Responding to COVID-19 as a Caregiver

News about COVID-19 fills every airwave, but there has been little discussion about what to do if you are the caregiver for an older adult or someone in a high-risk category. How can you best manage their physical and emotional needs during this time?

- Create a household plan based on the needs and routines of your loved one. Discuss the plan with family members, address emergency planning and create an emergency contact list. Ask your loved one's physicians to fill prescriptions to cover more days.
- Practice prevention now. Wash hands and clean surfaces frequently. Self-isolate, and only go out when needed. Identify a separate room in your home to be used should someone become sick.
- Develop a contingency plan should your loved one's day programming be canceled, the home health aide become sick, or if you, the primary caregiver, become ill.
- Manage your loved one's emotional health: Outbreaks can be stressful for older adults. Talk with them about your efforts to keep them safe.
- Find ways to remind loved ones about hygiene: Post written reminders around your home to help them remember.
- Be informed – but avoid overconsuming information on the pandemic.
- Contact IMPACT Solutions if you feel overwhelmed with emotions and need help and support.

For additional information: https://www.benrose.org/covid-19

Contributed By: Benjamin Rose Institute on Aging