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**COVID-19** **care pack for family, whānau and aiga carers**

**Supporting you through COVID-19**

The last few years have revealed just how unpredictable life can get. With all that we have going on in our lives, it can be overwhelming to try to think ahead and prepare ahead.

With this in mind, we have put together some practical advice and information, such as how to access food, RATs, masks, services, and more, to prepare for COVID-19 in your household. We have also included essential NZ Government COVID-19 information.

Many carers have put ‘what if’ plans in place to get through COVID-19 (or have been taking steps in this direction) and many of their suggestions have helped to shape this care pack. We don’t have all the answers, but we hope you find the attached information helpful.

Carers NZ is a national not for profit based in Auckland. We provide information, advice, and support to family carers. More than a million New Zealanders provide support for a friend or family member who is unwell or has a health condition or disability. Carers and their families have faced extra challenges during the COVID-19 pandemic. If you need further support or advice, we are just an 0800 call email away. See our details below.

**This pack includes links and information to help you and your family get through COVID-19.**

1. Food
2. Mental Well Being – useful links
3. Housing
4. Personal Safety
5. COVID-19 special edition of *Family Care*
6. *Time Out Guide* to plan breaks and respite
7. *Take a Break* and other COVID-19 resources
8. Continence Information
9. Anxiety Helpline information
10. Other useful information

After reviewing the items in your care pack, if you have questions or need advice please contact us:

0800 777 797 during business hours or email centre@carers.net.nz

[www.facebook.com/carersnz](http://www.facebook.com/carersnz) or www.facebook.com/youngcarersnz

[www.carers.net.nz](http://www.carers.net.nz): emergency planning tools, and many resources that you can watch, listen to, or download, about a wide range of topics of interest to carers

[www.issuu.com/familycareworld](http://www.issuu.com/familycareworld) : Family Care NZ magazine – back issues and our COVID-19 special edition