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

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| **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>  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 – UK  Exercise 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 |