



## FREE INTERNET TOOLS FOR CAREGIVING COMMUNICATION

Here is a selection of web-based tools that help caregiving teams communicate, sign up to offer help, stay updated, and collaborate. Descriptions are taken directly from the websites listed. Please be sure to read and understand any site's privacy policies before sharing personal information.

**Lotsa Helping Hands:** [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

Create a private, web-based community to organize family, friends, neighbors and colleagues – a family's "circles of community" – during times of need. Easily coordinate activities and manage volunteers with our intuitive group calendar. Communicate and share information using announcements, message boards, and photos.

**CaringBridge:** [www.caringbridge.org](http://www.caringbridge.org)

Personalized websites that connect family and friends during a serious health event. CaringBridge makes it easier to share health updates and receive messages of love and support.

**CarePages:** [www.carepages.com](http://www.carepages.com)

Share your story. Build your support circle. CarePages websites are patient blogs that connect friends and family during a health challenge.

**eCareDiary:** <http://www.ecarediary.com/>

- Access the Care Diary, your private online calendar.
- Store important medical records.
- Privately share your Care Diary and records with others in your circle. □ Start your own personal blog community.

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