



## Do you look after someone who would struggle to cope without your support?

**If this sounds like you, you may be a carer.** You may not see yourself as one, but if you are supporting a relative or friend of any age who has a learning disability, mental health issues, a history of substance misuse, a serious health condition, is physically disabled, or is elderly and frail, then you are a carer. A carer can be young or old – a child or young person under 18 can be a carer. If you are caring for someone, you may be concerned about the COVID-19 outbreak, and how it might affect you and the person you care for.

If you're struggling and not sure what to do you can always contact Nottinghamshire Carers Hub, Nottingham City Council [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk) | 0115 915 2000 (if you're a City resident), Nottinghamshire County Council [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk) | 0300 500 8080 (if you live in the County), or your health provider.

For the latest information on COVID-19, please visit the NHS website: [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)

# What to do

## Looking after the person you care for

As a carer you may be worried about what will happen if you become unwell and are unable to provide care. You can plan for this now by developing an emergency plan with the person you care for.

Your plan should include:

- The name and address of the person you care for
- Who should be contacted in an emergency
- Details of medication taken by the person you care for
- Details of any ongoing treatment needed by the person you care for
- Details of medical appointments the person you care for needs to keep.

## How to get help with emergency planning

If you need help with developing an emergency plan, locally you can contact Nottinghamshire Carers Hub (<https://nottinghamshirecarers.org>) on **0115 824 8824** or via email on [hub@carerstrustem.org](mailto:hub@carerstrustem.org).

National information is available from Carers UK ([www.carersuk.org](http://www.carersuk.org)).

## Looking after yourself

The stresses of current circumstances mean that more than ever, you need to look after yourself as well as the person you care for.

Remember that protecting your own mental and physical health is just as important as looking after the person you care for.

## How to get help for you

Nottinghamshire Carers Hub (<https://nottinghamshirecarershub.org>) provides information, advice and support for carers, including telephone and online support, help with planning for emergencies, and online mindfulness activities for carers

If you are a carer aged under 18:

- If you live in the City you can find online and telephone activities and support from Action for Young Carers on **0115 962 9310** or email [AYCservice@carersfederation.co.uk](mailto:AYCservice@carersfederation.co.uk)
- If you live in the County you can find information, advice and support from the Nottinghamshire Carers Hub. You can find other local carer organisations and an online forum at Carers UK ([www.carersuk.org](http://www.carersuk.org)).