

Looking after family or friends after they leave hospital



HM Government





This **Easy Read leaflet** gives you:



- advice if you are looking after a friend or someone in your family



- who needs help after they come out of hospital.



- You could help them in their home or by telephone.

You could help them with:



- their stress or mental health



- cooking or cleaning



- moving around, washing, eating or getting dressed



- shopping for food or medicine



- their money, paid care or other services.

If you need help:



- If you are not able to care or need help



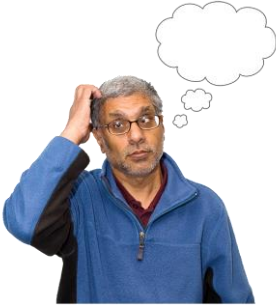
- you can have an assessment to have your needs looked at too.



- You can find out what your council or local authority can do to help you.



- You can find the right website using the online postcode tool at: www.gov.uk/find-local-council.



What to think about if you are looking after someone

1. Get help from other people



- The Carers UK and Carers Trust websites can tell you about support you can get.

Carers UK: www.carersuk.org/

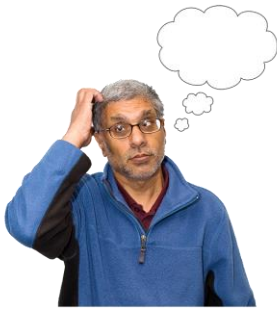
Carers Trust: www.carers.org/



- You can talk to other carers on the Carers UK website.



- Carers UK have a free helpline. You can call Monday to Friday, 9am to 6pm on **0808 808 7777.**



What to think about if you are looking after someone



- If you have a job, tell your employer that you are caring for someone.



- If you are at school, college or university, tell them you are caring for someone.



- The Carers Trust website can give you advice: www.carers.org/
- Organisations like Alzheimer's Society, MIND and AgeUK can give you advice: www.ageuk.org.uk/information-advice/care/arranging-care/homecare/



- Try not to do everything yourself. Speak to your friends and family. They might be able to help you.

2. Look after yourself as well as the person you help:



- Eat a balanced diet.



- Get enough sleep.



- Exercise every day.



- Take deep breaths to help with stress.



- Get help from the NHS 'Every Mind Matters' website:
www.nhs.uk/oneyou/every-mind-matters/.



- If your health or the health of the person you help gets worse, talk to your doctor or call **NHS 111**.

3. Write down a plan



- Write down what help you give the person.



- If you are not able to care for them



- another person can find out how they can help if you are not there.



- Carers UK have help on their website on how to make your plan: www.carersuk.org/

4. Read the government advice for carers



- You can find help from the government on caring for someone during coronavirus.



- Search for **unpaid care coronavirus gov.uk** on the internet.

5. Get extra help from NHS Volunteer Responders:



- You might be able to get help with your own shopping and other things.



- You can call **0808 196 3646** to find out.