



This Month's Webinar: Two Special COVID 19 Webinars!

There are two free webinars available on the Impact website this month: COVID 19: Facts You Need to Know, presented by Dr. Ellen Contente and Calm Is Contagious: Mindfulness Strategies for Responding to COVID-19, presented by our Mindfulness Coach, Daron Larson. To access these webinars, simply log on to your Impact website at www.MyImpactSolution.com.

Watch this webinar any time throughout the month of April when you log in to IMPACT on the Web at www.MyImpactSolution.com.

Monthly Highlights



News Alert Section

Be sure to access the News Alert Section on your IMPACT website for all of the latest up to date information regarding

COVID 19. Resources include handouts, instructions for accessing unemployment, and helpful videos like how to work from home with children around.



Tess: A Mental Health Chatbot

Tess offers support if you are feeling worried about the Coronavirus and need help to reduce anxiety. Tess also helps you access CDC and WHO resources related to COVID-19. Learn more **or start chatting now at:** <https://www.x2ai.com/impactsolutions>

Visit www.MyImpactSolution.com
Forgot your login information?
Give us a call at 800-227-6007.

Eldercare Spotlight

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

Information in IMPACT on Wellness is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional.

You can contact IMPACT Solutions for professional counseling and guidance 24 hours a day at 800-227-6007.