

Be Prepared Factsheet

Coronavirus COVID-19

There are some things you can do to get ready if you or your personal assistant (PA) are directly affected by the Coronavirus e.g. if your PA can no longer work as they are in self-isolation.

Make sure your support plan is up-to-date

When did you last look at your support plan? Now is the time to check it is up to date and that a number of appropriate people have a copy. If you don't have a copy or can't find it, produce a one-page document of the basic information people may need about you and your support needs.

Emergency Contact List

Make sure this list is complete and up-to-date and that everyone on the list knows that you, or someone else, may call them.

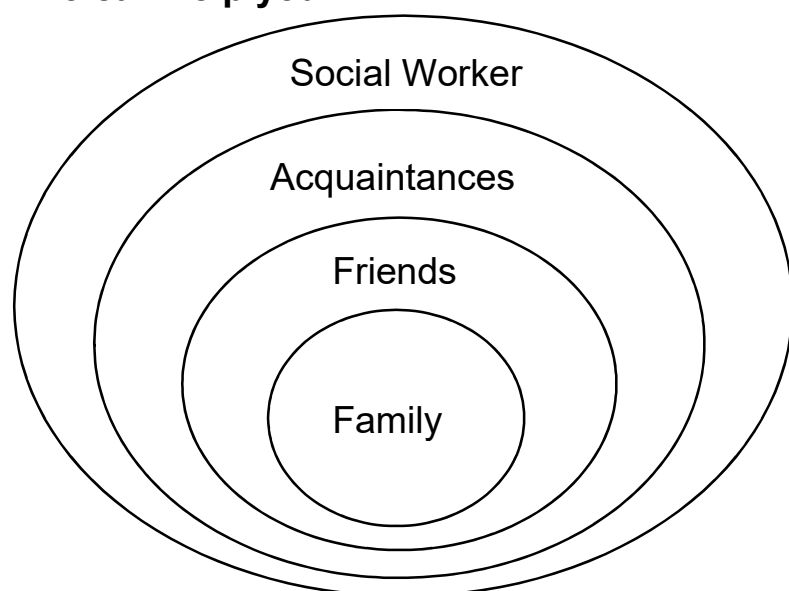
Do a Support Task List

What tasks need to be completed every day/week? It is easy to forget the little things. One suggestion is to do a 'top to toe' list. Get everything written down. Your regular PA may know to wipe your glasses, but someone else may not think of it.

Split tasks into categories and list them.

Essential Tasks	Important Tasks	Could Live Without Tasks
<ul style="list-style-type: none">• 1.• 2.• 3.	<ul style="list-style-type: none">• 1.• 2.• 3.	<ul style="list-style-type: none">• 1.• 2.• 3.

Who can help you?



- List the people who can help you in each group.
- Start with family members who know you best and work outwards.
- Who can do what?
- Share your plans with people who are willing to help out.

Using Personal Protective Equipment (PPE)

You should continue to follow the NHS guidelines about cleaning and hygiene. Some care workers are now using PPE (face masks, gloves, hand sanitiser) to protect themselves and the people they support. We know PPE is currently in short supply. Local authorities/CCGs are working on how to get PPE out to people who need it. Some people are being told to call the national supply disruption line but we understand they will only supply to CQC registered agencies/homes, not individual employers. We will keep you updated.

Contact Details

Make sure you have the contact details of people or organisations you may need to get in touch with such as your local authority/CCG social worker and contingency care agency. Make sure the number is up-to-date by checking online.

Plan Ahead

- Have a direct conversation with your PA(s) about how you might manage the situation before you need to. If you have a team of PAs, how might they change their working rota to cover absences or to reduce turnover of people coming in and out of the house?
- Get any favourite foods in if you are getting low. You do not need to stockpile food; shops will be staying open. Some supermarkets are now opening early on certain days for older people and people with additional needs.
- Make sure you have the medication you need and know where you can get supplies if you need them. Pharmacies will stay open so you do not need to stockpile regular painkillers etc.

Using Local Neighbourhood Volunteer Groups

Volunteer groups have been set up in most neighbourhoods to help out others where they live. These are most likely to be useful for 'out of the house' tasks such as shopping or walking the dog.

These are most easily accessed via social media, such as Facebook or Twitter. Volunteers are being co-ordinated via central groups such as Coronaheroes www.facebook.com/groups/585056092098186 or covidmutualaid.org. Always read the safety information on these sites and if possible, link up with a volunteer who lives very close to you.

Penderels Trust

Penderels Trust is delivering our services to the same high quality level as you would expect from us. Most of our staff are now working from home so to help us provide the best service, please contact us by email rather than telephone. All our office email addresses are on our website www.penderelstrust.org.uk (go to 'Your Support Locations').

Head office: enquiries@penderelstrust.org.uk or call 02476 511611.