

Peer Support Network – virtual meeting notes

08.04.2020

During this week's drop-in, 8th April 2020, we focused on **Emergency Plans** for what to do if a family carer becomes ill or if a person with complex support needs and learning disability is admitted into hospital. We discussed the need to start putting these plans in place to avoid panic and stress if a situation arises.

Together Matters walked through their Emergency Planning resource which can help family carers identify circles of support in case they become ill.

Download the planning resource here: [Making a plan for emergencies\(rewriteable version\)](#)

Government guidance for unpaid carers during Covid-19 can be found here: <https://www.gov.uk/government/publications/coronavirus-covid-19-providing-unpaid-care/guidance-for-those-who-provide-unpaid-care-to-friends-or-family>

Hospital Passports are specific to people with complex support needs and learning disability and are vital in communicating individual needs to hospital staff and clinicians.

Here are some specific templates:

My Care Passport <https://www.esht.nhs.uk/wp-content/uploads/2017/10/This-is-me-My-Care-Passport.pdf>

Autism Friendly Covid-19 Hospital Passport. [2.0 Universal Autism COVID-19 Individual Health Action Plan](#).

Links to tools for communicating pain and distress are at the end of this document which could be incorporated into emergency planning/hospital passports: https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0031_Specialty-guide_LD-and-coronavirus-v1_-24-March.pdf

If you would like to talk through the above resources, please contact Esther – esther@projectartworks.org

We will be following up with an online session on Hospital Passports and talking to the Learning Disability Liaison Hospital teams in East Sussex for further guidance. Details will be announced in the coming weeks.

Advanced Care planning

A sensitive point on Advanced Care Planning – for families this can be an upsetting process to go through, however caution should be taken in ensuring this is part of a loved-one's care plan. Please read the following joint statement on advance care planning and contact your case manager to discuss putting together a plan or reviewing an existing one.

https://content.govdelivery.com/accounts/UKCQC/bulletins/283e565?_cldee=aGVsZW5AcHJvamVjdGFydHdvcmtzLm9yZw%3d%3d&recipientid=contact-821ada9ea912ea1180e0005056877cb9-62cdd9834d6a4021b2718206101247cf&esid=3fa48d12-1a74-ea11-80e0-005056877cb9

Supporting disabled people through the Coronavirus outbreak

Statement from government on Coronavirus Act 2020 in relationship to people with a disability. We will ask East Sussex County Council whether they will be carrying out carers assessments for family members taking on new caring responsibilities as a consequence of Covid-19. The question of whether Direct Payments could be diverted to a family member taking on caring responsibilities where support teams are self-isolating or taking the decision not to work for personal health reasons was also raised.

https://www.gov.uk/government/publications/supporting-disabled-people-through-the-coronavirus-outbreak/supporting-disabled-people-through-the-coronavirus-outbreak?_cldee=aGVsZW5AcHJvamVjdGFydHdvcmtzLm9yZw%3d%3d&recipientid=contact-821ada9ea912ea1180e0005056877cb9-62cdd9834d6a4021b2718206101247cf&esid=3fa48d12-1a74-ea11-80e0-005056877cb9

Useful links and guidance

Skills for Care advice

Information hub on individual employers and PAs during Coronavirus crisis including template letters to use as proof that a PA is employed as a key worker.

https://www.skillsforcare.org.uk/Employing-your-own-care-and-support/Main-Menu-Items/COVID-19-IE-and-PA-updates.aspx?_cldee=aGVsZW5AcHJvamVjdGFydHdvcmtzLm9yZw%3d%3d&recipientid=contact-821ada9ea912ea1180e0005056877cb9-62cdd9834d6a4021b2718206101247cf&esid=3fa48d12-1a74-ea11-80e0-005056877cb9

Do you feel supported and informed during Covid-19?

The Sussex Clinical Commissioning Groups have devised the survey below to find out how the people of Sussex are feeling at this time. This covers whether people have enough information and support to cope during the current crisis.

The survey is not long and is open until Sunday 12th April.

<https://www.surveymonkey.co.uk/r/G9LKCHT>

Carerscast

A new podcast mother, writer and campaigner Nicky Clark exploring lived experience and caring for people with complex support needs.

<https://www.spreaker.com/show/carerscast>

Carers Cards

Useful for identifying need, e.g. eligibility for special shopping hours in supermarkets etc. Carers do not need to have a carer's assessment to obtain a carers' card. If you do not wish to have an assessment from Adult Social Care, you can apply for a carers' card through Care for the Carers.

<https://www.eastsussex.gov.uk/socialcare/carers/carers-card>

Find out more about the Peer Support Network at www.projectartworks.org

Contact esther@projectartworks.org if you have any questions.