

Information for carers

I care for someone with a life limiting or terminal illness, should I make a backup plan in case I become unwell?

It is a good idea to have thought about what may happen if you are unwell, and to discuss this with the person you care for, as well as family and friends.

If you write down the plan it makes it easier for other people to step in if needed.

The NHS has a carer's emergency plan form (PDF) that you can download and fill in.

If you don't use this form, it is useful to think about:

Names/contact details of

- You and the person you care for
- Your and their next of kin
- Your back up carer if you have one, or other family and friends
- The healthcare professionals involved with the person you care for

You should also include:

- The medical condition(s) of the person you care for
- Any communication issues they have
- Any assistance they need with their mobility
- An up to date list of their medication
- How to access their property including key holders and key safe codes



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- Information about how to work things in the home such as the central heating
- Any power of attorney that is in place
- Any advance care plan that has been made

Make sure you give a copy to the professionals who care for your loved one and key family members.

Place a copy somewhere in your loved one's home where it can easily be found if you are not around.

I care for someone who lives with me and I have symptoms of coronavirus; what should I do?

Ensure you think about things in advance and create a backup plan.

It is natural to worry about passing on coronavirus to your loved one but there are things you can do to reduce the risk.

If you have to stay at home together, try to keep away from each other as much as possible.

Don't share items such as towels, wash items thoroughly between use and wash your hands frequently. GOV.UK has more guidance to help you in this situation.

This is bound to be a worrying time for you. Try to remember that by following the advice you are reducing the risk of others catching it. Think about where you can get support from during this worrying time



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I have symptoms of coronavirus and care for a vulnerable person who does not live with me; what should I do?

Ensure you think about things in advance and create a backup plan.

It's natural to worry about passing on coronavirus to the person you care for, but there are things you can do to reduce the risk.

Follow the advice from GOV.UK and the NHS about self- isolation.

Ask your GP, district nurse or local council for support

If the person you care for is extremely vulnerable and “shielding” themselves, GOV.UK has more information about providing their care and what support may be available.

You may feel anxious or worried about coronavirus if you are responsible for the day to day care of someone with a terminal illness, so try to look after yourself. Think about:

- Eating healthy, balanced meals
- Spending time doing things you like, e.g. reading a book or watching your favourite team
- Getting some fresh air, exercise if you can (see GOV.UK for current guidance), spend time in the garden, open the windows



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- Keeping in touch with family and friends, try new methods of communication
- If you feel that you need extra support, think about accessing services such as (carers) or online resources such as Carers UK forum or Mind.
- Remember that St. Andrew's Hospice has a family support team to help, you can call the hospice to refer yourself for support

The local Carer's Support services can be contacted on:

North Lincolnshire: 01652 650585 (Weekdays 8am-8pm.
Weekends 10am-4pm.)

North East Lincolnshire: 01472 242277 (Weekdays 8am-7pm.
Weekends 10am-2pm.)

The following websites offer useful information and advice:

- Carers' Emergency Plan - <https://standre.ws/carersplan>
- Government Covid-19 Guidance for Households with Possible Coronavirus Infection - <https://standre.ws/Gov-covid19Government>
- 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>

