

**WRITTEN QUESTION TO THE MINISTER FOR HEALTH AND SOCIAL SERVICES  
BY DEPUTY J.H. PERCHARD OF ST. SAVIOUR  
ANSWER TO BE TABLED ON MONDAY 13th JULY 2020**

**Question**

Given that many severely vulnerable residents are being advised by their G.P.s to home-isolate for the rest of the year or other extended periods due to their vulnerability, will the Minister advise how the Government intends to support these residents during this extended period of home isolation in respect of –

- (a) access to essential items such as food and medication;
- (b) well-being, especially for those who are living alone;
- (c) the relatives of such severely vulnerable people who themselves are no longer in a position to self-isolate but who are concerned for their severely vulnerable relatives; and
- (d) engagement with G.P. practices to ensure that they understand the needs of severely vulnerable residents?

**Answer**

Updated Level 2 guidance for Islanders at high and moderate risk of illness from COVID-19 was released on 18th June 2020. We have changed the guidance as we entered Level 2 of the Safe Exit Framework because the lower prevalence of cases means that, on balance, it is safer to reduce the degree of shielding: we are now encouraging Islanders classified as at high and moderate risk of illness from COVID-19 to take part in activities and leave the home, undertake outdoor leisure or recreational activities, such as to exercise, or see family and friends ‘as long as you can physically distance from those you do not live with, and carefully follow the [public health information and advice](#)’. Everyone in these categories will be at a different level of risk according to their condition and circumstances, and will need to decide the balance of risk that is right for them.

- a) access to essential items such as food and medication

We are encouraging Islanders at high and moderate risk of illness from COVID-19 to continue to use the ConnectMe service, which is continuing to support Islanders. If they need help collecting prescription medicines, their GP will arrange for medical supplies to be delivered to their home by Jersey Post's Call and Check service. The ConnectMe service is detailed within the letter sent to Islanders at high and moderate risk of illness from COVID-19 – as well as listed on [www.gov.je](http://www.gov.je) and promoted within all-Island wide communications

- b) well-being, especially for those who are living alone

A range of mental health services are available to Islanders which are listed on Gov.je: <https://www.gov.je/Health/Coronavirus/Volunteering/Pages/SupportServices.aspx>

‘Move More Jersey’, an initiative by Jersey Sport, has recommenced a wide range of outdoor and indoor exercise classes suitable for those islanders who have been shielding. Move More Health Walks have also recommenced. These activities provide a welcoming, safe environment to help gently ease those who have been shielding back into the community. All venues and activities allow space for people to be at a physical distance they feel comfortable with. The social aspects of these activities are as important as the actual exercise activities.

For those who do not yet feel confident enough to leave the house for a group activity, Move More Jersey has a web page dedicated to staying active at home. The provides helpful hints and videos to follow <https://www.movemore.je/where-to-move-more/move-more-at-home/>

Move More Jersey also has a webpage specifically about exercising in self-isolation <https://www.move-more.je/news/coronavirus-guidance-for-exercising-while-self-isolating/>

Jersey Sport is also offering live Move More Exercise Classes on Zoom specifically designed for older adults and this will allow those still anxious about leaving home to join in with a group activity and to be able to interact with others. Move More Jersey is working with Health and Social Care to find the best way of letting individuals know these live classes are available to them. Care homes can also access these classes.

- c) the relatives of such severely vulnerable people who themselves are no longer in a position to self-isolate but who are concerned for their severely vulnerable relatives

Relatives of Islanders at high risk of illness from COVID-19 are now encouraged to continue with their routine or go to work if they can't work from home. Advice and information for those affected is available via [www.gov.je/shielding](http://www.gov.je/shielding)

- d) engagement with G.P. practices to ensure that they understand the needs of severely vulnerable residents

The published guidance was written by a senior nurse who has been seconded to the Public Health team. They worked alongside the GP Lead to ensure that the guidance would be useful to Islanders and would be utilised by GPs. Feedback from GP Cluster leads has been positive and they have reported that the guide and support have been used regularly to signpost Islanders.