



Caregiving in the Era of COVID

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Please visit Hope Hospice's website for a copy of tonight's presentation and additional resources: www.HopeHospice.com/townhall

With crisis comes opportunity . . .

- Fosters creativity and resourcefulness.
- Becoming more tech savvy.
- Accentuates the need for compassion.
- More mindful of importance of healthy habits.
- Self-care is no longer an option but a necessity.

New Challenges of Caregiving

When your loved one lives with you . . .

- 24/7
- Loss of support system.
- Increased social isolation.
- Everyday tasks are more complicated.
- Dementia diagnosis increases challenge.
- Additional fears: Infection, hospitalizations, medical appointments.
- FOMO becomes FOGO.

Consider . . .

- Using technology.
 - Zoom, FaceTime, Skype, Amazon Echo Show - Smart Display.
 - Join online support groups.
 - Visit family caregiver websites, such as www.caregiver.org.
- Exploring options for medical appointments.
- Using grocery, meal, pharmacy delivery services.
- Asking others to run errands, shop, make phone calls.
- Employing Home Care Agencies.
 - Weigh risks vs benefits.
 - Screen agencies.

Care Facility Concerns

- Family and friends no longer able to visit.
- No communal dining, group activities, excursions.
- Feelings of abandonment.
- Guilt.
- Safety.



What to do?

Acknowledge what you CANNOT control:

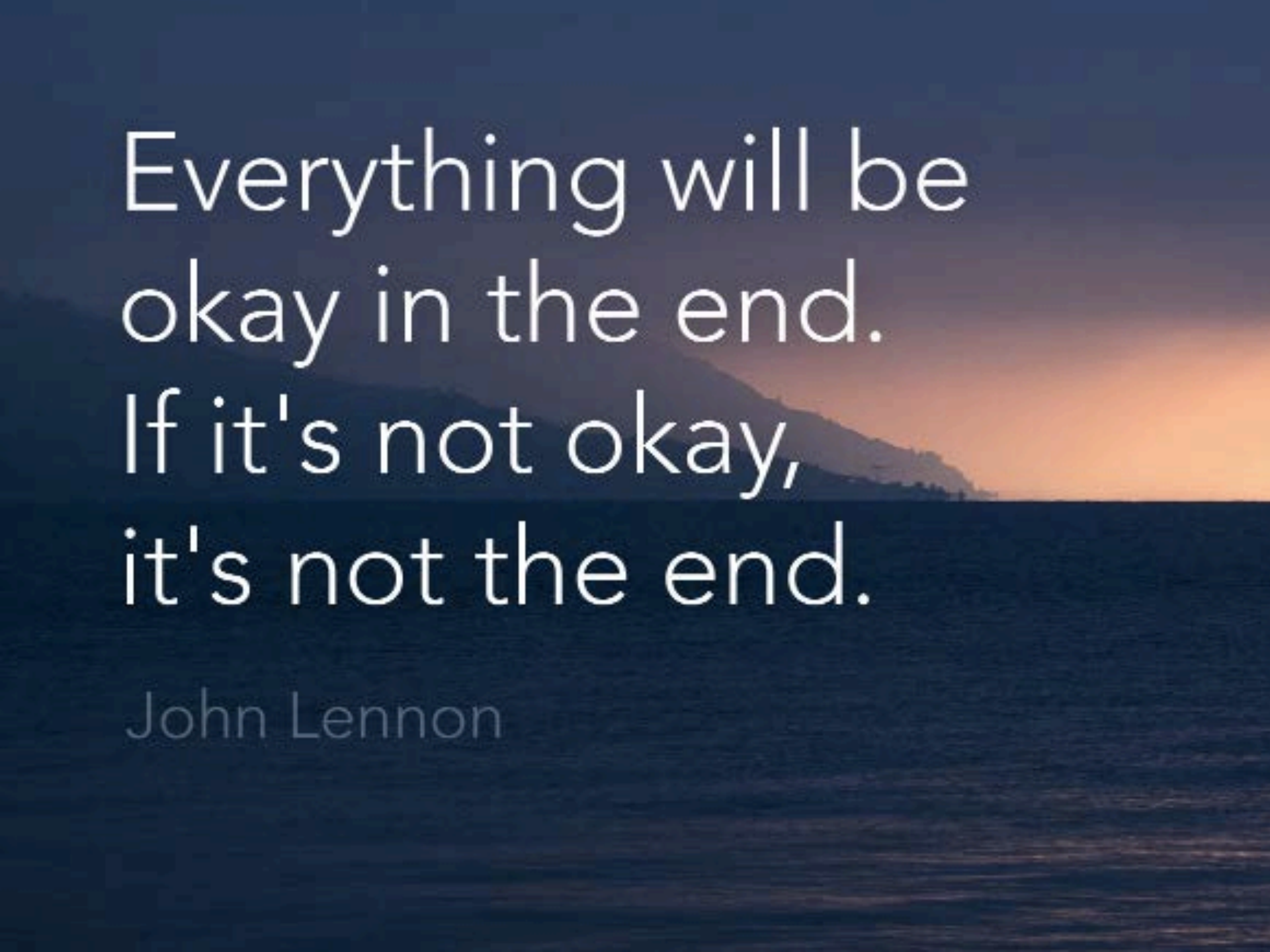
- The virus.
- The economy.
- The behaviors of others.
- Your situation.

Focus on what you CAN control:

- Your attitude and your behaviors.
- The way you view stress and how you respond.
 - Is the crisis a threat or a challenge?
 - Can you turn the crisis into an opportunity to grow and build resilience?

What You CAN Control

- How you prepare for the future.
 - Planning encourages optimism.
 - Implementing Advance Directives – for yourself and loved ones.
 - Keeping safe once the SIP restrictions are relaxed.
 - Returning to pre-COVID activities is a process, not an event.
 - Time – Space – People – Place
- How you react to stressors - threat or challenge?
- How you take care of yourself.

A serene landscape featuring a sunset over a dark body of water. The sky transitions from a deep blue at the top to a warm orange and yellow near the horizon. Silhouetted mountains are visible in the background, partially obscured by the text.

Everything will be
okay in the end.
If it's not okay,
it's not the end.

John Lennon