

Parkinson's and reduced care packages

Guidance and questions for people with Parkinson's and carers about care packages they can ask local authorities/providers

Background

We have heard through our helpline and local advisers that some people with Parkinson's and carers are fearful of paid home care workers potentially spreading the virus during their care visit. Because of this, some may have cancelled their care for the time being.

We recognise that this could cause additional stress for the person with Parkinson's and their carer and so we have produced this short document that can be used to check the plans and equipment the care provider has in place.

Contact the agency to discuss your concerns and to agree what safety measures should be taken





When providing personal care which requires the paid carer to be in direct contact with the client(s) (e.g. touching) OR they are within 2 metres of anyone in the household who is coughing, the following PPE is recommended:

Table 1

Recommended PPE items	Explanation
✓ Disposable gloves	Single use to protect you from contact with the client's body fluids and secretions.
✓ Disposable plastic apron	Single use to protect you from contact with the client's body fluids and secretions.
✓ Fluid-repellent surgical mask	<p>Fluid-repellent surgical masks can be used continuously while providing care, unless you need to remove the mask from your face (e.g. to drink, eat, take a break from duties).</p> <p>You may wear the same mask between different homecare visits (or visiting different people living in an extra care scheme), if it is safe to do so whilst travelling. This may be appropriate when travelling between households on foot or by car or by public transport, so long as you do not need to take the mask off, or lower it from your face. You should not touch your face mask. The mask is worn to protect the care worker, and can be used while caring for a number of different clients.</p> <p>You should remove and dispose of the mask if it becomes damaged, soiled, damp, or uncomfortable to use. If removed, you would then need to use a new mask when you start your next homecare visit.</p>
Eye protection	<p>Eye protection may be needed for care of some clients where there is risk of droplets or secretions from the client's mouth, nose, lungs or from body fluids reaching the eyes (e.g. caring for someone who is repeatedly coughing or who may be vomiting).</p> <p>Use of eye protection should be discussed with your manager and you should have access to eye protection (such as goggles). If you are provided with goggles, then you should be given instructions on how to clean and store them between visits</p> <p>Eye protection can be used continuously while providing care, unless you need to remove the eye protection from your face (e.g. to take a break from duties).</p>

Where the paid carer's visit does not require them to touch the client but they need to be within two metres of the client, the following PPE is recommended:

Table 2

Recommended PPE items	Explanation
 Disposable gloves	Not required.
 Disposable plastic apron	Not required.
 Surgical mask	<p>Surgical masks can be used continuously while providing care, unless you need to remove the mask from your face (e.g. to drink, eat or take a break from duties).</p> <p>You may wear the same mask between different homecare visits, if it is safe to do so whilst travelling. This may be appropriate when travelling between households on foot or by car or by public transport, so long as you do not need to take the mask off, or lower it from your face. You should not touch your face mask.</p> <p>The mask is worn to protect the care worker, and can be used while caring for a number of different clients</p> <p>You should remove and dispose of the mask if it becomes damaged, soiled, damp, or uncomfortable to use. If removed, you would then need to use a new mask when you start your next homecare visit.</p>
 Eye protection	Not required.

The person needing personal care could also wear a face covering during the visit, such as a scarf or large handkerchief, to give added protection to both parties.

Some personal care e.g. around toileting and washing, may suggest eye covering equipment is also needed at this time. Eye protection may be needed for care of some clients where there is risk of droplets or secretions from the client's mouth, nose, lungs or from body fluids reaching the eyes (e.g. caring for someone who is repeatedly coughing or who may be vomiting).

Home care workers should also be hand-washing before and after providing personal care, and PPE equipment should be disposed of carefully -

A paid carer will need to put on their PPE at least two metres away from the person they are visiting and anyone in the household with a cough.

A paid carer will need to decide the best place to do this. For example, they could do so just before or just after entering the client's home or in a separate room to the client.

Similarly, the paid carer should take off PPE when at least two metres away from the client or any person who has a cough.

Guidance on putting on (donning) and removing (doffing) PPE can be found here:

- [PHW Advisory Note - Use of Personal Protective Equipment \(PPE\) in Social Care Settings \(Care Homes and Domiciliary Care\)](#)

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- [Guide to donning and doffing standard Personal Protective Equipment \(PPE\)](#)

Full government guidance is given on this webpage:

- <https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-domiciliary-care>

If care workers refuse, or say they are unable to comply, you should contact the agency

If the agency does not agree (or you directly employ staff through Direct Payments or self-funding), we suggest you call your local Social Services department, or our helpline 0808 800 0303 for further advice.

We would encourage you not to cancel any care visits

It may be very difficult to reinstate your care at a time when you may need assistance to manage.

In the coming weeks care services are likely to be under greater pressure, you may not be able to get a reassessment of your care needs and this may add to the delay in restoring the care service.

You may also have unintentionally given the impression you can manage without help.

For further information or if you have any questions:

- please contact our helpline on 0808 800 0303
- or email hello@parkinsons.org.uk