

Managing to Care in a Crisis

(A resource for informal carers)

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Corona virus Pandemic

▶ National Emergency

Across the world this has now spread. It is a time to prepare and protect those we have responsibility towards. The symptoms are similar to serious pneumonia which impacts respiratory systems.

We are key workers whether paid or unpaid and can make a significant difference in the fight to stop this pandemic virus.

Peace not Panic

Care is ;

The provision of what is necessary for the health, welfare, maintenance, and protection of someone or something.

(Oxford University Press, 2014)



Carers are at the front line!

- ▶ Carers definition in the National Strategy for Cares;

A carer spends a significant proportion of their life providing unpaid support to family or potentially friends. This could be caring for a relative ,partner or friend who is ill, frail , disabled or has mental health or substance misuse problems. (D.H, 2000,p19)

Coping tips for Carers

- ❖ Stay inside if you are in one of the vulnerable groups but ring for help if you need it
- ❖ Notify your GP and health community team
- ❖ Ensure you have adequate medication (this can be ordered on line and GP will advise)
- ❖ Make a poster you can put in the window if you do not want visitors or are self-isolating.

Preparation is the key

- ▶ If you or anyone you are caring for becomes ill then the situation may deteriorate quickly. So take time now to make lists of contacts, family and health services.
- ▶ If you work then notify personnel to see if you can work from home or reduce hours.
- ▶ Contact your local church to let them know what you need i.e. prayer or practical support .
- ▶ Don't panic – it will pass!
- ▶ Ensure you take care of yourself as you are the key provider in this situation.

Practical Stuff

- ▶ Check you have adequate food, cleaning materials, health care equipment, cash and medication
 - ▶ Ensure you have some **'ME'** time or treat !
 - ▶ Write down key contact details for emergencies
 - (a) who do you call ?
 - (b) what they need to know about you or the person you care for?
- (Written communication saves time)

Be Alert !

- ▶ Unfortunately in the world we live in there are always people who will prey on the vulnerable.
- ▶ Reports are rising of scammers making contact to increase your fears and making false claims about researching the virus
- ▶ **DO NOT** give any details to phone scammers and notify the police of the contact so they are aware.
It's OK to say NO to doorstep callers

Online is virus free!

- ▶ There are many online groups emerging to offer support. These are a few examples ;
- ▶ Exercise groups
- ▶ Music groups
- ▶ Informal carer support networks
- ▶ Corona virus updates;
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- ▶ Develop online skills – use Skype, Face time, Whatsapp to communicate as a group

Be informed – not worried!

- ▶ This is the time to education yourself with lots of online free course. The Open University has Future Learn free course available ; <https://www.futurelearn.com/>
- ▶ Church and prayer networks ; <http://neighbourhoodprayer.net/>
- ▶ Enhance your own quality of life by restarting hobbies. This will offer distraction as well as promote wellbeing.
- ▶ Communication is King so don't feel alone – write letters to your family, friends etc

We are not an island !

- ❖ Networking can be encouraging.
- ❖ You can offer your support, prayer, skills and friendship to others. (The joy is reciprocal.)
- ❖ Focus on your blessings
- ❖ Stay safe and well.
- ❖ Stay connected.
- ❖ Write a daily diary to see progress and note small successes.