

## 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.
  - 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
  - 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.
  - 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

