

## Welcome To Liferaft

Nicola, the founder of Liferaft, was a parent carer for her daughter Faith as well as being a wife and a working mother to two additional children. She understands the world of being a parent carer and set about designing a tool to support you and your child.



Do you feel like a **walking encyclopaedia** and wonder what would happen if you weren't there or you **lost your notebook**?



Have you been **put off meeting friends** or going to the gym because it was just **too hard to hand on information** to another carer?



Do you **repeat the same information** over and over, still never quite sure that you have given consistent, correct & up-to-date information?

A secure on line solution. Add and manage information about health, care, wellbeing – and more. Share with others. Everything you need in one accessible place wherever you are.

## Setting Up Your Account

- Go to <https://portal.myliferaft.com/#> and Click on 'register for a new account'
- Fill in all your details including your promotional code
- You will receive an email with a link to verify your account information – click on this link
- You will now be at the log in page; enter your email address & password
- After logging in, you will have the option to either:
  - 1) Go straight into your account and view a short video
  - 2) Set up an account for someone you care for (a Managed Account)

If you forget your password, click on the Forgotten Password link at the bottom of the Log in page.



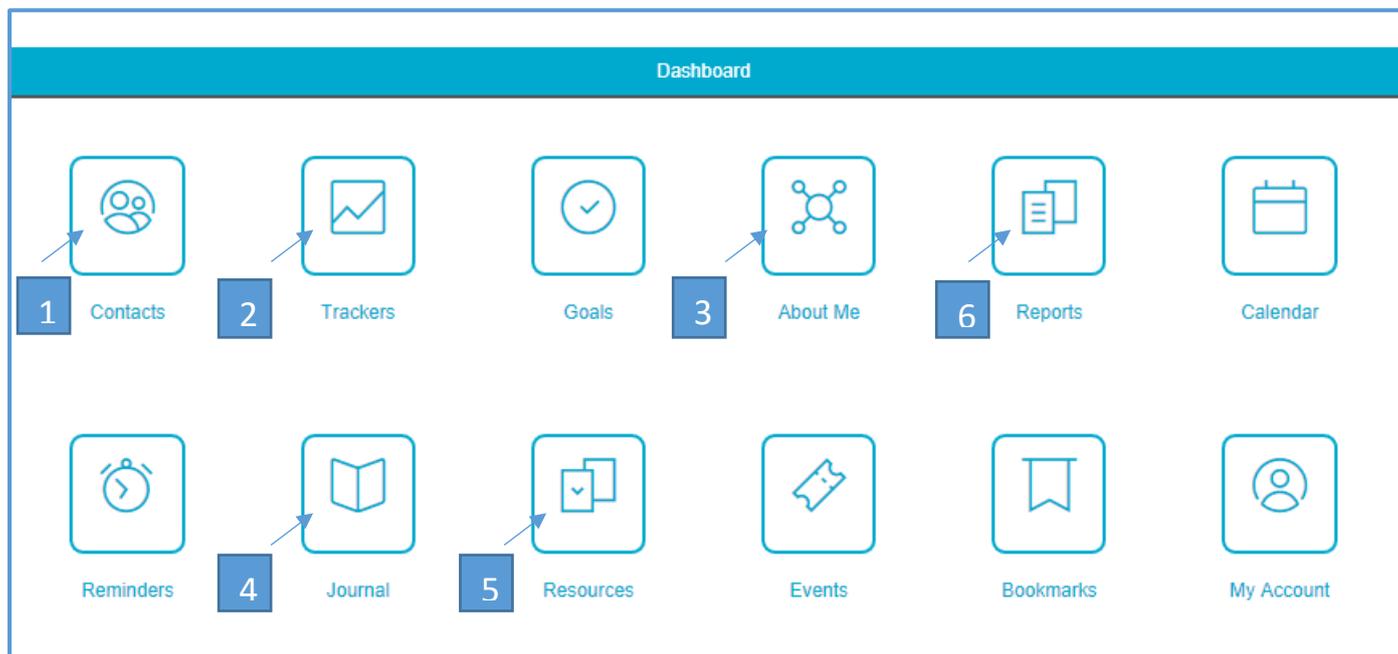
### Support available:

Description:	
Online from within Liferaft	<ul style="list-style-type: none"><li>• Click on the  at the top of each page.</li></ul>
Getting Started Guides	Access via this link <a href="https://www.myliferaft.com/more/faqs/">https://www.myliferaft.com/more/faqs/</a>
Call the Liferaft team	03302231192
Email the Liferaft Team	<a href="mailto:support@myliferaft.com">support@myliferaft.com</a>

- We are happy to help you with a one-to-one tutorial either over the telephone or personally (subject to location). Please email [support@myliferaft.com](mailto:support@myliferaft.com) to arrange this

## Activities to Get You Started

Now you are in and set up with your Liferaft account below are some key features you might find useful for you and your child straight away. Just populate it a bit at a time.



1. **Add a contact:** Select Contacts from the dashboard. Click on 'add contacts' and fill in.
2. **Set up a tracker:** Select Trackers from the dashboard and choose the category you want to track e.g. your weight or blood sugar levels. Use the *hide/show* trackers to select which trackers you see.
3. **Add information about yourself:** Select About Me and click on the 'Personal' category (or one of the many categories to choose from). You can add as little or as much information as you like. Remember to **Save** before leaving the page.
4. **Start a journal:** Select Journal from the dashboard and note down your daily thoughts, activities and what you achieved during the day.
5. **Resources and Events:** This takes you through to the Liferaft website and gives you access to events around the country and a comprehensive list of external websites aimed at supporting you.
6. **Reports:** Different reports are available. These pick selected information and pulls it together to create a report which can be printed or shared. For example a Hospital Passport giving detailed information on health and care needs or perhaps auto populate the DLA. Click generate report and it will be emailed to you, or select summary to see it on line.

Click here for HELP



Stephanie Jones



This is your account

## Managed Accounts

### Creating a Managed Account

Once you have created your own account, there are 2 ways to set up an account for someone you care for:

- 1) Immediately on setting up your account, the Log in page will direct you to set up an account for someone else (if you want to do this)
- 2) From within your actual account, click on My Account on the dashboard, select Managed Accounts from the menu and complete their details

### Accessing a Managed Account

Stephanie Jones

**Managed users**

- Nick Jones
- Laura Jones

**Account settings**

**Log out**

v2.3.1

1. Click on your name / initials

2. Click on the managed account you want to update

3. You are now in Laura's account

4. To get back to your account, click on your picture

6 5

Laura Jones

When you are in the Managed Account (Laura Jones in the example above), you will see their picture or initials next to yours. The dashboard that you access will now be **theirs** (Laura's) and you can now add and/or update **their** information. To return to your own account, click on your picture or initials.