

Being a carer in lockdown



The battle against Covid-19 has created many changes to how we live and as the situation changes the rules and messages change too. Unpaid carers have always performed a vital role and that network of support around a person is more important now than ever. But, with a changing situation it can be difficult for carers to feel confident about what they are and are not allowed to do. Here is a reminder of some of the important things that carers are still allowed to do.

IMPORTANT: This information is for carers in Kirklees during the National Lockdown starting Thursday 5th November 2020.

If you're not able to connect with people due to social isolation, or are feeling lonely, or worried about yourself, the person you care for, your work, or anything else, please do contact Carers Count:



They'll listen to you, talk things through, and help.

Remember Hands – Face – Space:

- **HANDS** - Wash your hands regularly and for 20 seconds.
- **FACE** - Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.
- **SPACE** - Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).

Carers ARE allowed to care:

- You can be a carer and provide support to a vulnerable person, even if they live in a different household or you are not in a support bubble together. You can still go to the person you provide care for's home to support them.
- Where you can, maintain social distancing.
- However, often it isn't possible to maintain social distancing when providing care support. You should still do what you can to limit close contact as much as possible and take other precautions such as washing hands and opening windows for ventilation.

It's very important to make a 'Plan B'

- Planning for what will happen if you are unable to continue to provide care is very important.
- This can include you having Covid-19 symptoms but also any other health emergency, flare-up, or unforeseen situation which prevents you from providing care.
- It can be difficult to think about this, but having a good plan is the best way to support the person you love in case something happens to you.
- The [Unpaid Carers Plan B template](#) can help you make this plan.

You CAN still accept care and support services

- Social care and health workers can still come and support you and the person you care for. They will make sure they do this in a safe, Covid-secure way which protects the person you care for, you, and themselves.

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Carers CAN

- go to shops to buy food, essential items, pick up medicine, etc.
- leave home for any medical reason including appointments
- meet with one other person outdoors making sure you socially distance. If the person you care for needs your continuous care then they can go with you
- go to funerals (max 30 people)
- go to work. If you can work from home you should (you will need agreement from your employer). If you need to go to your place of work then you can and your employer needs to follow Covid-Secure guidelines.

Carers CAN still go inside someone else's home or garden:

- to provide care support or assistance to a vulnerable person (i.e. to be a carer)
- to provide emergency assistance
- to help someone avoid injury or illness or to escape a risk of harm
- to visit a person who is dying
- to fulfil a legal obligation (e.g. Power of Attorney)

Carers – remember you must NOT:

Go into someone else's home or garden or have someone come to your home or garden unless:

- you're providing care support, or
- you're in a support bubble, or
- it is for work purposes (including social care and health professionals)

You also can't currently go on holidays or day trips out.

What if you or the person you support has Covid-19 symptoms

Follow the government's [stay at home guidance](#) and get a test to check if you have coronavirus.

Support bubbles and carers

A support bubble is where a household with just one adult joins with one other household. Households within a support bubble can still visit each other, stay overnight, and visit public places together.

This is different to being a carer; you can still go into people's homes to provide care support to them, even if you are not in a support bubble.

Carers can get their FREE flu vaccine

- NHS flu vaccines are available from GPs and most pharmacies. They are free to carers.
- You can:
 - Text "pharmacy flu" with your postcode to 80011 to find your nearest pharmacy offering the NHS flu jab,
 - ask at your local pharmacy and tell them you are a carer, or
 - ask your GP and tell them you are a carer

The Government's guidance on providing care can be found here:

<https://www.gov.uk/government/publications/coronavirus-covid-19-providing-unpaid-care/guidance-for-those-who-provide-unpaid-care-to-friends-or-family>

This includes advice for if you or the person you care for are classed as clinically vulnerable or extremely vulnerable.

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