**Webinar: Using technology to support the people you care for**

**Skills for Care webinar, co-delivered with Digital Social Care**

**Thursday 30 April 2020**

All our recorded registered manager webinars on a variety of topics, including this one, can be found on the website [here](https://www.skillsforcare.org.uk/Support-for-leaders-and-managers/Support-for-registered-managers/Registered-manager-webinars/Registered-manager-webinars.aspx).

**During the webinar, reference was made to several websites which are detailed below.**

* **Digital Social Care** <https://www.digitalsocialcare.co.uk/>
* **Information about the webinars available can be found here**  <https://www.digitalsocialcare.co.uk/webinars-launched-to-help-providers-get-started-with-data-security/>
* **Stay safe online guidance** [www.staysafeonline.org/stay-safe-online/online-safety-basics](http://www.staysafeonline.org/stay-safe-online/online-safety-basics)

**Various apps and technological solutions were mentioned in the webinar see below for links**

[Facebook portal](https://portal.facebook.com/gb/?utm_source=gg&utm_medium=a_ps&utm_campaign=6518463077&utm_term=facebook%20portal&utm_content=445470363755&utm_ad=76443430937&utm_location=9044952&utm_location2=&utm_placement=kwd-391571568194&utm_adposition=&utm_device=c&utm_matchype=e&utm_feed=&gclsrc=aw.ds&&gclid=CjwKCAjww5r8BRB6EiwArcckC7xQoFQNziEu1oMMr9uhyJZjnY4z6CkGkisiGO5kQGUK817g_vHY-BoCZqwQAvD_BwE)

[WhatsApp](https://www.whatsapp.com/?lang=en)

[Messenger](https://www.messenger.com/)

[Google Home](https://store.google.com/gb/product/google_home)

[Amazon Alexa](https://www.amazon.co.uk/b?ie=UTF8&node=14100223031)

[Fitbit](https://www.fitbit.com/uk/home)

[Alcove](https://www.youralcove.com/)

[Famileo](http://www.famileo.com/famileo/en-EU)

[Moodfit](https://www.getmoodfit.com/)

[Chill Panda](http://chillpanda.co.uk/)

[Cove](https://www.nhs.uk/apps-library/cove/)

[eQuoo](https://equoogame.com/)

[Feeling Good](https://www.feelinggood.app/)

[Thrive](https://thrive.uk.com/)

YouTube tutorial on seated exercise [www.youtube.com/watch?v=azv8eJgoGLk](http://www.youtube.com/watch?v=azv8eJgoGLk)

**Example of an online activities programme**

[Eddie’s Trust Cambridgeshire](http://www.facebook.com/eddiestrustcambridgeshire/photos/rpp.375785712561384/1729344733872135/?type=3&theater)

[www.carechoices.co.uk/virtual-reality-therapy-care-home](http://www.carechoices.co.uk/virtual-reality-therapy-care-home)

[Reminiscience based virtual reality](https://www.reminiscience.co.uk/)

[accuRx](https://www.accurx.com/)

[The Silver Line](https://www.thesilverline.org.uk/)

[Samaritans](https://www.samaritans.org/)