

Tips for Caregivers for Managing COVID19

YOU ARE NOT ALONE:

Remember, although you may feel very alone and isolated right now – WE ARE ALL IN THIS TOGETHER. Many people are experiencing fear and isolation. Reach out to supporters and Care2Caregivers. Be careful not to watch too much TV or view too much social media.

STAY CONNECTED:

Keep in contact with friends and family through phone calling, skyping, texting or social media. Seeing a friend's face through FaceTime® or other video chat may be a real mood booster. Call into support groups or other educational meetings that may available when in person groups are cancelled. Many churches may also be offering on line programming for church members. If your loved one is in a Long Term Care Facility ask the staff if they can call or FaceTime® you every day so you can check in with your loved one.

YOU ARE RESILIENT:

You are resourceful and strong. You've been through rough times before, and you will make it through this as well. This current situation is temporary. Focus on what you are doing each day. Take time to do things that make you feel strong and positive.

KEEP UP A ROUTINE:

If your loved one was attending a Day Program and is now at home with you all day due to the program closure, it may be helpful for you to keep a structured day. Plan activities throughout the day. Set time for personal self-care, movement and exercise, listening to music, and cognitive stimulation. Invite your loved one to help with chores around the house. Take frequent walks inside or outside. Keep up your sleeping, eating and moving routines.



REACH OUT FOR SUPPORT

The staff at Care2Caregiver are available to support you. Call to hear a friendly voice, discuss strategies on how to manage your day, or get ideas for activities you can do together at home to help pass the time.

Email us at caregiver@ubhc.rutgers.edu

or call **800-424-2494**.