












Digital Literacy?

There are lots of resources available to help you use technology and access online resources. **Here are some of the ways you can enhance your life in the digital age!**

Your Medical Journey

- ✔ **Order Repeat Prescriptions** - Easily order your meds online at home and choose your pharmacy 
- ✔ **Access Your Medical Record** - View your medical history and health info 
- ✔ **Initiate online consultations** - Use eConsult for non urgent medical advice 
- ✔ **Use your NHS Login and other Apps** - like BP@Home, Airmid, Internet Pharmacy Apps 
- ✔ **Help someone else online** - use Apps on behalf of someone else with a linked profile (and proxy access) 
- ✔ **Use Online News** - stay informed with reliable health news sources 

Other Non Clinical Needs

- ✔ **Shop Online** - Purchase groceries, clothing securely with confidence 
- ✔ **Online Banking** - Manage your finances securely from home 
- ✔ **Watch Videos Online** - Access educational and entertainment content 
- ✔ **Communicate Online** - contact with your Surgery and loved ones using SMS text messaging, email or video calls. 
- ✔ **Find Advice and Support** - Use search engines and online directories to access local groups and community events 

West Dorset

Jurassic Coast Primary Care Network (PCN) is dedicated to providing high-quality healthcare services on behalf of:

Ammonite Health Partnership
Barton House Surgery
Lyme Bay Medical Practice

There are an increasing number of **websites and Apps to help you manage various aspects of your health and mental health.**



Help and advice

For **general IT training** see the 'Learn At Home' section for a list of contacts.

For more **specific issues** see the 'Tech Support' section and consider contacting your local Digital Champion or Digital Care Coordinator



Dorset



JURASSIC COAST
PRIMARY CARE NETWORK

DIGITAL HELP FOR PATIENTS IN WEST DORSET

Empowering your Digital Journey



Getting Started

DO YOU NEED EQUIPMENT?

Eligible patients can be referred to **device-giving schemes**

Digital Doorway provides a laptop or tablet (and possibly data) to get online.



Donate IT have donation stations at each surgery and supply refurbished laptops and phones to those needing them, via the Social Prescribing Team.

DONATE IT
www.donateit.co.uk



✔ **More info contact**
jcsocialprescribing@dorsetgp.nhs.uk

Affordable broadband - lots of internet providers offer 'social tariffs' to people on benefits



<https://dorsetcouncil.gov.uk/affordable-broadband>

ASSISTIVE TECH AT HOME?

The **Technology Enabled Care (TEC) Lounge** in Dorchester, is a place where Dorset residents can **try digital gadgets for free in a simulated domestic setting** to find out what suits best and possibly get help with an install.

- Falls monitor
- Medicine reminder
- Close curtains on voice command
- Drinking reminder
- Robot-Pet



✔ **Call 01305 221016 to book**
<https://dorsetcouncil.gov.uk/tec-lounges>

Tech Support

VOLUNTEER DIGITAL CHAMPIONS

Face to face support in libraries across West Dorset

Online booking form
<https://www.dorsetcouncil.gov.uk/w/volunteer-digital-champions>

Hotline: 01305 221048

DIGITAL CARE COORDINATOR

As part of the **Social Prescribing team**, the Digital Care Coordinator can **signpost you to digital tools and organisations** to support your health and wellbeing.

✔ **Social Prescribing:** 01308 428943

LEARN AT HOME

There are lots of **free online courses:**

Good Things Foundation - for various online health services
<https://www.learnmyway.com/explore-the-subjects/managing-your-health-online>



Digital Skills Directory - for Dorset Council residents
<https://futuredotnow.uk/how-we-help/digital-skills-directory/>



The Digital Eagles Platform - step by step guides
<https://digital.wings.uk.barclays/courses>



Age UK - Online essentials training videos
<https://www.ageuk.org.uk/information-advice/work-learning/technology-internet/>



Ability Net - Free tech support & information for disabled and older people
✔ Tech Volunteers Support Service: 0300 180 0028



Skills & Learning - Adult education provider for Dorset Council
<https://www.skillsandlearningace.com>



Online Services

HEALTH APP FINDER

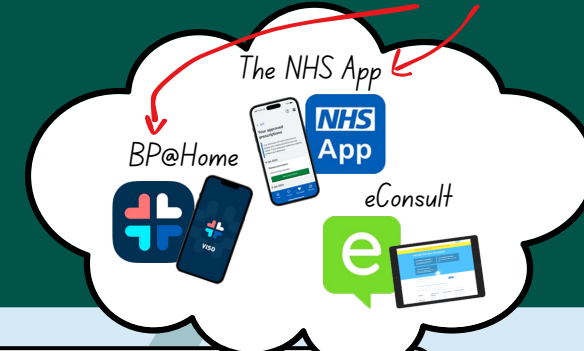
ORCHA tests Apps to ensure they meet people's health and wellbeing needs.



🔍 **Find an App**
<https://ourdorset.orchhealth.com/en-gb>



For more information about the latest Apps you can use at your Surgery, visit their websites or ask for a leaflet



Best way to learn is little and often!
Why not ask a neighbour or friend to get you started? 💡