

	Food and supplies	Medication	Health	Commitments	Connectivity	Exercise	Entertainment	Nature	Relax	Routine
Advice, information and links	<p>Do you have food or a way to get food delivered?</p> <p>Do you have enough cleaning products?</p> <p>Do not give you bank details, cash or bank cards to anyone you don't trust</p>	<p>Do you have enough medication?</p> <p>Do you have a way of getting more medication?</p>	<p>Are you managing you condition well at home?</p> <p>Can you rearrange any routine appointments or treatments?</p>	<p>Do you care for someone?</p> <p>Do you need support with your pets eg dog walking?</p> <p>Other commitments?</p>	<p>Are you feeling lonely?</p> <p>Can you replace regular social contact with virtual contact (phone calls, facetime calls/skype?)</p>	<p>Is there any physical activity you can do inside your home, such as going up and down the stairs, using bean tins as weights, or exercises you can do in your chair?</p>	<p>Have you thought about things to do, books to read or TV shows to watch?</p>	<p>Have you thought how you could access nature? Can you get some seeds and planting equipment, houseplants or living herbs?</p>	<p>Have you got materials so you can do something creative, such as paper and colouring pencils?</p> <p>Are you able to relax?</p>	<p>Are you struggling through lack of routine?</p>