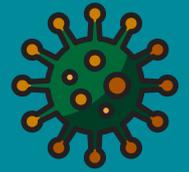


CUES TO LISTEN OUT FOR WHILE CARING FOR PEOPLE DURING THE COVID-19 PUBLIC HEALTH EMERGENCY



We often rely upon visual cues to check the physical and mental health of the people we care for. During the COVID-19 public health emergency, there might be times we're unable to see each other in person, so what are some signs that the person I care for may be unwell?

As a person's carer, you probably know this person better than most other people. Make gentle enquiries about how they are faring and what they are doing. Key signs to listen out for are any changes that would be unusual for that person. This may include changes to the way they ordinarily act, feel or think, such as:

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- ROUTINES** changes in showering, eating, exercise or sleep patterns
 - INTERESTS** not connecting with people or a passionate hobby; doing something they wouldn't ordinarily do
 - LEVEL OF ALERTNESS** drowsiness or being constantly on high alert
 - CONFUSION**
 - SPEECH** changes in ability to express themselves, the amount spoken increasing or decreasing significantly, the tone sounding flat and down or agitated, long periods of silence or not communicating as freely as before
 - EMOTIONAL STATE** flat, distressed, tearful
 - THINKING PROCESS** jumbled thinking, unable to share their thoughts, repeating same thoughts over and over
 - THOUGHTS OF HARM TO SELF OR OTHERS**
 - BEHAVIOUR AND THOUGHTS AROUND DEATH** writing or revising will

If you need immediate support and assistance, including advice about the above, please call Access Mental Health on **1800 629 354** or **02 6205 1065**



Remember to also take care of yourself during this time and to reach out to your support network as well. Taking time to care for your wellbeing is an important part of being a carer. To support people when they are unwell we need to be well ourselves. For ideas about how to look after yourself, look at the Carers ACT website www.carersact.org.au or call the Carer Gateway on **1800 422 737**

Acknowledgement:

This document was developed for Carers ACT by the Mental Health and Psychosocial Support Advisory of Canberra Health Services.