

East Kilbride & District

DEMENTIA CARERS GROUP

169 Pine Crescent, Greenhills, East Kilbride, G75 9HJ

Charity No: SC018844

Company No: SC377236

Tel: 01355 244123

Mobile: 07919 36 77 90/1

Fax: 01355 244407

E-mail: info@dementiacarers.co.uk

Follow us on Facebook:

EK Dementia Carers Group

www.dementiacarers.co.uk



Finding Scotland's Real Heroes – Carer of the Year

IMPORTANT UPDATE – CORONAVIRUS – COVID-19

From: Brian Doig
Date: 17th March 2020
Re: Coronavirus – COVID-19 Update

What steps have we taken?

- Following all National and local guidelines as they are announced.
- Checking for updates daily and in real time.
- Centre deep cleaned and sanitised daily.
- Bus deep cleaned and sanitised daily.
- Strict instructions issued: anyone even suspecting symptoms **MUST** stay away and self-isolate. They will not be allowed on our bus or in our centre.
- Signs at both entrances to that effect.
- No visitors allowed in centre.
- Student placements suspended.
- Volunteer placements suspended.
- Working with a small group of core staff.
- Care being restricted to our centre or on our bus: both environments which we can control.
- No visits to public environments.
- Public events and fundraisers cancelled.
- Memory Cafe suspended.
- Committee meetings to be conducted by e-mail to reduce number of people using centre.
- Staff and Volunteers revisited Infection Control policy and hand hygiene.
- Service Users places held open if they wish time off or to self-isolate.
- Committed to supporting staff fully if on self-isolation.
- No home reviews or visits by staff.
- No unnecessary face to face meetings.
- Review meetings to be held by telephone to reduce number of people visiting our centre.

Summary

As a responsible Service Provider, we take the welfare of Staff, Volunteers, Service Users and Carers very seriously, and continue to do everything in our power to minimise risk and maximise safety.

We continue to take advice on a daily basis from NHS Inform, The Scottish Government, Health Protection Scotland and The Care Inspectorate, following all recommendations and asking you and others do so too.

Latest Government Advice

Today, the Government has recommended “**Social Distancing**” for those aged over 70 or with underlying health conditions. This involves reducing social contact and **avoiding large gatherings**. The maximum number of people currently in our sitting room at any one time is restricted to 9 including staff.

To many who rely on us, Pine is not a “social gathering” but an essential service which helps them keep their loved one at home. We want to support you.

We do understand that even with these measures in place, some people may be nervous about attending daycare and may wish to self-isolate, especially if they have pre-existing medical issues such as diabetes or respiratory problems.

We fully support that and should anyone wish to stop attending daycare in the meantime, we will respect this and in line with our policy, retain their place.

Lockdown Scenario

Should Government advice change to a lockdown situation, we will immediately respond to that. All Carers and Service Users will be informed and the Care Inspectorate notified. This is an eventuality that we simply cannot rule out, and is looking increasingly more possible by the day.

We in no way want to compromise the health or safety of Service Users, Carers, Staff and Volunteers and will continue to take the latest expert advice on board.

Should you have any comments, concerns or questions, please do not hesitate to contact me on 07919 367 790 or 01355 244123

Stay safe and stay well.

We will get through this together. We are community.

Community Care? Communities care! You Care? We care!

Brian

Additional Advice From NHS Inform

Stay at home advice

It's very important that you stay at home if you have symptoms that may be caused by COVID-19 or you live with someone that has symptoms. Staying at home will help to control the spread of the virus to friends and others.

Follow this advice if you:

- have symptoms that may be caused by COVID-19 but don't need hospital treatment
- live with someone who has symptoms that may be caused by COVID-19

If you live alone

If you live alone you should stay at home for 7 days from the day your symptoms started. This will reduce the risk of you infecting others.

If you live with others

If you live with others, the person who has symptoms should stay at home for 7 days from the day their symptoms started. All other household members should stay at home for 14 days even if they don't have symptoms themselves. The 14-day period starts from the first day the person had symptoms.

If others develop symptoms within the 14 days, they need to stay at home for 7 days from the day their symptoms started. They should do this even if it takes them over the 14-day isolation period.

It's likely that people living within a household will infect each other or may already be infected. Staying at home for 14 days will greatly reduce the risk of the household passing the infection to others in the community.

After staying at home (self-isolating)

If you stayed at home for 7 days because you had symptoms, you can return to your usual activities on the 8th day if you feel better and no longer have a high temperature.

If you stayed at home for 14 days because you live with someone who had symptoms, you can return to your usual activities on the 15th day as long as you have no symptoms. If you become unwell within the 14 days you should isolate for 7 days from the day your symptoms started. You should do this even if it takes you over the 14-day isolation period.

If anyone in your household has symptoms that haven't improved after 7 days, phone your GP or NHS 24 (111).