

Top 10 Social Care & Health Apps

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See also: 'Using Apps to Support Health and Well-being - What are 'Apps' and why should I use them?' available on www.solihull.gov.uk/gadgets

1) Finding the Right App

There are often a number of different apps with a similar purpose, so choosing between them can be tricky. Some factors you might want to consider when making your decisions are:

- The price
- The number of people who have downloaded the app
- The rating other users have given the app
- The developers description of the app's functions
- Recommendations from people you know
- How applicable the information in the app is to you – for example an app rating restaurants in the USA has limited value to people living in the UK



For health and social care apps you may find the [NHS Choices Tools Library](#) useful. It includes a number of apps and other resources that promote health and well-being.

One consideration when using apps is whether the information you load into the app is kept securely. Some concerns have been raised about security breaches with apps. Therefore you might want to investigate the provenance of the app, or the reputation of the organisation who commissioned it, before deciding whether to use it.

2) Our Top 10 Social Care and Health Apps

Our top 10 apps are drawn from across health and social care and are intended to encourage people to try out using apps to support their social and health care. They are ten of the thousands of apps available – but they are ones that we have tried out and/or had positive feedback about from others. If you think there are better apps around please let us know, we will be happy to reconsider and update our 'top 10'. All of the apps listed are available on iOS and Android but not on Windows.

	Name	Purpose	Key Features	Cost
1	Jointly	Tool to link carers together to co-ordinate care and exchange information. Designed by carers and Carer's UK.	Helps make communication easier. Calendar feature, messaging & tasks. Medication record & notes.	Free to Carers in Solihull using voucher

2	The House of Memories	Reminiscence tool that helps carers of people with dementia. Produced by National Museums Liverpool.	Helps to build electronic memory box, memory tree, and memory timeline. Includes video guides about using reminiscence tools.	free
3	NHS Health and Symptom Checker	Information about your symptoms and advice for looking after yourself. Produced by NHS Direct.	NHS advice on the move. Clinically tested assessment tools. Links to condition-relevant info & advice.	free
4	My Doro Manager	App enabling remote management of smart-phone. Created by Doro – a supplier of easy to use mobile phones.	Enables a trusted relative to remotely make changes to settings, or add change/information (for example contact details)	free
5	RCP Stroke Guidance	Information about strokes, including treatment, rehabilitation and care options. Based on NHS national clinical guidelines for stroke.	Information about stroke care, rehabilitation & how to prevent further strokes. Links to useful resources/tools. Helps plan questions to ask stroke professionals.	free
6	Talking Point	Support forum and source of information and advice for people with dementia and their carers. Produced by the Alzheimer's Society.	Useful information for about dementia. Discussion forums on a wide range of dementia issues, enabling access to peer support.	free
7	Diabetes UK Tracker App	Logs important dietary factors to create a record. Produced by Diabetes UK. Aimed at people with type 1 or 2 diabetes	Log & track a range of levels like blood glucose, carbohydrates & calories as well as how you are feeling. Enables sharing of this information with professionals.	free
8	SAM: Self help for Anxiety Management	Self help methods for managing anxiety. Developed by psychologists and users.	Feature to record anxiety levels over a period of time. Collection of tools/techniques to help manage anxiety. Chat forum.	free
9	Pill Manager	Helps by reminding people when to take medication and when to re-order. Produced by Healthnet.	Keeps a record that can be referred to or emailed to others	free
10	Talking Mats Lite	Helps people with learning difficulties to express preferences via use of symbols. Produced by the Talking Mats social enterprise.	Quick and easy to use on the move to improve communication. Contains 35 symbols for leisure. Upgrades available.	£5.99 But free 'taster' version available