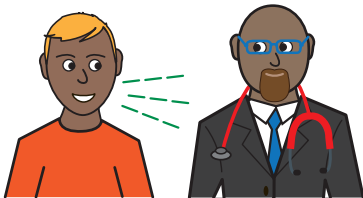


Coronavirus COVID-19 information for Carers

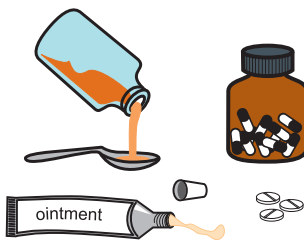


If you want to talk to someone about your role as a carer, please contact **Rachel Pilling**, Carer Coordinator. She is available **Monday to Friday 11 – 1pm on 07866 217332**

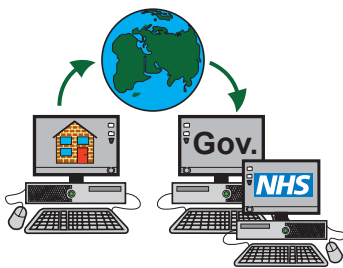
Please make sure you:



- Let your GP know that you are a carer.



- Ask your GP or Pharmacy if you can have your medication delivered

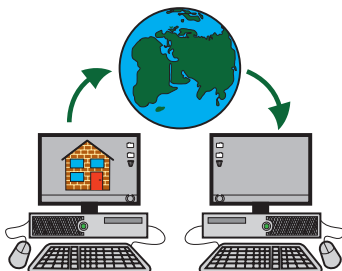


- Keep up to date with information provided by the Government and the NHS

www.gov.uk/coronavirus

www.nhs.uk/conditions/coronavirus-covid-19/

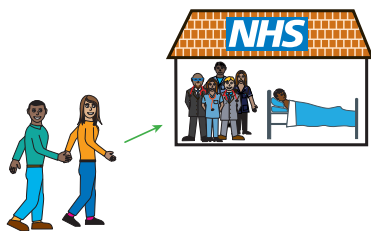
Make a 'Plan B' in case you become unwell:



Use the 'Plan B' template from West Yorkshire and Harrogate Health and Care Partnership

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

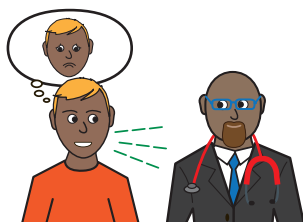
If the person you care for is an inpatient:



- The way you can visit people in hospital has changed. Please contact the ward for visiting information.



- 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.



- We realise this may be different, but the person you care for is in the best place for their health needs at this time.

Getting essential supplies



- Most supermarkets now limit the number of people inside the shop. There are set times for people who are older or need more support.



- If you can use the internet you can order your shopping online and get it delivered.



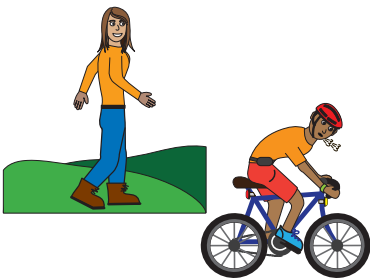
- Smaller local shops such as butchers, bakers or greengrocers may be quieter than big supermarkets.

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.



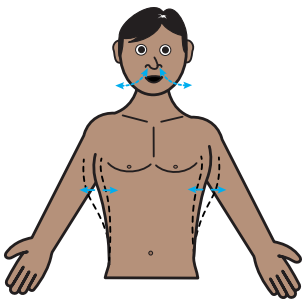
- Do something you enjoy



- Go for a walk, bike ride or run in your local area.



- Sit in your garden or balcony

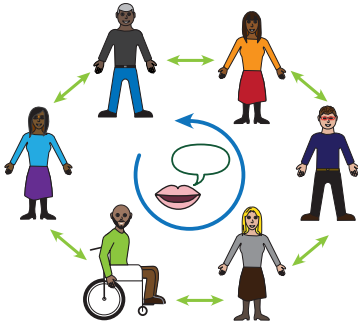


- Breathe! Taking 10 slow deep breaths in and out can provide a break and a sense of calm.

Other useful contacts



- If you are worried about the person you care for, contact their community nurse or care coordinator.



- 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.

- Leeds city council Helpline for **COVID-19**
0113 3781877.

- If you don't know which your local council is, ask a friend or neighbour or use.

www.gov.uk/find-local-council

- **Carers UK** has information, help and advice for carers

Tel: **0808 808 7777.**

www.carersuk.org/home



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



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