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516-584-2007

Please contact via our website or social media for more information on caregiving during this time and access to resources for **you** the caregiver.

If you need help advocating for yourself or a loved-one feel free to give us a call.

Best Practices for Taking Care of the Caregiver

Right now more than ever we are all active patients and active caregivers

- Stress is linked to the top 6 causes of death

- Stress is attributed to the 75% of doctors' visits

“The Greatest Weapon against stress is our ability to choose one thought over another”

I suggest choosing to think about nurturing yourself and taking steps that you can to feel prepared. I believe this will help to alleviate stress.

Right now it is likely that you have more un-scheduled time than normal.

Take this time for yourself to think of things that make you feel content.

- Read a book
- Exercise /take a walk
- Drink a cup of tea
- De-clutter an area that's been driving you nuts
- Meditate
- Catch up with friends on the phone or with Facetime
- With the ingredients you have at home make a new recipe
- Figure out how you want to plan your garden
- Come up with a list of fun activities that you can do with those you live with

You are NOW a social distanced caregiver: Now what?

Loved ones in the rehab/nursing home/assisted living

- Be in touch with the facility so that you can create a stream of communication. Ask them to keep you updated by whatever technology works for you and the facility.
- Utilize Zoom, Facebook, Facetime and other resources
- Drive up and wave to them if they can get to window.
- Ask if you can drop off something (a favorite disinfected blanket, belonging, music)

- Send them music or a movie to a device so that they can hear or watch. This can then give you something to talk about when you call them.
- Keep in touch daily with PT/Nursing/Recreation/Dietary to keep track of their progress. If there is something that has been a concern in the past or you are concerned about, let them know and ask how you can make sure it is regularly monitored as you won't be there in person.
- Ask if you can create a virtual caregivers community. Ask the facility to provide a way for other caregivers in the same situation to connect via telephone or social media. You can also ask them to try to set it up through recreation.
- Call on your friends and other caregivers to lend an ear or support you as we are all in this together.
- Utilize social media groups that have caregiver support groups

If those you care for live with you or in their own home

- Utilize telemedicine if there is a medical need
- Contact their doctor's office to see what precautions you should be taking and if there is anything you should have on hand for their illness or condition
- Make sure you have pre-ordered their medication if possible
- If there are paid caregivers that come into the home, look up what you should do to protect your loved ones. If they are from an agency, ask what protocol they are following. If they are private, set up your own protocol (i.e. checking temperature, wash hands and use hand sanitizer frequently, ask if they have any symptoms or if they were in any contact with someone who

has been sick recently, etc. but check with the DOH and/or labor department to understand what you can legally request).

- If you don't already have one talk to their doctor about completing a MOLST form <https://www.health.ny.gov/forms/doh-5003.pdf> (MOLST forms can be completed by a doctor in a healthcare facility as well)
- Create photo albums for your loved ones to look through to remember wonderful times
- Create music playlists for you and/or your loved ones
- Call on your friends and other caregivers to lend an ear or offer support as we are all in this together.

Prepare

- Contact your (or find your) trust and estate lawyer to get you and your loved one's paperwork together (i.e. - Power of Attorney, Healthcare Proxy) and/or start the conversation with the attorney.
- Fill your gas tank so you don't have to think about it when you do want to go somewhere
- Clean your car so when you do have someone in your car it is clean and sanitary
- Come up with a list of fun things to do at home with your kids as part of their "recess" while they are learning at home, or plan family fun time

Caregiver Resources for Support:

Suffolk County

Call 311 or 631-853-8200

<https://suffolkcountyny.gov/aging/Caregivers>

Nassau County

Call 311

<https://www.nassaucountyny.gov/DocumentCenter/View/1731/Time-to-Care---Help-for-an-Elder-Caregiver?bidId=>

ADRC-Attached information

TakeCharge Campaign-Attached Information