



## Information for family and informal Carers during “lockdown”

We know that many families are finding it difficult to cope with their normal caring responsibilities during “lockdown”, and are unsure when they can and can’t leave their home.

We’d like to reassure people who fall into specific categories, that exercise more than once a day outside the home is acceptable – please see below for further details.

### ***Can I exercise more than once a day if I need to due to a significant health condition?***

**Yes.** If you or someone you care for have a significant health condition, you can leave your home more than once a day for exercise. This could include individuals with learning difficulties or autism, and those with dementia.

Exercise should take place as close to your home as possible, and you should remain 2 metres away from anyone who is not a member of your household or your Carer.

### ***Can we go for a drive if we’re unable to walk from home?***

**Yes.** You can drive for a short distance to exercise, for example to reach a flat track that is accessible for someone who can’t walk on steep, rough ground.

Similarly, if the Cared For is unable to walk and exercise, a drive in your local area with the Cared For is an acceptable way to ‘get out of the house’.

### ***Can we leave home if we’ve been advised we’re in a high risk group?***

If you or the Cared For have been advised to remain in your home because you are at high risk of medical complications from Coronavirus - for example, because you are over 70, or have serious medical conditions that put you in the ‘**shielding**’ group – then the standard government guidance (below) around leaving your home applies. There are no additional **legal** restrictions because you are in a high risk group, just advice designed to protect your physical health.

**Please** consider your mental health as well as your physical; weighing the risk of infection from leaving your home with your mental health. Contact your Carers Support Worker or GP to discuss your situation if you would like.

### ***Can I leave home in an emergency?***

**Yes.** If the Cared For has, for example, fallen or become disorientated, you can leave home to get help.

The full government guidance on what you can and can't do during lockdown can be found here:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cantdo/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

Cumbria Police are fully aware that people caring for family members may need to leave their homes (with or without the person they are caring for) and are supportive of them doing so.

However, it will sometimes be necessary for Police officers to “stop and challenge” individuals driving or walking around Cumbria in order to identify those who do not have a legitimate reason to have left their homes.

If you are stopped, you will simply need to explain that you are out because of your relative's medical condition, and you should then be allowed to continue. You can show Police officers a copy of this guidance if that is easier.

Please understand that this is a new, and changing, situation for Police officers as well.

This means there is likely to be the odd occasion where things don't go smoothly. If you are asked to return home despite explaining your reasons for being out, please do so, and then get in touch with your local the Carer's organisation – contact details below:

### **Carer Support South Lakes**

Stricklandgate House  
92 Stricklandgate  
Kendal, LA9 4PU

**Email:** [admin@carersupportsouthlakes.org.uk](mailto:admin@carersupportsouthlakes.org.uk) **Tel:** 01539 815970

### **Carlisle Carers**

1st Floor, Fusehill Medical Centre  
Fusehill Street  
Carlisle, CA1 2HE

**Email:** [admin@carlislecarers.co.uk](mailto:admin@carlislecarers.co.uk) **Tel:** 01228 542156

### **Eden Carers**

The Office  
Mardale Road  
PENRITH, CA11 9EH

**Email:** [enquiries@edencarers.co.uk](mailto:enquiries@edencarers.co.uk) **Tel:** 01768 890280

### **Furness Carers**

Hindpool Community Centre  
Nelson Street  
Barrow-in-Furness, LA14 1NF

**Email:** [admin@furnesscarers.co.uk](mailto:admin@furnesscarers.co.uk) **Tel:** 01229 822822

### **West Cumbria Carers**

Suite 7 F Lakeland Business Park  
Lamplugh road  
Cockermouth, CA13 0QT

**Email:** [general@westcumbriacarers.co.uk](mailto:general@westcumbriacarers.co.uk) **Tel:** 01900 821976