

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

**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.

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

**Name of person completing -**

**Todayd**