CRAFTED TOOLS / SELECTED WRITING

The Design of Everyday Care

How Sanguine brings daily life, personal choice and practical support into a thoughtfully designed planner.

Sanguine · Greta Penney · 6 October 2026

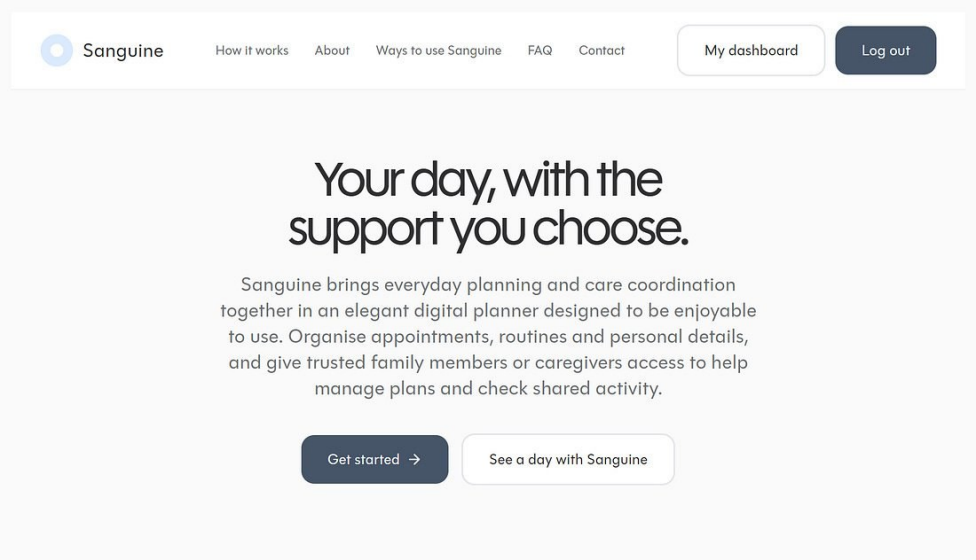
America’s population aged 65 and older reached 64.6 million in 2025, nearly nine million more than five years earlier, according to Census figures released this June. More people are making decisions about care, both for themselves and with someone they love. Alongside questions about health and assistance are the everyday ones: what to do, who to see, which arrangements to share and which things to handle personally.

An afternoon alone can be something to look forward to. So can lunch with friends, a class or a visit from family. These preferences do not become less individual with age. Someone can enjoy their independence and reasonably decide that having another person check in would be useful. Someone receiving daily care can still have definite ideas about how to spend the day.

The arrangements around care need to accommodate that individuality. Being able to see a plan, change it, ask for assistance or decide who has access to information gives a person a meaningful part in what happens next. Dignity is present even in those ordinary decisions.

It also informs the design of everyday tools. A personal organiser should be easy to read and use, with the same attention to personal style that goes into choosing any other accessory.

Sanguine brings these considerations together. Sanguine is an all-in-one care environment for older adults, presented through a well-designed digital planner. It provides a place for everyday life, a shared framework for invited family members and caregivers, and access to services that offer additional support.



Sanguine

The planner holds appointments, routines, visits and activities in day, week and month views. A daily brief helps make sense of what comes next, then looks back at recorded activities and ahead to tomorrow. Meals, water, walks, prescribed exercises and other routines can be included, with recurring arrangements that can be adjusted when plans change.

That might mean an appointment in the morning and lunch with friends in the afternoon. One may need coordination, the other simply a place on the calendar. Both belong in the same day.

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Sanguine gives the people helping a way to participate without requiring the account holder to explain every detail repeatedly. Approved family members and caregivers can access the information shared with them through their own caregiver workspace. Permissions can allow them to help edit plans and care records, or review recorded activity, including task completions and check-ins.

For someone who wants to manage their own schedule with some oversight, this creates a practical arrangement. A routine can be marked done, an "I'm doing well" check-in recorded, and an approved caregiver can look at those updates and follow up. Messages provide room for context: a question, a change of plan or something that needs discussing. Activity history keeps saved updates available to review.

These are self-reported records. Their value is in supporting an agreed way of staying informed, with less effort spent passing the same information between people.

The account holder decides who can connect and what they can see or change. Access can be withdrawn as arrangements evolve. Personal notes remain private through caregiver access, and saving someone as a contact does not grant them permission to view the account. A trusted neighbour's number can appear directly on the planner, ready to call, without becoming part of a broader sharing arrangement.

This makes room for different kinds of help. A relative might organise appointments, a caregiver might review routines, and a friend might be the person to call about an outing. The network can reflect the relationships that already exist.

An appointment shows how those relationships and details come together. There is a time, an address, a ride to arrange and perhaps a question to remember. In Sanguine, transportation information stays with the calendar entry, including whether a ride needs organising, who is helping and where pickup will happen. Existing medication instructions can be kept in the care records. Questions can stay in Notes, and a care summary can be prepared with a choice of what to include.

An approved helper can update the arrangements. The person attending can return to the planner and see the plan. A printed summary can go along to the appointment, while selected events can be exported for import into other calendars. The information remains useful wherever the next conversation takes place.

Around these practical details are the things that make an organiser personal. Photos can hold familiar faces, places and visual reminders. Notes can keep a list, a thought or a question for later. A choice of modern, stylish planner designs allows the appearance to reflect personal taste.

The design takes its cues from contemporary stationery, translated into a fully digital experience. Clean typography, considered colour and balanced layouts sit alongside larger-text options, higher contrast and generous controls. Comfort and appearance receive the same attention.

Getting started is kept simple. An appointment or activity can be added before a detailed care profile is completed, with more information introduced when needed. For anyone who finds forms cumbersome, "Describe it instead" can prepare routine or contact entries from a

description, ready to review and save. Supported browsers offer voice entry, and built-in guidance helps with finding information and using the app.

Sanguine is intended for the full range of care needs. A healthy person living independently may want a planner, useful contacts and occasional family oversight. Recovery from illness may require more assistance for a time. In a nursing home, Sanguine can help coordinate visits, activities and family communication alongside established professional care.

When someone wants another person to maintain the organisation, a family member or caregiver can manage a profile without requiring a separate login. A custom Sanguine can also be designed around a nursing home or senior living community, reflecting its residents, routines and the ways families and staff need to coordinate.

The wider network includes practical services. Grocery delivery, transport, help with a device, household tasks and home modifications can all make everyday life easier. Sanguine provides ways to request assistance with these needs, as well as help finding classes, library groups, volunteering, outings and faith communities. Requests reach the Sanguine team for follow-up, so there is somewhere to begin even when the right service is not yet clear.

Google Calendar, Instacart, Findhelp and 211 are among the setup options to explore. Care organisations can consider connections involving Uber Health and PointClickCare. Custom development allows services and systems already in use to become part of a more connected experience.

That can extend to video conversations, compatible phone services, call screening or spam blocking, voice controls and spoken updates. Connections through Model Context Protocol, or MCP, and other supported integrations can bring calendars, documents and external tools into Sanguine. Personal and care-team assistants can help find information, prepare plans or coordinate requests, with permissions, review and human involvement suited to the task.

The combination can change as needs change. A person can begin with a planner and a small circle of support, then add assistance, communication options or service connections over time. A care community can develop a version around its own residents, routines and relationships.

The aim is peace of mind, both for the person using Sanguine and for those helping with their care. Plans are easier to follow, support is easier to coordinate, and assistance can adapt as needs change, while preserving as much autonomy as possible.

Sanguine means hopeful and confident about what comes next. With support in place and room to make their own choices, people have more reason to feel that way.

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