

Dealing with coronavirus and a life-limiting or terminal illness

Here at St. Andrew's we know that these are worrying times for everyone. If you have, or are living with someone who has, a life limiting or terminal illness the coronavirus pandemic will bring particular concerns. You may be concerned about things like what might happen to someone living with a life limiting or terminal illness if they get coronavirus. You may be thinking about whether any services they access, like help at home or nursing care, will continue. And you may be worried about visiting someone in case you increase their risk of infection. If you're providing care for a family member or friend, you may be thinking about what will happen to their care if you become ill.

These are all normal things to worry about. It can be hard to think about these things with everything else you might have going on. It can help to talk through your concerns and get some support. There might be family and friends you can speak to. Your health care team should also be able to provide support and advice.

St. Andrew's Hospice is committed to helping you in these difficult times. We have put together a list of frequently asked questions and links to local and national sources of support, as well as information about our services.



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General tips if someone has a terminal illness

If you, or someone you care for, has a terminal illness, you can do the following:

- Follow the advice from GOV.UK if they're extremely vulnerable or if they're vulnerable.
- Take care to follow advice from the NHS and GOV.UK on avoiding catching or spreading coronavirus.
- If someone needs to visit you (e.g. to help with personal care) they should follow NHS advice.
- Check if you can have visitors if you're staying in a care home, hospice or hospital. Ask the healthcare team or look on the service's website. For information about visiting St. Andrew's Hospice please see our website.
- Make a plan in case family and friends can't visit. Think about who will help with your care as well as how you can stay in touch with people.
- GOV.UK has more information about getting food and medicines for people who are extremely vulnerable or who are vulnerable.
- If you have symptoms of coronavirus, follow NHS advice on what you and the people you live with should do.



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The following websites offer useful information and advice:

Government Full Guidance on Staying at Home and Away from Others - <https://standre.ws/GovStayatHome>

NHS advice, including for those classed as vulnerable - <https://standre.ws/NHSCovid-19>

Advice for the extremely vulnerable - <https://standre.ws/ExtVulnerable>

Government advice on shielding the extremely vulnerable <https://standre.ws/GovShielding>

