

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.

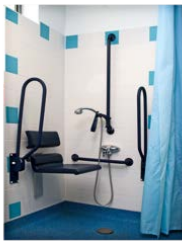
You could help them with:



- 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 has lots of **advice for young people who are carers**: www.carers.org/

Organisations like **Alzheimer's Society, MIND and AgeUK** can give you advice, e.g. 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 by:



- eating a balanced diet.



- getting enough sleep.



- exercising every day.



- taking 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.



This means **if you are not able to care for them**



another person will be able to find out how they can help.



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

4. Get extra help from NHS Volunteer Responders



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



You can call **NHS Volunteer Responders** on **0808 196 3646** to find out.