

## Advice for our Carers during the COVID-19/Coronavirus outbreak

Leeds and York Partnership Foundation Trust believe it is important to give carers information and support that may help them in their 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](http://www.gov.uk/coronavirus) and the NHS [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)



### 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](http://www.wyhppartnership.co.uk/our-priorities/unpaid-carers)



### If the person you care for is an inpatient:

- At present no visitors are allowed on any of our inpatient units. We realise this may be difficult for everyone, but the person you care for is in the best place for their health needs at this time.
- If the person you care for has a mobile phone use that to stay in touch.
- If you are worried about the person you care for, contact the ward, but staff will call you if they have concerns.



### LYPFT's support for carers

- If you want to talk to someone about your role as a carer, LYPFT's Carer Coordinator Rachel Pilling is available Monday to Friday 11 – 1pm on 07866 217332



### Getting essential supplies

- Most supermarkets now have shorter opening hours, limit the number of people inside the shop, and have time set aside for certain groups of people.
- Independent shops such as butchers, bakers or greengrocers are open and some do home delivery.
- Smaller local 'corner shops' or neighbourhood supermarkets may be quieter than big supermarkets.



### 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 – we are all allowed to go out for a short time in our local area
- Sit in your garden or balcony
- 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 or care coordinator.
- **Carers UK** has information, help and advice for carers [www.carersuk.org/home](http://www.carersuk.org/home) or 0808 808 7777.
- You can find details of carer support organisations where **you** live on the Carers UK website [www.carersuk.org/help-and-advice/get-support/local-support](http://www.carersuk.org/help-and-advice/get-support/local-support)
- 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.
- 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](http://www.gov.uk/find-local-council)

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

