

Find out if the person you're supporting is feeling unwell

New or increased confusion /
agitation / anxiety / pain

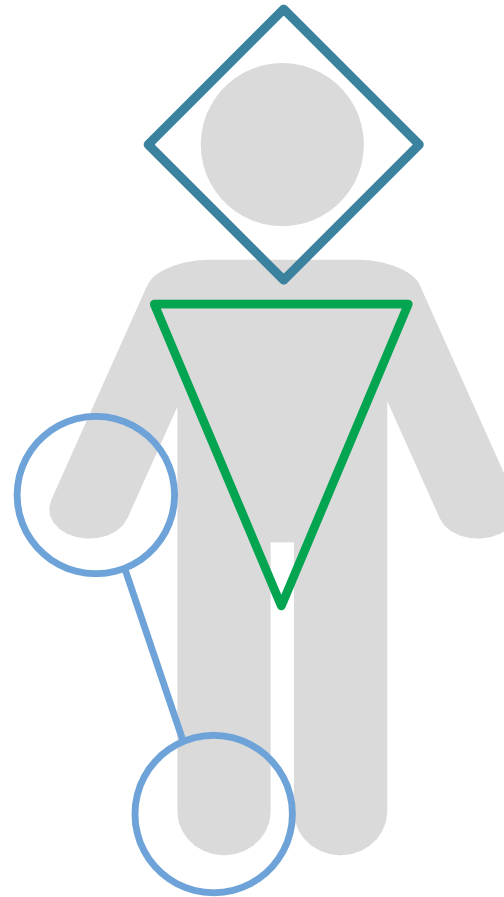
Changes to usual level of
alertness / consciousness /
sleeping more or less

Extreme tiredness or dizziness

Increasing breathlessness,
chestiness or cough/sputum

Change in usual drinking / diet
habits

A shivery fever - feel hot or cold to
touch



'Can't urinate' or 'no urine',
change in pee appearance

Diarrhoea, vomiting,
dehydration

Reduced mobility – 'off legs'/ less
co-ordinated or muscle pain

If YES to one or more of these triggers – take action



Persons name -

NHS no. -

D.O.B. -

Raise the alert. If you are a carer or friend and are worried about the person you support talk to their nurse or GP. You can call 111 if you want help for symptoms. In an emergency you may need to call 999. Try using the SBARD Structured Communication Tool (below) to support reporting your concerns.

S	Situation e.g. What's happened? How are they?	
B	Background e.g. What is their normal? How have they changed?	
A	Assessment e.g. What have you observed / done?	
R	Recommendation e.g. 'I need you to....'	
D	Decision what have you agreed?	

Name of person completing -

Today's date -

Signature -

If you are worried about the person, don't just think about it, seek advice!