

Covid-19 Resources for Dementia Caregivers

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CHALLENGES	SOLUTIONS/RESOURCES
<p>1. Social distancing and resultant changes in social networks.</p> <p>Isolation and loneliness – people who live alone or with their caregiver, are suddenly cut off from social networks; strain from spending too much time together.</p> <p>AARP –Coronavirus Updates for Caregivers https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-facts.html?intcmp=AE-CAR-HEA-R1-C1-CORONA</p> <p>Alzheimer’s Disease International: ADI Offers Support and Advice During Covid-19 https://www.alz.co.uk/news/adi-offers-advice-and-support-during-covid-19</p> <p>CDC - Guidance for Administrators and Leaders of Community- and Faith-Based Organizations to Plan, Prepare, and Respond to Covid19 https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/guidance-community-faith-organizations.html</p> <p>Department of Health and Human Services - Recommended Preventative Practices and FAQs for Faith-based and Community Leaders during Covid-19 https://www.hhs.gov/sites/default/files/3-17-20-faith-and-community-based-covid-19-faq.pdf</p>	<ul style="list-style-type: none"> ● Gain understanding that the challenges they are experiencing are to be expected and there are resources and support systems available ● Utilize social media (Facetime, Zoom, Skype, etc.) to stay in touch with friends, family, social contacts and improve the quality of support and interactions ● Seek out education, support and resources specific to caring for a loved one with dementia ● Distance caregivers can enroll community support networks (neighbor calls and checks, local community centers) to check on family members/ neighbors with dementia who live alone ● Utilize faith-based communities in providing services for PWD and their caregivers (emotional and spiritual support, virtual religious services, meal delivery, education regarding virus prevention and safety)

<p>2. Worry and anxiety</p> <p>Anxiety, stress, worry related to the pandemic; concern about contagion for person with dementia or caregiver contracting the virus; concerns about shopping for necessities, groceries, medication</p> <p>AARP – Apps for Caregivers https://www.aarp.org/home-family/personal-technology/info-2019/top-caregiving-apps.html</p> <p>CDC - Running Essential Errands: Grocery Shopping, Take-Out, Banking, and Getting Gas https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html</p> <p>Alzheimer’s Foundation of America: Coronavirus Information for Caregivers https://alzfdn.org/coronavirus/</p> <p>Daily Caring – Website for Dementia Caregivers https://dailycaring.com/?s=covid+19</p> <p>Family Caregiver Alliance – Resources for Family Caregivers https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers</p> <p>National Council on Aging: Ensuring Access to Needed Medications During Covid19 https://www.ncoa.org/blog/ensuring-access-to-needed-medications-during-the-covid-19-pandemic/</p>	<ul style="list-style-type: none"> • Provide basic reminders about how to stay safe and avoid exposure to the virus • Utilize online shopping with delivery service, or take advantage of special shopping hours for seniors • Pharmaceutical delivery – bubble packs for daily med dosing • Avoid TV/ news or only watch once daily • Utilize resources to take one's mind off of crisis (see activities below) • Suggest caregiver-assisted apps or apps specifically designed for dementia caregivers
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<p>3. Concerns about financial stability</p> <p>Consumer Financial Protection Bureau: Tips for financial caregivers during the coronavirus pandemic https://www.consumerfinance.gov/coronavirus/older-adults/</p>	<ul style="list-style-type: none"> • Address concerns about elder financial exploitation, scammers or financial abuse • Allow trusted family and/or friends access to monitor financial activity through access to online banking and credit card statements
<p>4. Changes to daily routine and loss of caregiver respite resources</p> <p>Disruption of daily schedule – no longer attending adult day center, seeing friends/family on a regular basis</p> <p>Alzheimer’s Society – UK Exercise in Early To Middle Stages of Dementia https://www.alzheimers.org.uk/get-support/daily-living/exercise/early-middle-dementia</p> <p>Better Health Channel – Department HHS Victoria Australia https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/dementia-activities-and-exercise</p> <p>Gentle Chair Yoga for Dementia https://www.youtube.com/watch?v=uEihWUbnqdk</p> <p>National Institute on Aging - Staying Physically Active with Alzheimer’s https://www.nia.nih.gov/health/staying-physically-active-alzheimers</p> <p>Seated Tai Chi for Seniors https://www.youtube.com/watch?v= V29hE0 oBE</p> <p><u>Vive Health</u>: 18 Chair Exercises for Seniors & How to Get Started https://www.vivehealth.com/blogs/resources/chair-exercises-for-seniors</p>	<ul style="list-style-type: none"> • Create a new schedule to include social media gatherings with friends and family via Zoom, Facetime, Skype, etc. • Establish a new daily schedule to include simple activities in the home such as gardening, household chores (folding laundry, dusting, sweeping, etc.) • Maintain healthy habits: <ul style="list-style-type: none"> ○ Regular exercise (short walks outside, seated exercise, gentle stretching) ○ Health diet – healthy food prep or delivery • Sleep hygiene – maintain consistent sleep schedule

5. Caregivers' increased need for emotional help and practical problem-solving

Caregivers feeling overwhelmed, refusing to ask for help, not recognizing their need for help, dealing with challenging behaviors - potential for abuse/neglect

Alzheimer's Association - Online Support Groups

<https://www.alz.org/help-support/community/support-groups>

Alzheimer's Association – HelpLine 24 hours/day

<https://www.alz.org/help-support/resources/helpline>

Alzheimer's Foundation – HelpLine 7 days/week

<https://alzfdn.org/afahelpline/>

National Caregiving Foundation – Free Caregiver's Support Kit

<https://caregivingfoundation.org>

HHS.gov: How do I report elder abuse or abuse of an older person or senior?

<https://www.hhs.gov/answers/programs-for-families-and-children/how-do-i-report-elder-abuse/index.html>

National Center on Elder Abuse: Covid-19 and Elder Abuse

<https://ncea.acl.gov/Resources/COVID-19.aspx>

The Conversation: Reaching Out To Isolated Older Adults is Essential During Covid-19

<https://theconversation.com/reaching-out-to-isolated-older-adults-is-essential-during-coronavirus-here-are-7-specific-things-you-can-do-just-for-starters-134221>

- Provide outside support for caregiver (offer to do errands or arrange grocery/medication delivery, connect seniors with community organizations,)
- Provide phone based HelpLine support services for caregivers, 365 days per year
- Maintain contact, devise daily check-in systems via community groups/friend/family to determine potential for elder abuse

6. Lack of fulfilling activities for both caregivers and persons with dementia

12 World-Class Museum online tours

<https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>

28 Free Virtual Field Trips and Activities for Families in Quarantine

<https://www.wearethemighty.com/MIGHTY-SURVIVAL/free-virtual-field-trips-quarantine?rebellitem=1#rebellitem1>

Aging Care – Lockdown Activities for an Aging Loved One

<https://www.agingcare.com/articles/lockdown-activities-for-an-elderly-loved-one-457557.htm>

Birdwatching – online live cams for many different types of birds

<https://birdwatchinghq.com/>

Classical Music – Free online classical music

<https://www accuradio.com/classical/>

ElderSong - Quarantine Activity Guide

<https://blog.eldersong.com/2020/03/quarantine-activity-guide/>

Fact Slides – Online trivia site with tons of interesting information

<https://www.factslides.com/>

Frank Lloyd Wright Virtual Visits

<https://savewright.org/news/public-wright-sites-swap-virtual-visits/>

Google Arts and Culture – Visit museums, art galleries and famous places online

<https://artsandculture.google.com/story/xwWh9Tju8Vkerw>

- Engage in activities to stimulate conversation and interest, deter boredom
- Incorporate creative interventions into daily schedule: games storytelling, crafts, virtual concerts, zoo tours, nature tours, museum tours, travel, trivia, science facts
- Reminiscence by looking at photo albums, listening to favorite music, watching classic movies/TV shows, listening to audiobooks

Jazzblog - Coronavirus Livestreams from Lincoln Center

https://www.jazz.org/blog/coronavirus-jazz-livestreams/?_ga=2.66791406.1903630973.1586222244-261175935.1586222244

Metropolitan Opera – Free Live Streams during Coronavirus

<https://www.metopera.org/>

Mindstart – Activities for Dementia

<https://www.mind-start.com/>

NASA Live – Official NASA Live Stream of things happening in space

<https://www.nasa.gov/nasalive>

Nature Cams – access to live nature and animal cams

<https://www.youtube.com/channel/UC-2KSeUU5SMCX6XLRD-AEvw>

Pier 39 Sea Lion webcam – Watch sea lions interact and play

<https://www.pier39.com/sealions/>

ReRun Century – Free Online Classic TV Shows

<https://www.reruncentury.com/ia/>

Timeslips Creativity website – engagement in the home setting

<https://timeslips.org/services/family-friend>

Tubi TV – Free Online Classic Movies

<https://tubitv.com/category/classics>

Violin Channel – Living Room Livestream Concerts from Around the World

<https://theviolinchannel.com/vc-live-violin-channel-living-room-livestream-concerts-coronavirus-covid19/>

7. General resources

Alzheimer's Association: Tips for Caregivers

[https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

Alzheimer's Association: Tips for Caregiver Professionals

<https://www.alz.org/professionals/professional-providers/coronavirus-covid-19-tips-for-dementia-caregivers>