

# Coronavirus(COVID-19)

Guidance for family carers



## Coronavirus advice for family carers

Anyone providing regular support to a vulnerable friend or relative will want to do what they can to protect their own health and that of those they look after during the coronavirus outbreak.

Like everyone, unpaid carers (including young carers) and people being cared for should familiarise themselves with the public health advice on how to protect themselves from infection. As the situation is changing quickly, the guidance may also change, so carers should therefore check regularly to make sure they are following the latest guidance at:

[www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19](http://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19)

See NHS 24 for advice on coronavirus symptoms; precautions to take; and what to do if you think you may have become ill with coronavirus - [www.nhs24.scot](http://www.nhs24.scot)

## Emergency Planning

Carers who do not already have an emergency plan in place may also want to talk with family and friends about who could take over their caring role if they become ill or need to self-isolate – particularly while social work services are under additional pressure during the coronavirus outbreak. It will also be important to make sure you have key information about the person you care for easily available - so that anyone taking over care has all the information they need.

Where carers and family and friends are unable to provide essential care for someone, they should contact their local social work department. Contact details here: <https://socialworkscotland.org/wp-content/uploads/2019/12/Social-Work-Departments-Contact-Information-Website-version.pdf>

ENABLE Scotland has produced a toolkit to help you think about emergency planning – it's called Picking Up the Pieces, and you can access it here: <https://www.enable.org.uk/get-involved/campaigns/campaign-successes/picking-up-the-pieces/>

## Equal Access to Healthcare for your loved one

If someone you care for does end up having to go into hospital, we have produced a guide called 7 Steps to Equal Healthcare, in partnership with MacMillan, that you will find useful to help make sure your loved one gets the care and support they need: [https://www.macmillan.org.uk/\\_images/enable-scotland-7-steps\\_tcm9-326880.pdf](https://www.macmillan.org.uk/_images/enable-scotland-7-steps_tcm9-326880.pdf)

If you need any more advice or support, contact ENABLE Direct or send us a direct message on twitter, facebook or Instagram and we will do our best to help you.

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learning disability**