

Quick Reference Guide

Use Unfrazzle to remember your scheduled activities (**Events**) for taking care of yourself and your family, and to record notes about scheduled and unscheduled events. Every event belongs to a **Journal**. You may have many different journals, one for every different thing you do (each medication, each therapy, each chore, etc.). You define a journal, specify the type of data that can be recorded about its events, and if needed specify a schedule of events. You can connect with other **Family** members who are also using Unfrazzle, and give them access to your journals and events.

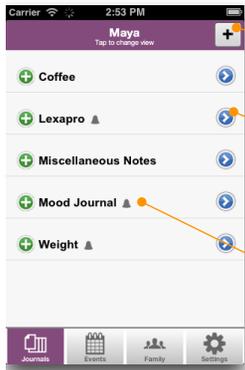
Video Tutorial

www.unfrazzledcare.com/userguide

Journals

In the Journals section, you can create and modify your journals. Create a separate journal for every different care task you have. You can look at the example journals to see how the journal template can be used to fit different types of tasks.

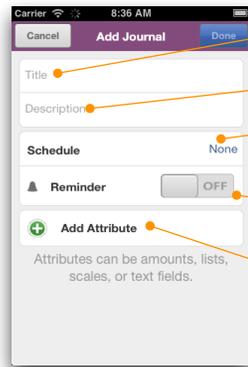
To begin: create journals for your key, current care tasks. Add more journals and edit your journal descriptions once you have become familiar with Unfrazzle.



Tap to create new journals.

Tap to edit existing journals.

Tap to see history of entries for a journal.



Name the journal.

Add a description.

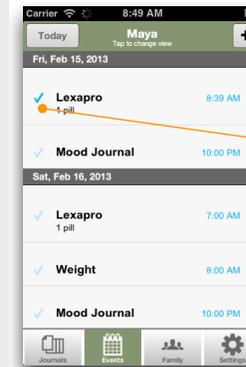
Specify schedule of events.

Opt for reminder alerts.

Define the type of data associated with the journal by specifying attributes, using a combination of amounts, lists and scales.

Events

The Events section shows scheduled events, as well as entered events (scheduled or unscheduled).



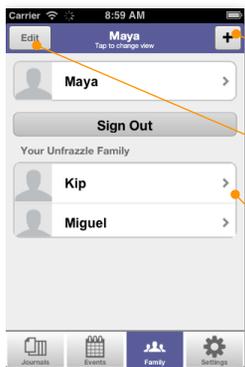
Tap to enter an unscheduled event.

Tap to mark a scheduled event as completed.

Tap to edit entries (enter or modify completion time, attributes, or free-form notes)

Family

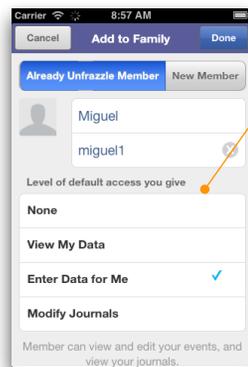
In the Family section, you can add and manage connections to other family members also using Unfrazzle, as well as non-users (such as children and pets). You and your family can access each other's journals and events, and assign tasks and reminders to each other. You have full control over who gets access, and how much access each person has. Once you have defined family members, additional functionality appears in Journals and Events.



Tap to add a family member.

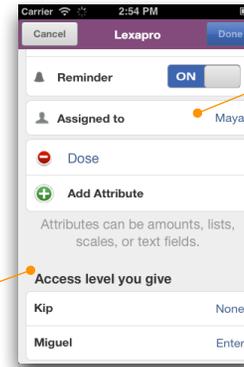
Tap to delete family members.

Tap to modify a family member's information.



Specify the default access level you give a family member.

You can override the default level for each journal.



Assign reminders to other family members.

View, enter and modify others' journals & events, to the extent they give you access.

