caringlife

Every Child Deserves to Keep Their Story

For children in care, photos, videos, school reports, artwork and everyday memories can easily become scattered or lost, particularly when placements or professionals change.

Social workers play an important role in ensuring these moments remain connected to the child. A birthday celebration, school achievement, family visit or ordinary afternoon can become a meaningful part of their developing identity.

CaringLife brings these memories together in one secure digital place.

It gives social workers a clear view of each child's life story while ensuring their memories remain protected, accessible and connected to them throughout their care journey.

CaringLife – every memory, safe forever

Created by foster carers in 2017, CaringLife is an award-winning digital life story platform designed specifically for children and young people in care.

It provides a safeguarded place for photos, videos, documents, Journals and milestones, helping social workers ensure that every child has a continuous and meaningful record of their life.

Social workers can view and moderate memories, add important content, connect children with carers and maintain oversight when placements or allocated workers change.

Carers can capture everyday stories, achievements and experiences, adding the details that help children understand the people, places and moments behind each memory.

Children and young people can view approved memories and add their own photos, videos, captions and Journal entries, giving them an active role in shaping their life story.

CaringLife is private and purpose-built for children in care. When a young person leaves care or reaches adulthood, they retain free, ongoing access to their memories.

Capture every moment that matters

Every photo, video, drawing, and document helps tell a child's story – a story they can look back on with pride, laughter, and love. CaringLife makes it easy to bring those moments together in one secure, beautiful place.

See Their Story Unfold

Each photo and file is automatically date-stamped, so children can watch their life unfold in order – from their very first day at school to their latest adventure – or simply view the most recently added memories.

Create Albums for Special Moments

Carers, children and case managers can build Albums to celebrate milestones and memories – like *Sarah's 6th Birthday*, *First Day of High School*, or *Family Day at the Park*. Add photos, videos, and captions to bring each event to life and give every picture its own story.

Capture every moment that matters

Add Meaning to Every Memory

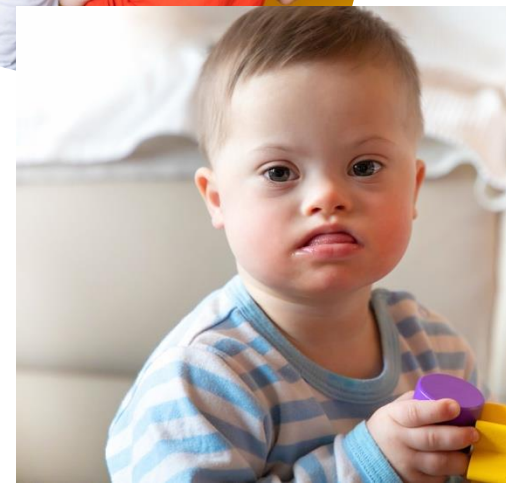
Sometimes a photo alone doesn't say it all. Add captions, comments and notes to remind children who was there, what made them laugh, or why that day was so special. Over time, these details help them remember not just what happened, but how it felt.

Keep the Big (and Little) Achievements Safe

From school reports and certificates to carer letters, birthday cards, drawings, and artwork, everything that matters has a home here. These files can be uploaded easily, so children can look back and see how far they've come – not just through photos and videos, but through every proud moment and encouraging word.

Write, Reflect, and Remember

With the Journal, carers, children, and social workers can capture everyday reflections, funny stories, and heartfelt messages – turning ordinary days into extraordinary memories.



More than 6 million precious memories are now safely held in CaringLife – each one a critical part of a child's story.

CaringLife gives social workers one secure place to oversee and support each child's digital life story.

Features include:

- View every allocated child from one clear dashboard.
- Review photos, videos, Journals and documents added by carers and children.
- Add memories, documents, messages and important contextual information.
- Pre-moderate content if required prior to the child seeing it. Delay or delete memories when necessary.
- Share selected memories with newly connected carers when appropriate.
- Use recent memories to support conversations, visits and relationship-building.
- Review life story activity for supervision, audits and statutory reporting.

Carers

Features include:

- Add photos, videos, journals and documents that capture meaningful moments in a child's life.
- Add captions, notes, and context to help children understand the stories behind their photos and videos.
- Each child's memories are protected with care. Previous carers' uploads remain private unless a child's social worker chooses to share them with a carer, ensuring full confidentiality and security.

Child/Young Person

Features include:

- View all approved photos, videos, journals and documents.
- Add their own photos, videos, journals and captions – giving them an active role in shaping their life story.
- See memories from all carers connected to their journey.
- Hide memories they don't want to see, while keeping them safely stored.
- Continued free access to the photos, videos and documents once they leave care or reach adulthood;
- Download the memories and documents for printing.

Supporting identity and wellbeing

A continuous life story can help children understand their experiences, relationships and personal history.

CaringLife helps social workers support:

Identity and belonging: Memories connect the people, places and experiences that have shaped the child's life.

Meaningful conversations: Recent photos, stories and achievements can create natural opportunities for engagement during visits.

Emotional expression: Children can use photos, videos and Journals to share experiences they may find difficult to explain verbally.

Life story and therapeutic work: Memories can provide valuable context for supported conversations and professional life story work.

The importance of positive memories

Accessing positive autobiographical memories can support emotional wellbeing and reduce vulnerability to depression, particularly for children who have experienced adversity. A University of Cambridge study found that young people who recalled specific positive memories experienced fewer negative thoughts during periods of low mood.

Other research suggests that recalling positive memories can reduce cortisol levels and activate areas of the brain involved in emotional regulation. These memories can reconnect children with achievements, relationships and experiences that contribute positively to their identity.

By preserving photos, videos, stories and everyday details, CaringLife helps children build a richer personal narrative. It also gives social workers an accessible record that can support meaningful conversations, relationship-building and ongoing life story work.

[1.] Askelund, A. D. et al. *Positive memory specificity is associated with reduced vulnerability to depression. Nature Human Behaviour*, (2019); DOI: 10.1038/s41562-018-0504-3)

[2.] Speer, M and Delgado, M. *Reminiscing about positive memories buffers acute stress responses. Nature Human Behaviour* 1, 0093 (2017).

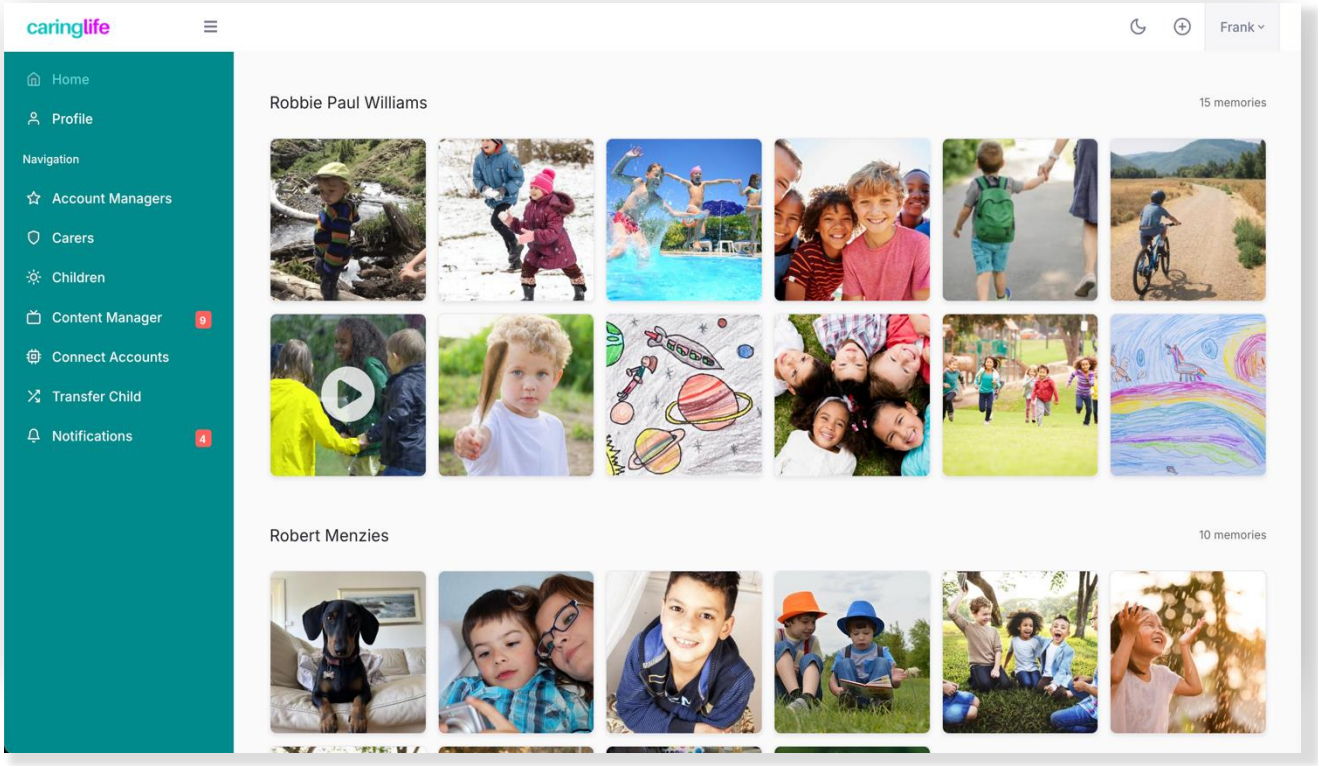
[3.] Williams, J. M. G., Barnhofer, T., Crane, C., Herman, D., Raes, F., Watkins, E., & Dalgleish, T. (2007). *Autobiographical memory specificity and emotional disorder*. *Psychological Bulletin, 133*(1), 122-148. doi:10.1037/0033-2909.133.1.122

[4]. Romero N, Sanchez A, Vázquez C, Valiente C. *Explicit self-esteem mediates the relationship between implicit self-esteem and memory biases in major depression*. Psychiatry Research. (2016); 242: 336–344. pmid:27341330

[5]. Rawal A, Rice F. *Examining overgeneral autobiographical memory as a risk factor for adolescent depression. Journal of the American Academy of Child and Adolescent Psychiatry* (2012); 51(5): 518–527. pmid:22525958

What does it look like?

Child, Carer and Social Worker View (App)



Social Worker - Desktop View

Security

At CaringLife, security and privacy are at the heart of everything we do. Our platform is built using advanced security protocols to ensure complete data protection for every child.

All data for children in is securely hosted on Amazon Web Services (AWS) servers located in their country of residence.

CaringLife's data management and storage practices are aligned with leading international security and quality standards, including:

- ✓ SOC 1 / SSAE 16 / ISAE 3402 (formerly SAS 70)
- ✓ SOC 2
- ✓ SOC 3
- ✓ FISMA, DIACAP, and FedRAMP
- ✓ DOD CSM Levels 1–5
- ✓ PCI DSS Level 1
- ✓ ISO 9001 / ISO 27001
- ✓ ITAR
- ✓ FIPS 140-2
- ✓ MTCS Level 3

CaringLife provides agencies, case workers, and carers with the confidence that every photo, video, and document is protected by the same world-class standards trusted by government and enterprise organizations across the United States.

"The Australian Childhood Foundation is very pleased to support the CaringLife app. Its intent is to support carers and children in out of home care to be able to keep the records, mementoes and memories so often lost to children and young people in out of home care due to multiple moves. These are the things we take for granted in our own lives and the lives of our children. We all know how important and special these things are. They speak to who we are, our sense of identity and belonging.

Children and young people in out of home care have most often experienced the trauma that results from abuse, violence and neglect. They find it difficult to trust, to accept the care and support of carers and other adults and to develop a sense of identity.

The CaringLife app has utility as a therapeutic tool through which children and young people can connect with their carers using the non-threatening, safe and private media platform in the app.

Using this aspect of the CaringLife App children and young people are able to share thoughts and feelings with carers in ways, and at times that feel comfortable to them. Equally the app provides opportunities for carers to share thoughts and feelings with children and young people. I believe this app can make an important contribution to the lives of children and young people in out of home care."

Janise Mitchell
CEO, Australian Childhood Foundation
Director, Centre for Excellence in Therapeutic Care

Foundation Supporters

"CaringLife has been embraced by the carers and social workers who have uploaded thousands of memories for children, which they can access forever."

Ishara Tewary, Strategic Lead for Children in Care and Care Leavers, The Royal Borough of Greenwich

"Childhood memories are precious and powerful, CaringLife secures these *for life*, ensuring that children and young people can access what belongs to them whenever and however they choose to. The Fostering Network is proud to endorse this innovative and child-centred development."

Sarah Thomas, CEO, The Fostering Network

Foundation Supporters

"A fragmented, damaged, discontinuous personal narrative puts an individual child at risk.

CaringLife provides a terrific way for children to be able to access their life moments in an easy and continuous way, and I support the use of CaringLife for children in out-of-home care."

Richard Rose, Director, Child Trauma Intervention Services Ltd

"Historically it was not uncommon for photos and memorabilia to be lost through a child or young person's journey in care. CaringLife is a welcomed resource for children and young people in care, it provides a secure forum to share stories and keep memories that would otherwise be lost in the creation of a child and young person's identity into their adulthood."

Cathy Carnovale, Coordinator, CREATE Foundation

Trusted by leading foster care organisations worldwide

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Carer Feedback

"This is wonderful – I've always done scrapbooking albums to give to each child that comes under our roof. The hard thing is it's soooo time consuming and takes hours and hours to do. But I would do it so that when kids leave they have those memories to look at. The tricky thing is that it could end up ripped or in the bin. This is absolutely, incredibly wonderful!" – Joanne M

"Thank you from the bottom of our hearts for the best app to ever help our children. For instance, you may lose one's phone with all those memories and have not backed up your computer and is obsolete, CaringLife is always there. PERFECT." – Michael R

"Being able to access photos and important memories, even if a child does not remain in the care of the same Foster Parents, is a vital link to their past. Too often multiple moves to different Foster Parents meant that the child or young person left behind their memories, connections and images of themselves as young children or babies" – Paulina S

"I think it is so important! Having everything stored on the app means that young people's memories can't be lost. I especially think this is so important for young people who have multiple placements or spend time in Residential Care who often are moved with physical belongings/memories left behind..." – Sally K

"We love using CaringLife - it's really easy to use, and the kids love having a space to upload their memories." – Marie H

Social Worker Feedback

"CaringLife is an invaluable tool for the collection of life memories. It's something that we have needed for a very long time!" - Sarah M

"The carers have been very happy to adapt to using CaringLife – it's been a very simple process." – Dana S

"I have had great feedback from carers about how easy CaringLife is, and it's life changing for the children to have an active record of their life story." – Sally B

"As a former foster child and now a social worker, all I can say is WHY wasn't this available earlier? It would be amazing to have some record of my early life memories."– Kelly M

"I like the efficiencies of the CaringLife system – I login once or twice a week to review some of the photos and videos, which is always a highlight! Many of the carers and children are very active users, so there is often lots of happy, funny memories." – Mark K

About Us

CaringLife is created with love by Emma Stirling and Anthony Denahy.

Emma and Anthony are a husband-and-wife team and proud adoptive parents to two children who began their journey with them through foster care.

Through the foster training process and discussions with peak welfare organisations, we identified a need for the CaringLife system to ensure that children in out-of-home care have access to all their life memories.

We believe that every child has a right to a strong identity and access to their life story.

Contact us at either emma@caringlife.com or anthony@caringlife.com to discuss how we can support your children and young people.