



Social Isolation and Well-Being for Caregivers during Covid-19

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www.caregiver.org

Covid and Caregiving Challenges

- Juggling multiple roles – working from home and caregiving
- Finances – lost income
- Challenging behaviors and small spaces
- Lack of control
- Uncertainty



Stress Warning Signs

Cognitive

Memory problems
Difficulty concentrating
Poor judgement
Anxious thoughts
Constant worry

Physical

Aches & Pains
Diarrhea/Constipation
Chest pain/rapid heartbeat
Loss of sex drive
Frequent colds

Emotional

Agitation/unable to relax
Moodiness
Short tempered/irritable
Depression/unhappiness
Feeling overwhelmed

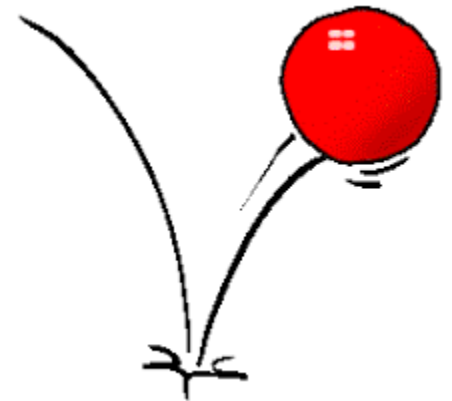
Behavioral

Eating more/less
Sleeping too much/too little
Neglecting responsibilities
Using Alcohol/Cigarettes/Drugs
Nervous habits like nail biting etc

Building Resilience

...the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress

- Embrace healthy thoughts
- Build your connections
- Find purpose
- Seek help
- Foster wellness





“You can’t control the situation, but you need to think clearly to understand how to navigate it.”

What One Woman Learned After Caring For Her Husband Through Lung Cancer

http://www.huffingtonpost.com/2015/04/07/lung-cancer-caretaker_n_6993298.html?ncid=txtlnkusaolp00000592

Managing Anxious Thoughts

- Change unhelpful thought patterns
 - Avoid overgeneralizing and thinking in “should”
 - Write down automatic thoughts
- Control what you can
 - Practice safe behaviors
- Limit your news consumption
- Talk to a therapist or counselor
 - Telehealth





#DESTRESSMONDAY



BREATHE WITH THE SHAPE

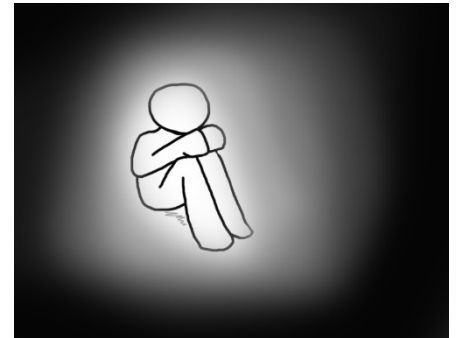
Guilt

- “I should....”
 - Stop them from going outside
 - Not get frustrated/stay patient
 - Be able to get all my work done
 - Visit more to make sure they’re ok
- Being “perfect” is a set up for failure
- Guilt vs Regret



Isolation

- Feelings of abandonment
 - Is anyone stepping up to help?
- Not knowing how/who to ask for help
 - Are there any community resources?
- Family conflict
 - Is everyone on the same page?
- Loss of social supports
 - Not able to see friends/family/coworkers





Building Connections

- Video chat with friends & family
- Online support groups – many now offered online
 - www.caregiver.org
 - www.alzconnected.org
 - Facebook caregiver groups
- Community/senior center classes



Grief and Loss

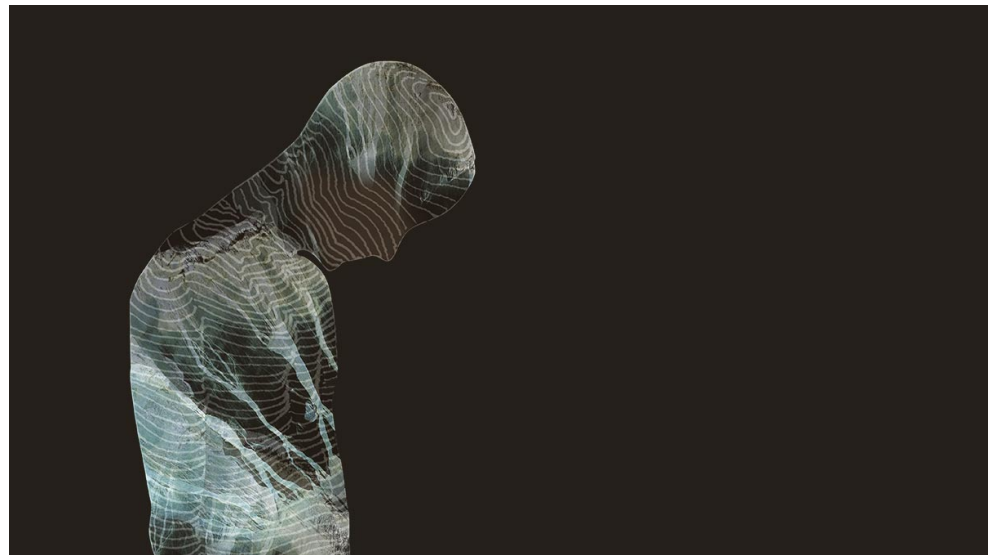
“When you have any kind of change, you often have loss, and when you have loss, you have grief.”

~ J. Shep Jeffreys

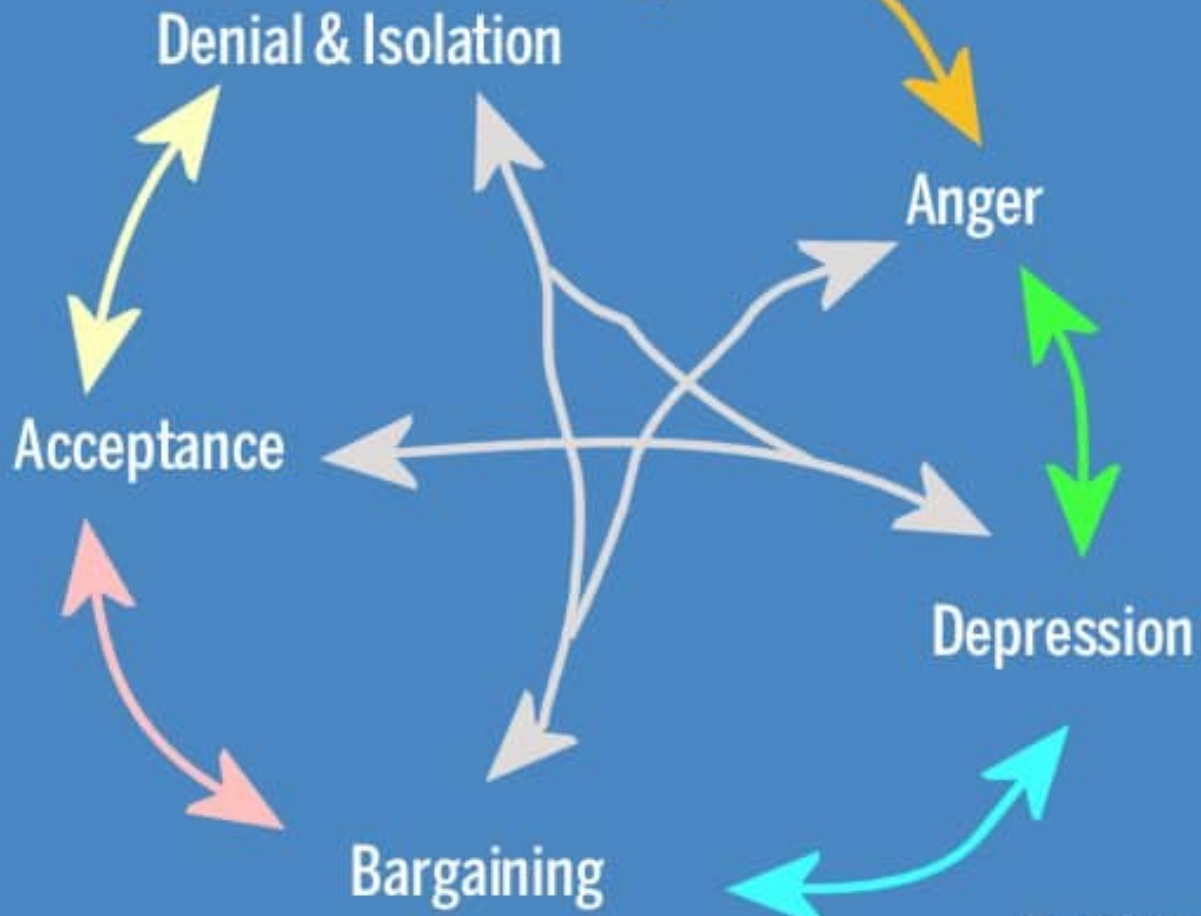
Helping Grieving People

Grief and Loss

- Anticipatory Grief
 - What happens if they don't practice safe behaviors?
- Ambiguous Loss
 - What's changed?
 - What's the same?



5 Stages of Grief



PsychCentral.com



Stages of Grief

“Acceptance, as you might imagine, is where the power lies. We find control in acceptance. *I can wash my hands. I can keep a safe distance. I can learn how to work virtually.*” ~ David Kessler

https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?utm_source=pocket-newtab



Being Proactive

- Legal Documents
 - Advance Health Care Directive
 - POLST/MOLST
- Personal Health Records
 - Medication lists, doctor information, health history
- Telehealth
 - Primary Care
 - Mental Health Support



Community Resources

- Crisis Services
 - Adult Protective Services
 - [Disaster Distress Helpline](#) – 800.985.5990
 - Alzheimer’s Association Helpline (dementia)
800.272.3900
 - Friendship Line (older adults) – 800.971.0016
- Community Services
 - In California, [Caregiver Resource Centers](#)
 - [Eldercare Locator](#)– connections to services for older adults and adults with disabilities
800.677.1116



Keeping Busy and Connected

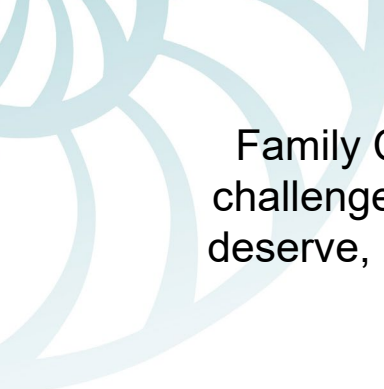
- [Well Connected](#) – phone based activities for older adults
- [Alzheimer's Store](#) – activity ideas and products
- [Time Slips](#) – creative engagement
- Friendly Visitor Calls – volunteer programs in your area
- [Caring Bridge](#) – engage family/friends in care
- [Virtual national park, museum tours, aquariums](#)

Activities That Foster Wellness

- Exercise
- Play with a pet
- Gardening
- Reading
- Music
- Humor
- Relaxation exercises
- Journaling
- Yoga
- Spiritual practices







Family Caregiver Alliance is a public voice for caregivers, illuminating the daily challenges they face, offering them the assistance they so desperately need and deserve, and championing their cause through [education](#), [services](#), [research](#) and [advocacy](#).

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Social Media Channels:

[Facebook](#)

[Twitter](#)

[YouTube](#)

[LinkedIn](#)

• **FCA established the [National Center on Caregiving \(NCC\)](#)**, to advance the development of high-quality, cost effective programs and policies for caregivers in every state in the country. The NCC sponsors the [Family Care Navigator](#), a state-by-state resource locator designed to help caregivers locate support services in their communities.

• **FCA also operates the [Bay Area Caregiver Resource Center](#)** in the six-county San Francisco Bay Area. The staff of family counselors works closely with families caring for ill or elderly loved ones. Our services, education programs and publications are developed to offer these families direct support, vital information, and effective tools to manage the complex and demanding tasks of caregiving.