





Carers SA – Carers Online

Collection of online / digital resources for carers

Version 1: 2015

Disclaimer: The information has been collated from a variety of sources. This document is a point in time resource. Information regarding the cost / free supply of apps were accurate and web-site addresses were tested and valid at the time when this document has been collated. The information is a guide and a starting point to investigate digital support options for carers and apps or resources other than listed in this document may be available which may better match your individual needs and preference.

APPS related to HEALTH AND SAFETY

Tablets click  or 
 Online address:



Med Helper Med Helper keeps track of prescriptions, reminds when medications need to be taken, notifies when doctor’s appointments are scheduled and alerts when meds are running low or are about to expire. Multiple profiles option. Compatibility: iOS, Android, Blackberry Price: Free



Pocket Pharmacy Created by a pharmacist, it provides unbiased drug information. It features include not only a medication organiser but also the ‘Med Check’ tool, which automatically searches for medication incompatibilities, which can give you peace of mind by keeping you better informed about medications. Compatibility: iOS, Android Price: \$1.99



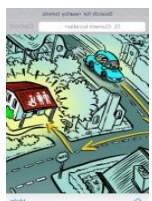
The ACT Companion: Develop and practice the skills you need to be present, open up and do what matters with dozens of simple, yet powerful, interactive ACT exercises and tools based on the self-help book The Happiness Trap. Price: \$15.99



Life 360 – Family Locator Life 360 is a free app that you can install on your and your loved ones’ phones and it will plot your and their locations in real time on a map. So if you need to see where your partner /mother /father etc is at any one point just look at the Life 360 app and you’ll get live time information on their location. Compatibility: iOS, Android Price: Free



GeoFence Tracker With Geofence Tracker, you can create a specific ‘safe zone’ or ‘unauthorized zone’ on a map and get an email alert if the phone leaves or enters the area. This can be very useful for keeping track of loved ones or patients who are prone to ‘wandering’ or getting lost. Compatibility: iOS, Android Price: Free



[National Public Toilet Map](https://itunes.apple.com/au/app/national-public-toilet-map/id323279108)
iPhone, iPad, iPod touch – Find the location of more than 16,000 public and private public toilet facilities across Australia! Department of Social Services















Smart-ICE This application can be installed on a phone and provides a detailed history of medical data for Emergency personnel, such as name, contacts, important phone number, blood type, allergies, medications you are on, past hospitalisation history and even the name and number of health insurance policy. Compatibility: iOS Price: \$0.99



Android:
<https://play.google.com/store/apps>
Apple:
<https://itunes.apple.com/au> - click on App Store

Apple:
<https://itunes.apple.com/au/app/national-public-toilet-map/id323279108>

Apple:
<https://itunes.apple.com/au> - click on App Store

APPS related to MEALS AND NUTRITION		Tablets click  or  Online address:
 <p>MyFitnessPal MyFitnessPal is basically a food diary. You tally up your meals and intake throughout the day, and you can use it to track calorie intake. The app has a huge database of foods, such as fruit, as well as packaged goods. You can also scan barcodes of products and it will add them to your list. Compatibility: iOS, Android Price: Free</p>	<p>Android: https://play.google.com/store/apps</p> <p>Apple: https://itunes.apple.com/au - click on App Store</p>	
 <p>ALLrecipes.com Dinner Spinner The Dinner Spinner app has a huge library of recipe ideas. You can scan ingredients from your own pantry and Dinner Spinner can you show recipes containing the ingredients you have on hand. You can filter by dietary requirements (gluten, vegetarian etc.), select ingredients you have or want/need to cook with. It can build a shopping list from the recipes you want to complete. You plan a week of meals, the app builds your shopping list. Compatibility: iOS, Android Price: Free or \$2.99 version (more options)</p>		
APPS related to Money and Financial Management		Tablets click  or  Online address:
   <p>Your Bank's Mobile App Almost all banks offer an online service, and most have fairly advanced features. A particularly useful feature for those who are caring for someone is the ability to simply set an alert on the person's account to send you a text message each time any amount above a certain amount is spent, withdrawn or transferred. Compatibility: iOS, Android, Blackberry Price: Free</p>	<p>Follow direct links on your bank's website or go to: Android: https://play.google.com/store/apps</p> <p>Apple: https://itunes.apple.com/au - click on App Store</p>	
 <p>Manilla This financial organiser allows you to manage all accounts, credit card, subscriptions and in addition allows you to make custom accounts for other inevitable expenses such as rent or cleaning services. You can set it up to remind you when bills are due. Compatibility: iOS, Android Cost: Free</p>		
 <p>Shoboxed – Financial Support APP - Never lose a receipt again, track mileage also. Free iPhone App and Android that will scan receipts for you and you can add a note. Cost: FREE version available, cost for online accounting features.</p>		
 <p>Affordable SA provides information on many helpful areas including housing, utilities, transport, health, education, finances, food and justice - all in the palm of your hand.</p>		

APPS that help with STAYING ORGANISED

Tablets click  or 
Online address:



Care for Me is an App for iPad and iPhone. The App enables recording and storing of all care requirements in video, photo or text format in one central location for quick access to visualise the cares required. Care for Me enables all needs to be recorded within specific care categories (physical and social) to provide clear and easily accessible instructions. A calendar facilitates a timed day-to-day care plan and changes can be made quickly and easily. – Cost: \$3.79

<https://itunes.apple.com/au/app/care-for-me/id603038235?mt=8>



CarePartners Mobile For those who share caring responsibilities amongst two or more people. The carers all have the app installed on their phone and create a 'community', where they can exchange information about the care recipient, add items to a task list, delegate responsibility. It allows everyone to have greater peace of mind in knowing all required tasks are being attended to. Compatibility: iOS, Android Price: Free



Our Groceries Shopping List Have a live-time shopping list that you add to as you go, and sync the list with your loved one's/carer's phone! You can just keep adding items to it as you run out during the week, and the person doing the shopping for you will automatically know to purchase these items. And, if they pick one or two items up in the week for you, they can cross it off the list and that will transfer back to your list. It also sorts your groceries by type to help when walking up and down the supermarket aisles. Compatibility: iOS, Android Price: Free

Android:
<https://play.google.com/store/apps>



Scanbot is a mobile scanner app for documents and QR codes. Create premium quality PDF scans. Send them via email or automatically upload them to your favorite cloud such as Google Drive, Box, Dropbox, Evernote and other cloud services. Price: FREE

Apple:
<https://itunes.apple.com/au> - click on App Store



Task N ToDo's A list for all your task and to do's – but the best bit is you can enter them by talking into your phone! You can set due dates and deadlines for tasks which will sync with your calendar, prioritise tasks and remind you ahead of time about upcoming tasks. Syncs across your tablet, phone and computer. Easy to use features such as drag and drop capability to move around and swiping to navigate between tasks makes this app a very easy and quick to use. Compatibility: iOS, Android Price: Free



iSpeech - Type in text and listen. iSpeech converts text to speech with the best sounding voices anywhere. Simply enter any text and iSpeech will instantly read the words. Price: Free

FOCUS	WEBSITES and ORGANISATIONS for Carers	Web Address (and link: click)
Carer Organisations	Carers Australia – Information, Policy and Advocacy for Carers Australia wide	www.carersaustralia.com.au
	Carers SA <ul style="list-style-type: none"> • Counselling • Policy and Representation • Respite – Taking a Break • Education and Training • Information and advice • Multicultural carers • Carer Support • Young carers • Disability 	http://carers-sa.asn.au/
Carer Organisations Regional Focus	Northern Carers Network – Provide support for carers living in the Northern Adelaide metro area	www.ncnw.org.au
	Carer Support - Provide support and respite for carers living in the Eastern and Southern metropolitan regions of Adelaide	www.carersupport.org.au
	Carers Link Barossa (Barossa and districts)	www.carerslinkbv.org
	South Southern Fleurieu Carer Support Centre (and KI)	www.carersupportsa.org.au/index.php/carers.../182-south-coast-carers
	Carers Link Yorke Penninsula (Yorke Penninsula)	http://carerslinkyp.vpweb.com.au
	Country North Community Services (Clare and districts)	www.sacountrycarers.org.au
	Carer Wellness Centre Adelaide Hills (Inner Adelaide Hills - Woodside)	http://carerwellness.org.au
Education	University of the 3rd Age - Education and interest courses for mature adults	www.adelaideu3a.on.net/
Government	Australian Government: Find targeted government information for carers over a range of issues including payments and services, health and aged care	www.australia.gov.au/people/carers
	MyGov - services individualised via secure logging in and password protected	https://my.gov.au
	MyAgedCare – Respite - core information about Respite Services	www.myagedcare.gov.au/caring-someone/respice-care
	Centrelink – information for income support recipients	www.humanservices.gov.au/customer/dhs/centrelink
Northern Region Transport	Port Augusta Council Incl Frail Senior and Disability Community Bus Service	www.portaugusta.sa.gov.au www.portaugusta.sa.gov.au/page.aspx?u=961
	Port Augusta Bus Service – Community bus, school bus, outback taxi service	www.portaugustabuses.on.net
Money Smart (Gov)	MONEY SMART is a helpful site with links to lots of information about money, insurance, scams etc.	www.moneysmart.gov.au/

FOCUS	WEBSITES and ORGANISATIONS for Carers	Web Address (and link: click)
Digital Literacy Resources (Gov)	Internet Basics – Learning about how to get around the Internet and how to use Government websites – videos and other info - free	www.internetbasics.gov.au
	Digital Hubs Programme Digital Hubs have been established in communities across Australia to provide local residents with digital literacy training.	www.communications.gov.au/digital_economy/programs_and_initiatives/digital_hubs_programme
	Broadband for Seniors kiosks Provides senior Australians, aged 50 years and over, with free access to computers, internet and basic training to help build their confidence in using new technology.	www.necseniors.net.au
	Adult Learning Australia Provides adult learning programs through not for profit local community based organisations.	https://ala.asn.au
	Forward IT Online learning tool designed to teach people and provide them with the skills to use the internet safely and securely, at their own pace. This website is provided by the Government of South Australia.	www.forwardit.sa.gov.au
	Australian Seniors Computer Clubs Association Supports and encourages senior Australians to become computer literate at their own pace.	www.ascca.org.au
	Stay Smart Online Provides cyber security information for Australian internet users on the simple steps they can take to protect their personal and financial information online.	www.staysmartonline.gov.au
	Cybersafety Help Button Provides internet users, particularly children and young people, with easy online access to cyber safety information and assistance available in Australia.	www.cybersafetyhelp.gov.au
	Easy Guide to Socialising Online Provides information on how internet users can protect themselves and their information when using social networking sites, search engines and online games.	www.communications.gov.au/easyguide
	Cyber Smart A national cyber safety and cyber security education program specifically designed to meet the needs of children, young people, parents, teachers and library staff.	www.cybersmart.gov.au
SCAMwatch Provides information to consumers and small businesses about how to recognise, avoid and report scams.	www.scamwatch.gov.au	



FOCUS	WEBSITES and ORGANISATIONS for Carers	Web Address (and link: click)
Services & Other useful Websites	ACCAN – Australian Consumer Hardship Portal – helpful tool for consumers who are experiencing tough times and finding it hard to pay for their phone or Internet bill.	www.accan.org.au/hardship-home
	ARAS – Aged Rights Advocacy Services	www.sa.agedrights.as.nau
	COTA – Council on the Aging – Advocacy and support for seniors	www.cotasa.org.au
	Financial Ombudsman Services	www.fos.org.au
	Healthdirect Australia – 24 hr Health Advice	www.healthdirect.org.au
	Hearing Centre – metro and regional services	www.audioclinic.com.au
	Legal Services Commission -free legal advice, ie: Legal Wills	www.lsc.sa.gov.au
	Migrant Information Centre	www.mrcsa.com.au
	NILS – No Interest Loan Program (via Carers SA and others) Carers SA NILS offers family carers access to a loan, up to a of \$1200, for essential household items with no interest or charges. The loan can be repaid over a 12-18 month period. Call Carers SA on free call 1800 242 636	http://carers-sa.asn.au/Assets/Files/NILS Brochure FINAL.pdf
	Office of the Chief Psychiatrist and Mental Health Policy The role of the Chief Psychiatrist is to: ■safeguard the rights of individuals ■improve service delivery ■guide the administration of the Act ■monitor standards and services.	http://tinyurl.com/chiefpsychiatrist
	Public Trustee –Info re Power of Attorney, Guardianship, etc	www.publictrustee.sa.on.net
	Relationship Australia – Counselling and personal and professional development.	www.rasa.org.au/services
	Salvation Army – metro and regional community services	www.salvationarmy.org.au
	SACAT - South Australian Civil and Administrative Tribunal (Housing disputes, Guardianships and more)	www.sacat.sa.gov.au/types-of-cases
	SACOSS - SA Council of Social Services– supporting justice, opportunity and shared wealth (advocacy)	http://sacoss.org.au
	SANE – Helping all Australian affected by mental illness to lead a better life.	www.sane.org
Seniors Information Service - Provide information for seniors, including digital literacy training and volunteering opportunities.	www.seniors.asn.au	
Volunteering SA/NT – Opportunities for volunteer involvement across SA and NT	www.volunteeringsa.org.au	
Welfare Rights Centre	www.wrcsa.org.au	
Northern Country Regional Resources:	Regional SA Business and Events Directory -Port Pirie	www.gridportpirieregion.com.au
	Australian Indigenous Health Info Net	www.healthinonet.ecu.edu.au
	Port Augusta Medical Centre	www.ipn.com.au/gp/sa-port-augusta-port-augusta-medical-centre

About Carers SA

Carers SA functions as both a representative body for Carers and a service provider in South Australia. Carers SA is a member of the National Network of Carers Associations that makes up the federated structure of Carers Australia, the recognised national Peak Body for Carers.

Carers SA – Services to Carers:

Counselling Free counselling for carers throughout SA

Policy and Representation

Respite - Taking a Break

Education and Training

Information and advice

Multicultural carers

Carer Support Programs

Young Carers Programs

Disability

Help is just a phone call away **1800 242 636***

*freecall except from mobile phones



Carers SA – Locations

State Office

66 Greenhill

Wayville SA 5034

Ph: (08) 8291 5600

Fax: (08) 8271 6388

www.carers-sa.asn.au

info@carers-sa.asn.au

Royal Park

66 Tapleys Hill Road

Royal Park SA5014

Ph: (08) 8240 2900

Fax: (08) 8240 2999

westerncarers@carers-sa.asn.au

Port Augusta

Shop 1/5 Young Street

Port Augusta SA 5700

Ph: (08) 8641 1844

Fax: (08) 8641 1944

ncc@carers-sa.asn.au

Berri

17 Riverview Drive

P O Box 870

Berri SA 5343

Ph: (08) 8582 5485

rivmmc@carers-sa.asn.au

Mount Gambier

20 Percy Street

Mount Gambier SA 5290

Ph: (08) 8724 8700

Fax: (08) 8724 8744

secarers@carers-sa.asn.au

Port Lincoln

1/18 King Street

Port Lincoln SA 5606

Ph: (08) 8683 4477

Fax: (08) 8683 4470

eyrecarers@carers-sa.asn.au

Murray Bridge – CRCC

Commonwealth Respite and

Carelink Centre- South East Country

95 Swanport Road,

Murray Bridge SA 5253 &

Free call 1800 052 222

respite@carers-sa.asn.au

Mount Gambier – CRCC

Commonwealth Respite and

Carelink Centre- South East Country

20 Percy Street,

Mount Gambier SA 5290

Free call 1800 052 222

respite@carers-sa.asn.au