

## **Carers and Coronavirus (COVID-19)**

### **March 2020**

Carers have a vital role in supporting their loved one's welfare. Support for you as a carer is also vital.

- Your loved one's clinician will tell you how best to help - ask as many questions as you need to.
- Visit the BEAT website <https://www.beateatingdisorders.org.uk/> It has up to date advice and a helpline that carers can ring 365 days a year.
- F.E.A.S.T <https://www.feast-ed.org/> also provides useful information and online support.
- If you have a local support group, stay in touch. Face to face meetings may not be possible but alternatives will be put in place wherever they can.
- Make a plan now for if you become poorly - it's not easy, talk it through with someone you trust and discuss it with your loved one. Carers UK offers good advice on making an Emergency Plan <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>, as well as more general advice.
- Above all, look after yourself.

Here are two films to support carers made by the the NHS East of England Eating Disorders Clinical Network. You can stream or download the films (30 mins each) by clicking on, or copying and pasting, these links:

#### **A Carer's Perspective:**

[https://player.vimeo.com/external/269177912.hd.mp4?s=8b7a5b34b34d51877cf1d4309184955b976a41f3&profile\\_id=175&download=1](https://player.vimeo.com/external/269177912.hd.mp4?s=8b7a5b34b34d51877cf1d4309184955b976a41f3&profile_id=175&download=1)

#### **A Professional's Perspective:**

[https://player.vimeo.com/external/269159983.hd.mp4?s=3ea549895b12e5b21d3197abd8994163649e3f56&profile\\_id=175&download=1](https://player.vimeo.com/external/269159983.hd.mp4?s=3ea549895b12e5b21d3197abd8994163649e3f56&profile_id=175&download=1)

**Stay safe, stay well and thank you for all that you are doing.**