

## Things to think about if you are supporting/ caring for someone

Caring for someone can be lonely and difficult at times and more so with the covid-19 (coronavirus)

Looking after yourself is even more **crucial** which can feel quite alien to you as your priority has always been the person you care for.

If you think you've been in close contact with someone with confirmed coronavirus, call 111 for advice and tell them that you are a carer living with the person/people you look after.

Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19).

We advise everyone to access medical assistance remotely, wherever possible. However, if you have a scheduled hospital or other medical appointment during this period, talk to your GP or clinician to ensure you continue to receive the care you need and consider whether appointments can be postponed.

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19?id=6268:coronavirus-guidance>

### *Here are a few tips that may help*

#### **Creating an emergency plan**

We advise all carers to create an emergency plan – for you and all those you look after. Having a plan in place can help ease your worries if you are not able to care for those you look after at any point in the future.

In order to create an emergency plan that fits your needs, you will need to consider:

- details of the name and address and any other contact details of the person you look after
- who you and the person you look after would like to be contacted in an emergency – this might include friends, family or professionals
- details of any medication the person you look after is taking
- details of any ongoing treatment they need.

Think about whether there are alternative ways of getting shopping to the person/people you care for by speaking to neighbours, family or friends. The public sector, business, charities, and the general public are gearing up to help those advised to stay at home

Families may want to think about spending time together in a different way – for example, by setting up a group chat or playing online games together. You may find it valuable to explore Facetime or Skype as a way to talk face to face, though at a distance.

If online communication isn't possible, never underestimate the value of a regular phone call to offer social contact and support.

#### **Make sure your GP or medical professional knows that you are a carer.**

Some GPs maybe

- Able to arrange for repeat prescriptions to be delivered to you or your local pharmacy
- Offer telephone appointments

If you receive support from health and social care organisations, for example, if you have care provided for you through the local authority or health care system, this will continue as normal. Your health or social care provider will be asked to take additional precautions to make sure that you are protected.

### *Its important to find time for yourself no matter how small*

Examples of things that can help with your well being

- Go for a walk
- Spend time in the garden
- Call friends or family
- Learn something new
- Asking for help (this does not mean you cannot manage)

## **Carers are entitled to a Carers assessment under the Carer Act 2014**

This is an assessment to look at what support **YOU** as a carer might need to help continue in your caring role.

Information to find out more and support below

### **Carer Support Dorset**

0800 3688349 [www.carersupportdorset.co.uk/](http://www.carersupportdorset.co.uk/)

### **Dorset Council**

01305 221016

<https://www.dorsetcouncil.gov.uk/care-and-support-for-adults/information-for-carers/support.aspx>

### **Carers' Resource Information and Support (CRISP) for Bournemouth, Poole and Christchurch**

01202 458204 [www.crispweb.org](http://www.crispweb.org)

### **Department of Work and Pensions**

Carers Allowance - 0345 608 4321

Attendance Allowance - 0345 6056055

[www.gov.uk/carers-uk](http://www.gov.uk/carers-uk)

**Leonardos Trust** 01202 698325 [www.leonardotrust.org](http://www.leonardotrust.org)

They provide grants for carers to support them with having a break, purchasing equipment etc... and also Cash crisis donations up to £150

### **Carers Direct Helpline (NHS Direct)**

If you need help with your caring role and want to talk to someone about what options are available to you.

The helpline is open from 8am to 9pm Monday to Friday, and from 11am to 4pm, at weekends. Calls cost the same as 01 or 02 number (also known as geographic numbers).

Helpline number: 0300 123 1053

**Age UK** – for older people, their families, friends and carers

Call 0800 055 6112 Helpline open: every day of the year, 8am to 7pm

### **Silverline**

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Call us ANYTIME on: 0800 4 70 80 90

### **Useful websites**

[www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support](http://www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support)

[www.ageuk.org.uk/information-advice/care/helping-a-loved-one/my-caring-role-has-changed](http://www.ageuk.org.uk/information-advice/care/helping-a-loved-one/my-caring-role-has-changed)

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/carers>

<https://111.nhs.uk/covid-19>

<https://www.carersuk.org/help-and-advice/technology-and-equipment>