

# Carers Factsheet

## **Looking after yourself and the person you care for during the COVID-19 pandemic**

**18 May 2020**

This fact sheet provides information about:

- Support with your role as a carer
- What about the support for the person I care for?
- How should I protect myself and the person I care for?
- How do I plan for emergencies?

First of all, a **very important message**: we know that people are worried about the current situation and about the impact it might have on care arrangements. During this exceptional period, please be assured that the County Council will do all that is possible to help you to continue to receive the support you and the person you care for need to keep healthy, well and safe at home.

### **Support with your role as a carer**

You can continue to contact your local carers information and advice service (centre) by e-mail or by phone. Carer support workers are still taking referrals and are keeping in contact with carers by phone/email.

Scarborough & Ryedale Carers Resource

[www.carersresource.net/](http://www.carersresource.net/)

Tel. 01723 850155

Hambleton & Richmondshire Carers Centre

[www.hrcarers.org.uk/](http://www.hrcarers.org.uk/) Tel. 01609 780872

The Carers Resource (Harrogate, Ripon, Skipton)

[www.carersresource.org/contact/](http://www.carersresource.org/contact/)

Tel. Harrogate 01423 500555 / Skipton 01756 700888

Selby Carers Count

[www.carerscountselbydistrict.org.uk/](http://www.carerscountselbydistrict.org.uk/)

Tel: 07710388430 / 07710388429 / 07710388432 (voicemails will be picked up and responded to)

Carers UK are also regularly updating their advice and guidance for carers

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

### **What about the support for the person I care for?**

We have changed some of the ways that we deliver care and support so that we are working in line with current national guidance. This means we may need to stop some services where we need to keep people safe.

If these changes affect the person you care for, we will contact you to let you know.

If you have paid support for the person you care for, you should contact your care provider.

## How should I protect myself and the person I care for?

The most important way to protect you and the person you care for is to take essential precautions. Where a person does not have Covid-19, or the symptoms which could indicate Covid-19 this includes regular and rigorous hand washing and cleaning of surfaces and equipment. This includes when you arrive at the home of the person you care for, if you do not live with them, or have been out.

Where a person is extremely vulnerable or does have Covid-19, or symptoms indicating Covid-19, it is important to take extra precautions. This includes following recommended guidance on managing risk and the use of personal protective equipment (PPE).

The government has now included unpaid carers in the list of essential workers that can get a COVID-19 test if they show symptoms.

If you need advice about PPE or testing and how to manage risk in your situation, please contact the council or your carers centre.

## How do I plan for emergencies?

We strongly recommend that everybody who is caring for someone has an emergency plan and a Carers Emergency Card. This is to make sure your needs and the needs of the person you care for can continue to be met if there is a problem with your usual arrangements.

You can apply for a Carers Emergency Card online <https://www.northyorks.gov.uk/carers-emergency-card>

In order to create an emergency plan you will need to set out:

- who you and the person you care for would like to be contacted in an emergency

- details of any medication or ongoing treatment for the person you care for
- details of any medical appointments they need to keep

You should also ensure that it is in a format that can readily be shared with other people who will need to discuss the plan with the person you care for. Your local carers centre can help with the preparation of an emergency plan.

Other things you may need to consider are;

- You may have neighbours or other family members that could provide some support – think about asking what they can offer.
- If you are working, consider whether your employer offers flexible working or has policies in place to support absence due to Covid-19.
- You may have volunteer organisations in your community - think about asking them what support they can offer.
- The County Council is working with a network of 23 community support organisations to provide support for people with tasks like shopping, collecting prescriptions, and telephone chats.
- You can find out more information about help and support available here: <https://www.northyorks.gov.uk/help-you-during-coronavirus-covid-19>
- If you are not able to access certain activities such as classes or exercise perhaps you can explore other avenues, for example on line social groups and classes, and exercise videos

If you would like any further information on help and support available, or need this factsheet in another format such as audio, large print or easy read, please contact the County Council on **01609 780780**.

You can also telephone the County Council if you cannot access information on the internet and would like to apply for a Carers Emergency Card.