



Llywodraeth Cymru
Welsh Government

Care home visiting – for children living in a care home

This is an **Easy Read** document from the Welsh Government



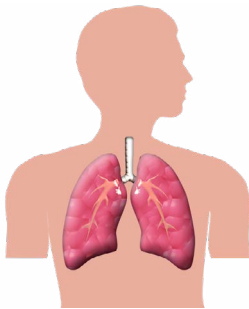
September 2022

In this leaflet, hard words are in **bold**.
We explain what these words mean in
the sentence after they have been used.



Some words are [blue and underlined](#).
These are links which will go to another
website which has more information.

This leaflet tells you about the rules for
seeing your friends and family during
the **COVID-19 pandemic**. This leaflet
also tells you about the rules for going
out.



COVID-19 is an illness which can affect
your lungs and breathing. A **pandemic**
is when an illness spreads around the
world.



The Welsh Government has created
rules to help stop the spread of
COVID-19.



You can talk to the care home staff
who will explain the rules and help you
understand any risks.

Visits from friends and family



Care home staff should help you to see your friends and family – like you did before the pandemic.



There are no rules about where visits can take place. Ask your social worker or care home staff about where you can visit you friends and family.



People can bring pets to visit.



Visitors can bring gifts, including food and drinks. Food and drinks can be shared between you and your visitor.



If you have more questions, speak to the staff, your social worker or advocate.

Going out



You can still go out during the COVID-19 pandemic to see friends and family. You can do the activities you enjoy.



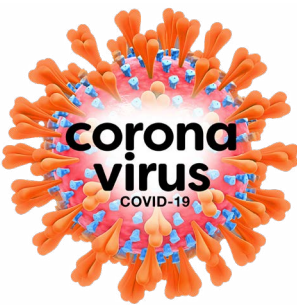
You can stay overnight at a friend or family member's house.

Check with the care home staff or your social worker first about who you can visit and when.

If your care home has an outbreak of COVID-19



If there is a **COVID-19 outbreak** at the home, there will be more rules to follow. The rules help to stop more people getting ill.



A **COVID-19 outbreak** is when there are two or more people in a care home with COVID-19.



If there is a COVID-19 outbreak you may not be able to have as many visits or go out as much. The care home staff will be able to advise you.

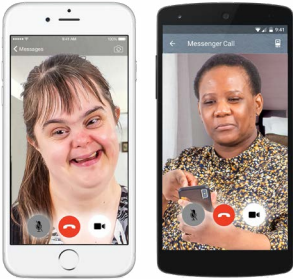


If there is a COVID-19 outbreak you can choose up to two people to be your **essential visitor**. You can choose family members and/or friends.

Your **essential visitors** can still visit you inside the home if there is a COVID-19 outbreak.



If you or your essential visitors have COVID-19 they will NOT be able to visit you, unless there are special reasons.



If there is a COVID-19 outbreak you can still use the phone or have a video call with friends and family.



Talk to the care home staff about visits if you have any questions.



You can download the full version of the guidance from: <https://gov.wales/infection-prevention-and-control-social-care>



If you want to change something about how you see your family and friends, you can speak to the care home staff. You could also speak to a family member or friend you trust about how you feel.



If you are NOT happy about something at the care home, you or someone else can write to **Care Inspectorate Wales**. Care Inspectorate Wales makes sure care homes are following the rules.



The contact details for Care Inspectorate Wales are:

Postal address:
Care Inspectorate Wales
Welsh Government Office
Sarn Mynach
Llandudno Junction
LL31 9RZ



Phone: 0300 7900 126



Email: CIW@gov.wales