Staying strong

• Make a plan to look after yourself, whatever works for you!
  • Soak in the bath
  • Phone a friend
  • Do something with your hands

• Look after your family
  • Make a new timetable for your lives
  • Do something fun together, enjoy every minute
  • Keep fit

• Look after each other
  • Create a WhatsApp group for a small number of family carers you know
  • Check in with each other every day
  • Share ideas for coping
• We have put a reminder about your Human Rights on the top of this passport. This was written for us by the British Institute for Human Rights.

• This passport gives the information that doctors will need if you are admitted and struggling to breathe.

• Nobody can speak when they have big breathing problems. The doctors need to know that you can indicate yes and no. If you have a unique way of doing this you must write it clearly.

• It is very important to say if you have any airways issues like Fundoplasty (you or the people who support you will know if you have this.)

• List any pre-existing health conditions you have, like asthma or diabetes.

• List what medication you are taking.

• Nobody has capacity when they are very poorly.

• This page is for everyone
Everyone is different – you might need to change this page to add your essential information.

Fill in the communication section in detail. Think about:

- If you want help with the communication section, LDE will have a webinar to share ideas.
What next?

• Laminate / double laminate the passport or put it in a sealed plastic bag
• Make plans for if you get unwell:
  • Pack a small bag with the passport and anything else your loved one might need, you won't have time in an emergency
  • Keep notes of symptoms and how the person is from when they start to get unwell, paramedics will need to know
• Sign up for extra LDE webinars – offer to run a session if you can (Sam makes it easy)
• Do what you can to make it a memorable time for good reasons, join in the online classes and activities