

# iCare:

## The pressure sore app

Do you care for a loved one, neighbour or friend?

Would you benefit from a tool specially designed to help unpaid carers?

Have you heard the term 'pressure ulcer', 'pressure sore', or 'bed sore'?

Would you like to learn more?

iCare, brought to you by Care City and Aglyia provides:

- Videos, pictures and text surrounding the prevention and management of pressure ulcers
- Succinct, up-to-date information developed by local district nurses
- Useful advice without the medical jargon



See over to  
find out about  
how you can  
take part in  
our trial

[www.carecity.london](http://www.carecity.london)

CARE CITY

## WHO ARE CARE CITY?

We are a community interest company based in Barking, working alongside the NHS and Local Authority trying to make improvements through innovation.

We are currently undertaking large pieces of work to help support both paid and unpaid carers in East London. We know that carers often do not get the support that they need and deserve, and often don't know where to get accurate information.

We are currently running a 6 week trial for the iCare app.

## WHAT DOES THE TRIAL ENTAIL?

- 3 questionnaires across 6 weeks
- £30 in Amazon vouchers
- Support and guidance from the Care City team

## WOULD YOU BE INTERESTED IN TAKING PART IN THE TRIAL?

If so, drop us an email at [alexa.kerr-dineen@carecity.org](mailto:alexa.kerr-dineen@carecity.org), give us a call on **0300 300 1548** or visit our website [www.carecity.london](http://www.carecity.london)

