

BRIDGE MEDICAL CENTRE

Carers Newsletter— May 2022

Do you need to register as a carer?

If you are a carer, please let us know by completing the form on our website:

<https://www.bridgemedicalcentre.co.uk/carers-support>



Carer Equipment Service from Carers Support West Sussex

The Carer Equipment Service is available to all registered carers to access equipment and assistive technology. The primary aim is to help maintain and enhance independence and give peace of mind in your caring role. Carers Support will assess the individual needs unique to you and the person you care for. They will be there for you in every way possible, helping improve independence, safety and wellbeing.

How can this equipment help me as a carer?

Are you caring for someone with mobility issues? Do you have worries that medication is being taken correctly? A **Tipping Frame** for dispensing pills easily for someone with limited strength may be very useful. A big concern for any vulnerable person is whether they are drinking enough fluids. The **Droplet Intelligent Hydration System** is a great reminder to keep hydrated. These aids will help overcome challenges, give some degree of independence and ultimately help you as a carer.

Night times are often a big worry for carers as they struggle to sleep waiting to be disturbed by the person they are caring for. A simple **plug-in night light** or a **movement activated light** will enable that person to move around in the dark if they do need to leave the safety of their bed and give you a little peace of mind and possibly a better night's sleep.

What equipment can I access?

In order for Carers Support Response Line team to be able to identify equipment that would be best suited to meet your individual needs, they will need details about your caring role and, for some equipment, information on the understanding or mental capacity of the person you care for. They will then complete a Support Plan and help you choose and access the equipment that is right for you and the person you care for. The team are also able to provide a bespoke service to research creative equipment solutions to meet unique requirements.

How do I apply for the equipment?

This is a free service which can fund or part fund your equipment needs. If you would like to find out about your options, please contact them by either:

- Calling 0300 028 8888
- Emailing info@carerssupport.org.uk



To see a full list of equipment available please visit: www.carerssupport.org.uk/carers-equipment-list

Medicines : tips for carers

Managing medicines for someone can be a challenge, particularly if they're taking several different types. Although the person you care for may appreciate your support with their medicines, bear in mind that they have a right to confidentiality. It's up to them to decide how much of their health and medicines information is available to you as their carer, and how much you should be involved in their care.

How to give pills correctly

Make sure you give medicines at the right time of day. If you give them at the wrong time, it could stop them working properly. Make sure you know if the medicines should be taken with food or in between meals. If the person you care for has a complicated medicine regime with different pills taken at different times of the day, a pharmacist may decide to provide them in dosette boxes. These are plastic boxes with small compartments that clearly show which pills need to be taken at what time of day. Ask your pharmacist for more information about dosette boxes if you think they could be helpful.

Ask for a structured medication review

If the person you care for is taking several different medicines their GP surgery may offer them a free structured medication review with a pharmacist or other healthcare professional. This is a review of the person's medicines and health, to make sure the medicines they're taking are right for them. It's a chance to ask questions and talk to the pharmacist in confidence about any problems they're having with their medicines.



Keep medicines organised

Make sure medicines are all kept in one place in the home, preferably in a locked cupboard or drawer. Also, make sure repeat prescriptions are dispensed in time so the person you look after does not run out of medicine. If you spend a lot of time fetching prescriptions from the GP and picking up medicines from the pharmacy, ask the GP surgery if they can send prescriptions directly to the pharmacy. Some pharmacists also offer home delivery services for people who find it difficult to get out of the house.

Medicines safety tips

To make medicines safer: be aware that over-the-counter medicines should not be taken with prescribed medicines unless a doctor or pharmacist has confirmed it's safe to do so and be aware that if a dose of the medicine is missed, it's dangerous to take a double dose later on to make up for it.

If they often forget to take their medicines

If the person you care for keeps forgetting to take their medicine, there are several ways you can help by telephoning them when they need to take their medicine to remind them, arrange for any care workers to visit at the same time that they're meant to take their medicines or get them an automatic pill dispenser – this beeps when it's time to take the medicine and a small opening allows access to the correct pills at the right time

If they refuse to take their medicines

If, for some reason, the person you care for is unwilling to take their medicines, talk to their GP or pharmacist. They may be able to suggest a form of the medicine that's more acceptable than tablets. Never give medicine to someone without their consent or try to force them to take it. People have the right to refuse medicine.

Help with swallowing difficulties

Some people need help to swallow pills. If you're worried the person you care for could choke, or they're refusing to take their medicine, ask your GP or pharmacist if it can be supplied in a soluble or liquid form.