



My COVID-19 *caregiving* checklist

Long distance caregiving can become even more challenging in times like these. That's why we created this checklist to help family caregivers.

Create

an Amazon subscribe and save order to send to your loved one. Include paper products, groceries, and hygiene items.

Call

their medical offices. Do they offer telehealth? Will they continue well checks?

Identify

the name and number of two neighbors who could do well checks if needed.

Research

if their pharmacy will deliver their medications. Set it up as needed.

Design

a schedule to have your kids and other relatives plan to send them letters in the mail.

Chat

via telephone, FaceTime, Zoom, or Google Hangouts daily or weekly.

Talk

to your loved ones about the definition of social distancing and how it will impact their daily routine.

Ask

their caregiving agency (if applicable) about their plans for care and staffing during this time.

Educate

your loved ones about the major signs of the virus and where to go if they feel they need tested.

Focus

on trusted resources like the CDC, WHO, and the respective State Dept of Health websites.

Discuss

the importance of general health hygiene recommendations (hand washing, touching your face, etc.) There are plenty of online picture guides for this put out by CDC, etc.

Clean

your house and encourage your loved one to do the same. Disinfect bathrooms and kitchens after each use. Make a rotating schedule for cleaning other living areas.

Send

your loved ones the things you're finding online that make you laugh.

Escape

outside and get some Vitamin D! You can keep to social distancing guidelines and still get outside.

Move

more and create some indoor exercise habits as well.