

‘Supporting your care and wellbeing online’



Nicola Murgatroyd, mother of a disabled child and founder of MyLiferaft, the Buckinghamshire based health and social care technology company, introduces an innovative online system that provides comprehensive support for carers and the cared-for.

MyLiferaft is an online place for all your health and well-being information, to help connect you and your carers. All your information will be stored safely and easily, allowing only those you choose to be able to access it. It's not just about the facts and figures; you can store information about you such as "I love a cup of tea with my medication!" or "I'm scared of injections!" This allows those that care for you to know what helps you and makes you feel better.

Based on her personal experience as a carer, the MyLiferaft platform is designed for those with a disability or long-term medical conditions, and helps to cope with the management of critical information that carers need to know, appointments and paperwork. "Using the platform joins everything up in one easy to access place, avoiding constant repetition and allows for a data trail to help ensure that vital health and care information isn't lost" said Nicola.



MyLiferaft allows you and your care circle to:

- Store your health and care information in one secure place
- Control the flow of information so you choose who sees what and when
- Keep track and be reminded of appointments, assessments and health patterns
- Share your care information with those who support you
- Hear about new technology solutions and how they can help you
- Read informative articles on care and well-being
- Save you time so you can enjoy doing the things you like with the people you love

Nicola explains, "MyLiferaft is clever in that it collates information to create a hospital passport and an 'all about me' sheet of information, enabling carers to know the likes and dislikes of the cared for. There is also a journal to record feelings and goals and measure achievements".

By creating a MyLiferaft account, you will be taking the first step towards bringing together your health and social care information and reduce repetition and create a consistent care plan you can share.

The standard service is completely Free. To create your free account, go to www.MyLiferaft.com

and click on Try Now. You can also join our community and receive our regular newsletter, as well as reading our blogs on different care, well-being and health topics.