

Would you like to visit your loved one in their care home safely during Covid outbreaks?

Please speak to the care home manager about becoming an 'essential care giver'. Every resident can choose one.

An essential care giver is someone who:

- Can visit even when the person is self-isolating or during a Covid outbreak (providing they don't have Covid)
- Helps the person feel happier and well
- Provides companionship and support (you don't need to provide hands on care)
- Is **not** required to visit a certain number of times each week
- Would be supported with Infection Prevention and Control (e.g. hand hygiene and using personal protective equipment)
- Would have the same regular Covid 19 testing as staff

For more info and advice visit: www.rightsforresidents.co.uk/resources
Or call the **Relatives & Residents Association helpline** Tel: 0207 359 8136
Email: helpline@relres.org 9.30am-1pm Mon-Fri / 6pm-8pm Thurs