

Staying strong

- **Make a plan to look after yourself, whatever works for you!**
 - Soak in the bath
 - Phone a friend
 - Do something with your hands
- **Look after your family**
 - Make a new timetable for your lives
 - Do something fun together, enjoy every minute
 - Keep fit
- Look after each other
 - Create a WhatsApp group for a small number of family carers you know
 - Check in with each other every day
 - Share ideas for coping

COVID19 hospital Passport

The Human Rights Act is the main law in the UK that protects my human rights. This law means staff in public bodies (including NHS) must always respect and protect my human rights, including during the Coronavirus period and when making decisions about restrictions and actions about the Coronavirus.

Stick photo
here

Name:

Able to indicate yes/no yes no

N.O.K / representative name:

Phone number:

Normal respiratory function:

Any airways issues:

Pre – existing medical conditions:

Medication:

Can understand information: yes with support no

Can make medical decisions: yes with support no – **contact NOK**

Blood tests/procedures: no support reassurance sedation

Swallowing: no issues details below

Taking medication: no issues with support liquid

Allergies:

- We have put a reminder about your Human Rights on the top of this passport. This was written for us by the **British Institute for Human Rights**.
- This passport gives the information that doctors will need if you are admitted and struggling to breathe.
- Nobody can speak when they have big breathing problems. The doctors need to know that you can indicate yes and no. If you have a unique way of doing this you must write it clearly.
- It is very important to say if you have any airways issues like Fundoplasty (you or the people who support you will know if you have this.)
- List any pre-existing health conditions you have, like asthma or diabetes.
- List what medication you are taking.
- Nobody has capacity when they are very poorly.
- This page is for everyone

COVID19 hospital Passport

Communication

I will let you know I'm in pain by:

If I'm worried or upset I may:

To help me understand what's happening and what treatment I need please:

I communicate by:

My hearing:

My sight:

How I eat: (food liquidised, mashed, cut small, cooled, support or special equipment needed)

Special diet: no yes, details below

How I drink: (small amounts, thickened, cooled, other)

- Everyone is different – you might need to change this page to add your essential information.
- Fill in the communication section in detail. Think about:

we want to tell...	to do this we	helped/ supported by	

at this time	when this happens	we think it means	and we do this

Thanks Helen Sanderson Associates!

- If you want help with the communication section, LDE will have a webinar to share ideas.

What next?

- Laminate / double laminate the passport or put it in a sealed plastic bag
- Make plans for if you get unwell:
 - Pack a small bag with the passport and anything else your loved one might need, you won't have time in an emergency
 - Keep notes of symptoms and how the person is from when they start to get unwell, paramedics will need to know
- Sign up for extra LDE webinars – offer to run a session if you can (Sam makes it easy)
- Do what you can to make it a memorable time for good reasons, join in the online classes and activities