

Advice for relatives, carers and friends during the COVID-19/Coronavirus outbreak

Here at Leeds and York Partnership Foundation Trust, we believe that it's important to give you up to date information that may help you in your caring role at this time.



Please make sure you:

- Let your GP know that you are a carer.
- If you and/or the person you care for need medication make sure you can get prescriptions and the medication can be collected or delivered.
- Keep up to date with information provided by the Government www.gov.uk/coronavirus and the NHS www.nhs.uk/conditions/coronavirus



Make a 'Plan B' in case you become unwell:

You could write a list and give it to a trusted friend, relative or health professional. You could include:

- Your name and contact details
- The name, contact details and the address of the person you care for
- Who you and the person you care for would like to be contacted in an emergency
- Details of any medication or on going treatment needed by the person you care for
- Any potential behaviour changes that others should be aware of
- If anyone else needs your support e.g. children or other relatives

West Yorkshire and Harrogate Health and Care Partnership have produced a 'Plan B' template to help with this:

www.wyhppartnership.co.uk/our-priorities/unpaid-carers



If the person you care for is an inpatient:

- The ward will tell you if you can visit, and about other ways you can keep in touch with your loved one e.g. by phone or video call or text messages
- You can send an email to your loved one via letterstolovedones.lypft.nhs.net



Carers assessments

- If you provide unpaid care to another adult who couldn't manage without your support, you are entitled to have a carers assessment. This will look at what support you need.
- Contact your local council to arrange this.
- If you don't know which your local council is, ask a friend or neighbour or use www.gov.uk/find-local-council



Taking a break

We know that caring for someone can be difficult, but you need to look after yourself, if only for a few minutes at a time.

- Do something **you** enjoy
- Go for a walk, bike ride or run outside
- Sit in your garden or balcony
- Talk to someone
- Breathe! Taking 10 slow deep breaths in and out can provide a break and a sense of calm.



Other useful contacts

- If you are worried about the person you care for, contact their community nurse, their care coordinator or the ward they are currently in.
- **Carers Leeds** provides support and advice for carers living in Leeds, call 0113 380 4300 www.carersleeds.org.uk
- **Carers UK** also has information, help and advice for carers www.carersuk.org/home or 0808 808 7777. They also have details of other carer support organisations www.carersuk.org/help-and-advice/get-support/local-support
- Your local council will have information about services they are providing. If you don't know which your local council is, ask a friend or neighbour or use www.gov.uk/find-local-council
- Local support networks have been set up in many places to provide general help. Ask friends or neighbours if one has been set up where you live, and ask for help if you need it

Remember that you are doing your best at this very difficult time, so be kind to yourself.

