



Handling Caregiver Stress Through the Time of Covid

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Today's Talk

- Isolation while sheltering in place
- Coping with distance
- Handling more healthcare
- Raising hopes















Isolation

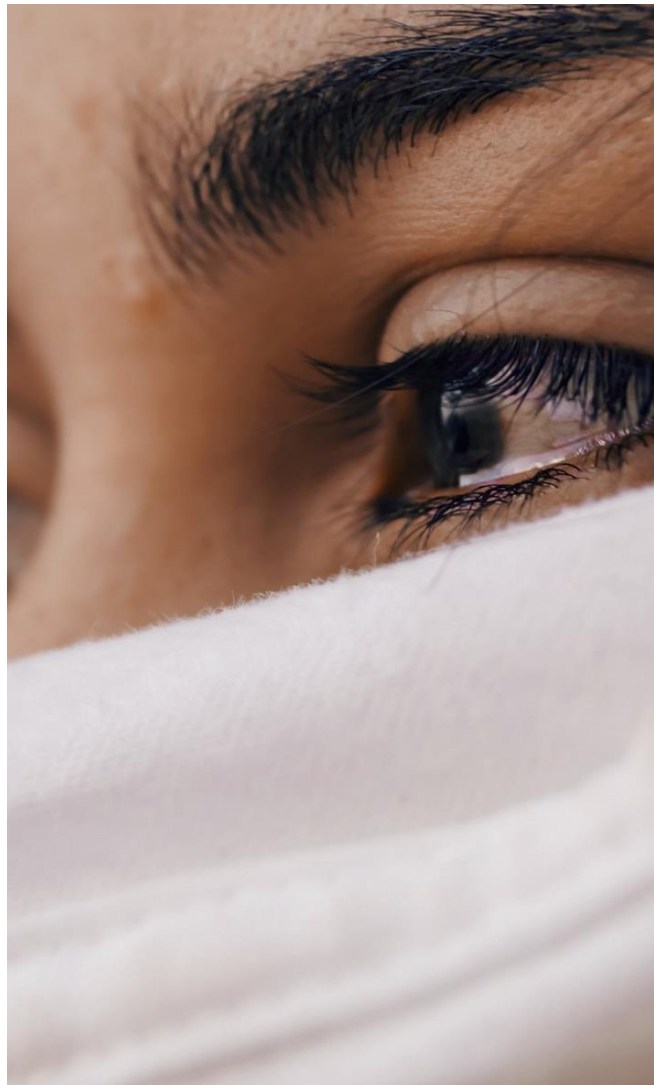
- 71 y.o. woman whose husband with FTD is home with her all the time now since adult day care is closed and she decided to not use aides at this time



Decreased services
Loneliness --> shame
Increased exposure to loved ones' deficits
Increased despair



- ***Lower your standards and expectations.***
- ***Take regular self-care breaks, even if you must be in the same room.***
- ***Find simple ways to connect.***
- ***Give meditation a try.***
- ***Connect with other relatives and friends.***



Coping with Distance

37 y.o. daughter whose mother has mild dementia

Mother is in ICU with double pneumonia due to covid-19

Guilt that she isn't there with mother
Fear for mother's life
Growing sense of anger and helplessness



- ***Accept realistic limits that you cannot change***
- ***Use all available technology***
- ***Journal your thoughts and feelings in the hopes that you can eventually share them with absent loved one***
- ***Connections are in the heart, if not in the room***



Handling More Healthcare

73 y.o. woman whose husband
has diabetes and moderate
vascular dementia

Can't get through to PCP
about husband's latest blood
sugar readings

*PCP too busy to respond
Advises caregiver to use her own judgment
She has trepidation about making a mistake with the dosing*



- ***Embrace telemedicine***
- ***Accept alternative providers***
- ***Seek medical parameters***
- ***Respect your own expertise***

Raising Hopes

- ***These are hard times. How do you keep yourself going?***

***If you're a natural pessimist, then guard against negativity
Keep your thoughts realistic and helpful
Engage in more enjoyable activities
Reach out to positive-minded friends***



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