Manage Your Caregiver Stress During COVID-19

Caring for an older person is a lot of work in the best of times. Here are a few tips for managing caregiver stress during this time.

- Maintain daily routines – if you have a loved one with dementia, you know how important this is. When there are situations beyond your control, daily routines are something you can manage, and the consistency will help keep everyone feeling calm and secure.
- Focus on what you can control rather than “what if” thinking. The news can be scary, so limit excess media and concentrate on what you do have control over.
- Plan for your older adult’s care in case you get sick. Identify family, friends or neighbors who can help or step in if you become ill. Create a care plan by writing down essential information that the temporary caregiver will need in order to care for your loved one. Identify non-care helpers that can pick up groceries, prescriptions, etc. to ease the load.
- Take mini breaks throughout the day. Short 5-10-minute activities such as stretching, calling a friend, reading, or watching a silly video online help regenerate energy and make care feel more manageable.
- Remember you are not alone. There are many online resources and support groups that have increased their availability as we all shelter in place.

Here are a few links to resources that may be helpful:

- Alzheimer’s Foundation of America - Coronavirus Information for Alzheimer’s Caregivers [https://alzfdn.org/coronavirus/](https://alzfdn.org/coronavirus/)

Make sure to check with your local caregiver and dementia resource agencies for additional support services and information. To protect your health and overall well-being, taking care of your mental health has become even more essential. Managing your stress will help you find your second wind. We are here to support you during this time.

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