Advice for any elderly or vulnerable people in lockdown

Think ahead

Discuss with family and closest friends.

- Understand Coronavirus and the advice we have all been given.
 - "Stay Home Protect the NHS Save Lives"
- Keep washing your hands, even when alone at home it's a good habit to learn
 - It takes 20 seconds to say the Lords Prayer
- Think about your own care
 - If you became ill, at what stage would you want to be admitted to hospital?
 - Would you prefer to stay at home, and if so how would you manage?
 - Do you know what isolation means in hospital; you would have no visitors and it would possibly be a lonely place to die.
 - Have you discussed the concept of DNR advance directives see this NHS link (here)
- Have you written a will see this link to a government website (here)
- Write all your personal details, name, address date of birth, including medicines and GP on a personal *information sheet*
- Write down your next of kin on your personal *information sheet*

Plan ahead

What happens if you get ill.

- Leave a key with a trusted neighbour.
 - Write their name, address and phone number down on your *information sheet*
- Consider pets and pet sitter or second home.
 - o Discuss with your family or friend, and the person who has your key

Live in readiness

What can you do now?

- Use and get used to your mobile phone
 - Remember the number say it to yourself daily! Write it on your *information sheet*
 - Use your phone daily
 - o Phone your closest friend or family daily, and
 - Ask your friends to phone you maybe allocate different friends to each day?
 - Learn about WhatsApp and Zoom if you can. One of your family or friends will know!
- Prepare a small bag
 - Pack one now or make a list.
 - \circ $\;$ Practice packing it and know where everything you need is.
 - Basic bag items might include:
 - Some old underwear (which can be binned).
 - Basic toiletries
 - Basic clothing
 - Phone (if have one)
 - Phone charger (if have one)
 - Bit of money £5 ish?
 - Your *information sheet* with personal, key, phone, next of kin information as above

Personal Information Sheet

Date Completed									
	•	•	•	•	•			•	

My name				
My Address				
, Post Code				
Home Phone nu	ımber			
Mobile Phone n	umber			
My Date of Birth	ı			
My Next-Of-Kin				
Relationship to me				
Their phone number (mo	bile better)			
My Neighbour or friend				
Their Address				
Their phone number (mol Have you given this perso	-	Ves / No		
nave you given this perso	n your nouse key	163 / 110		I take the following medication:
My GP' name				
My GP's address				
,				
My GP's phone number				
I take regular medication	(see box)	Yes / No		
Important Questions				
Have you discussed you c				
Have you written an adva If so where is it	nce care plan or D	NR?	Yes / No	
Have you written a Will?	Yes /	No		
Do you have a pet		Yes / No		
If so what kind o	of pet			
and what is you	ır pets name			
and who is you	r vet			
Please sign this informati	ion sheet			
(or indicate who you	are if you			

have signed this on this persons behalf)