DEMENTIA CARE IN THE AGE OF COVID19 - RESOURCES AND SUPPORT FOR CAREGIVERS

Andrea P. Nelson and Paul B. Rosenberg

|  |  |
| --- | --- |
| **CHALLENGES** | **SOLUTIONS/RESOURCES** |
| **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.**AARP –Coronavirus Updates for Caregivers<https://www.aarp.org/caregiving/health/>AARP – Practical Tips for Caregivers Concerned about Coronavirus<https://www.aarp.org/caregiving/basics/info-2020/coronavirus-tips-for-caregivers.html>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> | * Gain understanding that the challenges they are experiencing are to be expected and there are resources and support systems available
* Utilize social media to stay in touch with friends, family, social contacts
* Seek out education, support and resources specific to caring for a loved one with dementia
* Utilize video calls (Facetime, Zoom, Skype, etc.) to improve the quality of support and interactions
 |
| **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**AARP – Shopping Guidelines for Seniors to Limit Covid-19 Exposure<https://www.aarp.org/home-family/your-home/info-2020/coronavirus-supermarkets.html>Alzheimer’s Association – Covid19 Tips for Dementia Caregivers[https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-%28covid-19%29-tips-for-dementia-care)Alzheimer’s Foundation of America: Coronavirus Information for Caregivers<https://alzfdn.org/coronavirus/>Daily Caring – Website for Dementia Caregivers<https://dailycaring.com/>Dementia Care Central<https://www.dementiacarecentral.com/caregiverinfo/coronavirus-covid-19/>Family Caregiver Alliance – Resources for Family Caregivers<https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers> | * 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)
 |
| **Concerns about financial stability**Consumer Financial Protection Bureau: Tips for financial caregivers during the coronavirus pandemic<https://www.consumerfinance.gov/about-us/blog/tips-for-financial-caregivers-during-coronavirus-pandemic/> | * 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
 |
| **Disruption of daily schedule – no longer attending adult day center, seeing friends/family on a regular basis** Alzheimer’s Society – UKExercise in Early To Middle Stages of Dementia<https://www.alzheimers.org.uk/get-support/daily-living/exercise/early-middle-dementia>Better Health Channel – Department HHS Victoria Australia <https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/dementia-activities-and-exercise>Gentle Chair Yoga for Dementia<https://www.youtube.com/watch?v=uEihWUbnqdk>National Institute on Aging - Staying Physically Active with Alzheimer’s<https://www.nia.nih.gov/health/staying-physically-active-alzheimers>Seated Tai Chi for Seniors<https://www.youtube.com/watch?v=_V29hE0_oBE>Vive Health: 18 Chair Exercises for Seniors & How to Get Started<https://www.vivehealth.com/blogs/resources/chair-exercises-for-seniors> | * Create a new schedule to include social media gatherings via Zoom, Facetime, Skype, etc.
* Establish a new schedule to include activities such as watching movies, listening to music, listening to audio books, etc.
* Maintain healthy habits:
	+ Regular exercise (short walks outside, seated exercise, gentle stretching)
	+ Health diet – healthy food prep or delivery
* Sleep hygiene – maintain consistent sleep schedule
 |
| **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>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> | * Provide outside support for caregiver
* Maintain contact, devise check-in system to determine potential for elder abuse
 |
| **Boredom of 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?rebelltitem=1#rebelltitem1>Aging Care – Lockdown Activities for an Aging Loved One<https://www.agingcare.com/articles/lockdown-activities-for-an-elderly-loved-one-457557.htm>ElderSong - Quarantine Activity Guide<https://blog.eldersong.com/2020/03/quarantine-activity-guide/>Frank Lloyd Wright Virtual Visits<https://savewright.org/news/public-wright-sites-swap-virtual-visits/>Jazzblog - Coronavirus Livestreams from Lincoln Center<https://www.jazz.org/blog/coronavirus-jazz-livestreams/?_ga=2.66791406.1903630973.1586222244-261175935.1586222244>ReRun Century – Free Online Classic TV Shows<https://www.reruncentury.com/ia/>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/> | Engage in activitiesIncorporate creative interventions: games storytelling, crafts, virtual concerts/zoo tours/museum tours, etc.Suggest caregiver-assisted apps or apps specifically designed for dementia caregivers* Reminiscence, listen to favorite music, watch classic movies/TV shows
 |