

5 top tips for families and carers during Covid-19

- 1** Don't think that you need to replicate or completely replace whatever the person living with you used to do during the day before the lockdown. There is no expectation that you try to do this
- 2** If it's shut, take the person living with you to look at places that they used to go to, just to reassure them that it's still there and so you can talk about going back there when it does re-open
- 3** The person living with you doesn't need to know everything, in detail, about the virus and the pandemic. Explaining the basics is probably sufficient for most people, especially when the advice and guidance is changing
- 4** Put a routine in place, planning it with the person living with you as much as is possible, and remembering as long as they are happy and content then whatever activity they're doing is OK
- 5** When you're planning a routine make sure you schedule in time for yourself; if the person living with you is happily engaged, use that time to do whatever you need to do, for yourself

