

Surrey Carers Guide during Covid19

The Guide

The guide is here to help you navigate the issues and explain the help you may be able to call on during the time the virus is active across the world.

Core Advice

The core of this advice is provided by The UK Government and is updated regularly. [Click here](#) for the most up to date advice

Contingency Planning

We know this is a really worrying time for those looking after others. The main worry is what happens if you as the carer falls ill. Talk to the people who you may need to call on about their role and put a plan in place.

It is important to consider writing in the plan:

- details of the name and address and any other contact details of the person you look after
- who you and the person you look after would like to be contacted in an emergency - this might include friends, family or professionals
- details of any medication the person you look after is taking
- details of any ongoing treatment they need

It may be worth also preparing an overnight bag for the person you care for just in case alternative accommodation needs to be found for them while you are ill. As well as clothing and toiletries put in a list of medication they are on and the emergency contact. [Click here](#) for the Action for Carers Emergency Plan Guide. In Surrey we have a free app called *jointly* which is available in the app stores on your phone. If you do download Jointly you will need the free access code which is DGTL35

Talking things through

At this time you may be feeling sad, anxious or frustration. Surrey Heartlands has a helpline [click here](#) for further information

Important Contacts and information

[Action for Carers \(Surrey\)](#)

Provides support and advice to carers across the county. tel: 0303 040 1234 For further detailed information [click here](#)

[Coronavirus Helpline](#)

[Is the person I care for, or am I at particular risk from coronavirus the full list?](#)

Crossroads Care (Surrey) - Their carer respite service has temporarily ceased. They are providing an essential doorstep community outreach shopping and medication collection service. If you require help and support contact the Crossroads Carer Emergency number 07914 186 162 or go to the website

www.crossroadscaresurrey.org.uk to find your area contact number.

Surrey Community Helpline—directs you to services that can help 0300 200 1008 (Monday to Friday 9am to 5pm)

Surrey County Council Adult Social Care Number 0300 2001005

Surrey County Council Children's Services 03004 709100

[Government support for an extremely vulnerable person](#)

[Information about Surrey County Council Services](#) . This link also has information about district and borough councils, meals on wheels services etc

Surrey Carers Coronavirus Guidance

Stay Connected

Carers sometimes find that looking after someone is isolating and this is even more so in our current situation. Also being at home for a long period of time can impact on your emotional wellbeing. Surrey County Council has put a number of ideas together. [Click here for more information](#)

Parent Carers

It can be difficult to talk to children about Coronavirus and manage their anxiety about the news and social media. It is important to practice and encourage self-care at this time.

[Click here for 10 tips for parents.](#)

Young Carers

Young carers are potentially going to feel even more isolated and vulnerable at this time. [Click here](#) to access advice and information. We also have Surrey Young Carers which can offer advice and support to young carers and young adult carers. [Click here](#) for further information regarding young carers. [Click here](#) for further information regarding young adult carers

Active Surrey

Keeping active at home is an important way to stay healthy and happy during Covid 19 lockdown.

Evidence shows that regular physical activity prevents several chronic diseases Physical activity can help lift your mood, improve your wellbeing. If you can't get out to take a walk there are easy ways to be active at home, whatever your fitness level.

Go to: [Keeping active at home - Active Surrey](#)

Looking After Someone with Dementia

Information for people looking after people with dementia. [Click here](#) for general advice. [Click here](#) for advice for people who are black, Asian and minority ethnic

Watch out for scams

[Click here](#) for some tips so not to become a victim of scams.

Important Contacts

Repeat Prescriptions— Sign up to a repeat prescription delivery service. For further guidance. [Click here](#)

Age UK help and advice—[Click here](#) to find out the latest news

Surrey Information Point—Directory of services and support that may be able to help. [Click here](#)

Samaritans— works to make sure there's always someone there for anyone who needs someone. [Click here](#)

Schools Information during the virus. [Click here](#)

Citizens Advice information. [Click here](#)

Surrey Welfare Rights Carers Information book [Click here](#). Benefits update for carers [click here](#). New benefit rates [click here](#)

Stop Look Care—Surrey Heartlands booklet to help care workers and carers. [Click here](#)

If you juggle work with care. [Click here](#) if you are employed. [Click here](#) if you run a business.