Managing a loved one’s mental health journey can be demanding, stressful and isolating. Family and friends are an amazing source of support, but constantly sharing updates with each and every one of them is time-consuming. CaringBridge replaces countless texts and emails with a free, easy-to-use and secure communications platform. It acts as a digital care coordination tool providing family caregivers with everything they need at their fingertips to feel supported and loved.

Some people may be worried about using CaringBridge due to privacy concerns, but caregivers and the individual themselves deserve and need support. We have heard of examples where information was posted about the person in the hospital and that they would like visitors to bring them new decks of cards or their favorite pop. It made being in the hospital less isolating. Families of people with mental illnesses often call it the “no hot dish” illness – but when a loved one is hospitalized for any illness having meals brought over is extremely helpful.

The following provides some background information on CaringBridge and why a family caregiver should think about starting a site, as 65% of sites are started by a family caregiver on a health journey with a loved one.

**How CaringBridge Works**

More than 300,000 people use the CaringBridge platform every single day. They have the tools family caregivers need to easily share updates, read messages of support and coordinate help. Family caregivers can solely manage the site to rally visitors for both emotional and instrumental support or ask a loved one to be a helper or co-author on the site.

The following are some of the key features on a CaringBridge site that are important to families:

1. **Online Journal to Post Health Updates and Visitors Can Show Their Support**
   CaringBridge provides an online journal for both long and short posts to keep loved ones informed on progress and setbacks, but to also provide support for the family caregiver and help relieve stress. Even something simple like texting or emailing updates to loved ones is one to-do too many. CaringBridge is a website for sharing health updates with everyone at once—saving time and energy. Visitors to the site can easily respond with messages of hope and support.

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2. Ways to Help
Even when family caregivers need help the most, they may be hesitant to reach out directly to friends and family and may worry that it’s asking too much. The Ways to Help section of each CaringBridge site provides easy access to digitally coordinate meaningful help. The CaringBridge Planner offers relief and support by allowing families to easily ask for and schedule help with daily tasks directly from their community. Other helpful tools include community meal coordination through Meal Train, ordering groceries and health/wellness related products on Shipt, and starting a GoFundMe personal fundraiser to pay for medical expenses and broader caring activities and services.

3. Safety
Unlike other online platforms, privacy—not profit—is the main concern. CaringBridge is a secure, ad-free community that never sells data. Families can also establish their own privacy settings and adjust these at any time. CaringBridge has been supporting health journeys for nearly 25 years.

4. Easy to Use
CaringBridge sites can be personalized and it’s easy to share written updates, photos and more with an easy-to-use interface. With a live Customer Care team, they are readily available to answer questions.

5. Quick Set-Up
It only takes a few minutes to create a CaringBridge website – To learn more or start a site, visit www.join.CaringBridge.org.

CaringBridge has helped over 900,000 patients and their family caregivers make private, personal connections when they need it most.