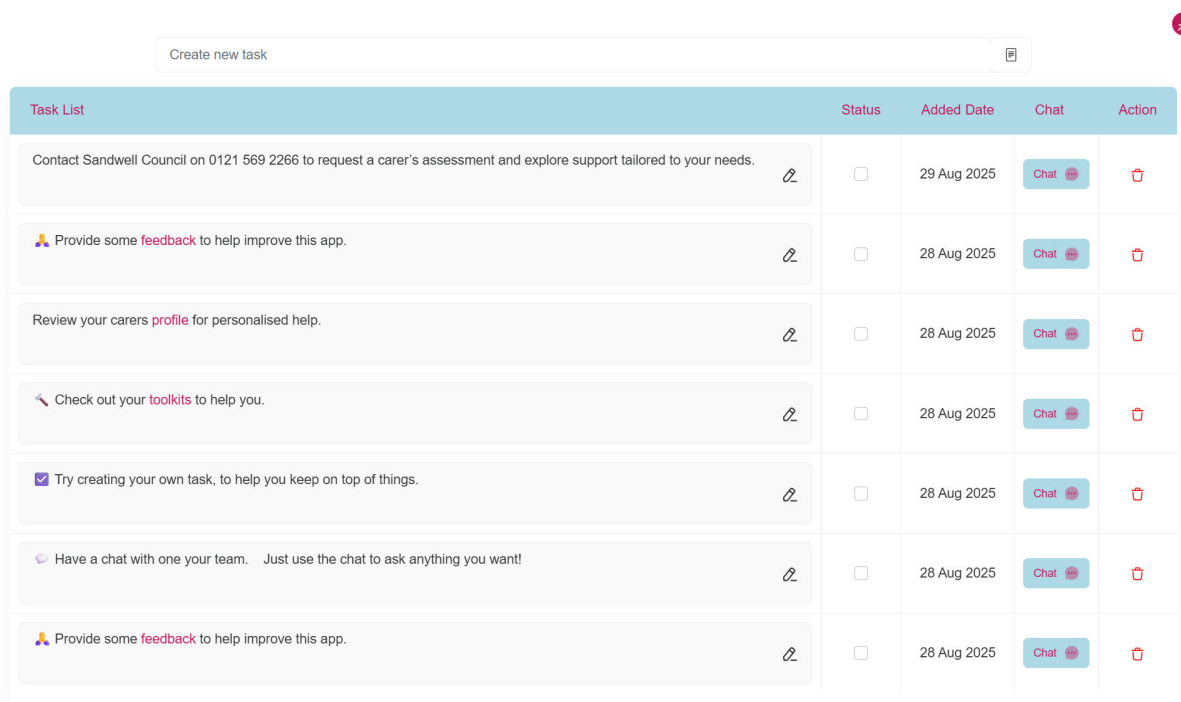

Room Safety +


Scroll down ↓ ing +


Staying Warm +

4. Tasks & To-Dos

- As you use the app, tasks will appear to help you take action.
- Tasks are linked to advice you've received. For example, if a coach suggests a council assessment, it will appear in your task list.
- You can add these to your list with one click and tick them off as you go, keeping track of your progress.



Task List	Status	Added Date	Chat	Action
Contact Sandwell Council on 0121 569 2266 to request a carer's assessment and explore support tailored to your needs.	☐	29 Aug 2025	Chat	
Provide some feedback to help improve this app.	☐	28 Aug 2025	Chat	
Review your carers profile for personalised help.	☐	28 Aug 2025	Chat	
Check out your toolkits to help you.	☐	28 Aug 2025	Chat	
☒ Try creating your own task, to help you keep on top of things.	☐	28 Aug 2025	Chat	
Have a chat with one your team. Just use the chat to ask anything you want!	☐	28 Aug 2025	Chat	
Provide some feedback to help improve this app.	☐	28 Aug 2025	Chat	

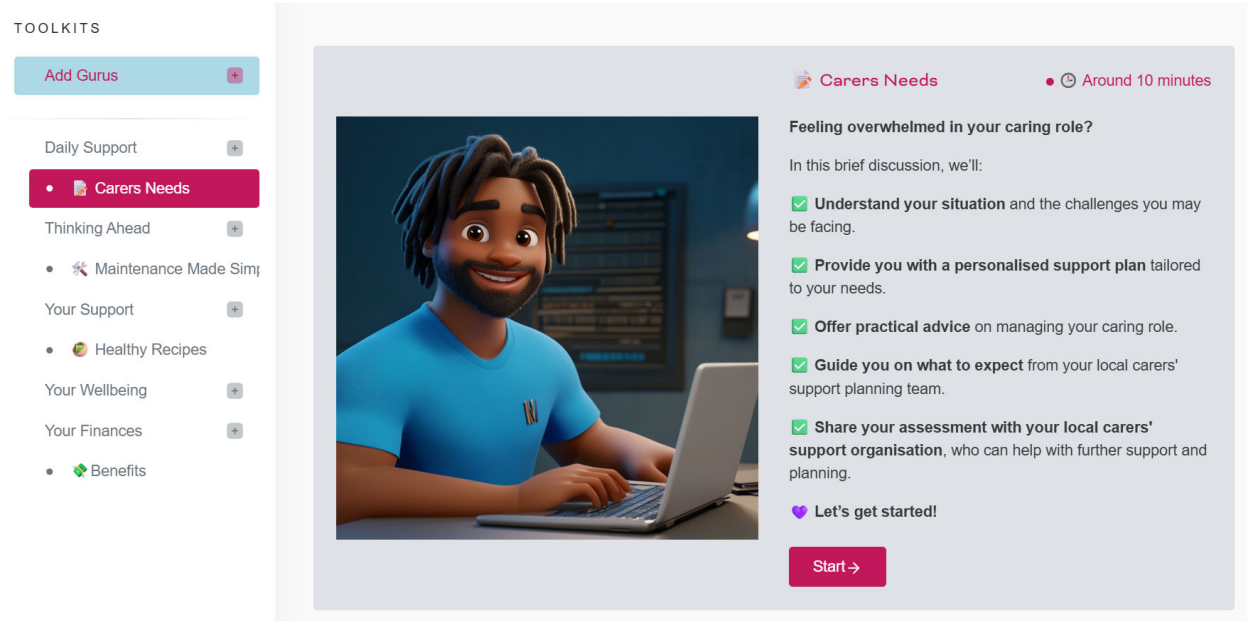
5. Toolkits

Toolkits are **guided conversations** that create practical plans:

- Answer a few questions, and Bridgit will build a **personalised plan or document** you can use or share.
- Examples include:
 - **Carer's Needs Toolkit:** Reflect on your role and generate an initial support plan.

- **Food & Menu Toolkit:** Upload an image of food in your kitchen, and get recipe and meal ideas.
- **Practical Toolkits:** From reviewing your CV to planning time out for yourself.

Think of toolkits as structured consultations with an advisor, giving you something tangible to work from.



6. Community

- Join our community groups to connect with others, share wins, and ask questions.
- Groups may be national, local, or themed around specific challenges.
- If your local group isn't active yet, Bridgit will work with your carer service or local authority to help set it up.
- You can also join the **Feedback Group** to share your ideas and help improve the platform

Carers

Together we're changing the world for the better.



Search Groups...



All Groups 27

Sort By: Last Active



7. Chat Anytime

- Use the chat window to speak directly with an AI coach, just like sending a message on WhatsApp.
- Ask any question — big or small. The coach will provide advice, tips, and links to relevant local or national services.
- Example: If a relative is wandering from home, the coach might suggest connecting to adult social care while also offering immediate safety tips.
- The chat is available **24/7** and always tailored to your situation.

**Carer Colin**

- **Locks and Alarms:** Install locks on doors that are out of reach or use door alarms to alert you if he tries to leave. You can also look into motion sensors.
- **Safe Garden Space:** If possible, create a secure outdoor area where he can walk freely without risk.
- **Visual Cues:** Place signs or stop signs on doors to discourage him from exiting.

2. Keep Him Engaged

- Sometimes wandering can be caused by restlessness or boredom. Try activities like reminiscing, puzzles, or light physical activity to keep him occupied.

3. Identification

- Ensure he always has identification on him, such as a bracelet with his name and your contact details. You could look into "Safe Places" schemes or tracking devices like GPS watches.

4. Speak to Professionals

- Contact **Sandwell Adult Social Services** at sandwell_enquiry@sandwell.gov.uk or call **0121 569 2266**. They can assess his needs and provide support, such as assistive technology or respite care.

5. Support for You

- If you're feeling overwhelmed, don't hesitate to reach out to local carer groups in your area. You can find support groups on [Route2Wellbeing](#).

If you think his wandering might be linked to a medical condition like dementia, it might also be worth discussing this with his GP to explore further support and advice.

Let me know if you'd like more details on any of these suggestions, Darren. You're doing a great job, and there's help available for both you and your grandad.

29/08/2025, 12:12 pm



8. My Details

- Control your preferences in the **My Details** section.
- Manage your notifications, emails, and personal information.
- Update this anytime to suit your needs.

YOUR DETAILS

[Profile](#)

Profile

Enter your details below



What is your name?

What is your age?

What is your closest town or city?

Select your preferred reading complexity

Select your reading support preference

Your Language

What is the first name of the person you care for?

How old is the person you care for?

Who do you care for?

Do they have any medical conditions?

What would you like support with?

9. Feedback

- Tap the **Feedback button** to tell us what works well or what could be improved.
- We welcome all suggestions — Bridgit is built with carers, for carers.

Feedback

MY TASKS

Contact Sandwell Council on 0121 569 2266 to request a carer's assessment and explore support tailored to your needs.

Add Gurus

SUPPORT AREAS

Daily Support

- 👉 Providing Care

Thinking Ahead

- 👉 Their Relationships

Your Support

- 👉 Carer Support

Find More Details Here

Advice Service Events Video Ne

1. How was your experience with our platform today? *

Very poor 1 2 3 4 5 Excellent

2. Would you recommend this platform to a friend? *

No Yes

Complete

✨ Our Mission

Bridgit Care is a social enterprise. Our goal is simple:
To care for you, so you can care for them.