

COVID-19 CAREGIVER CHECKLIST

Additional Tips for Grandfamilies and Multi-Generational Families

Many family households are now multi-generational and include parents, children and grandparents. While grandparents have been advised to isolate themselves physically from grandchildren during the pandemic, it is nearly impossible for older caregivers to distance themselves from the children they are raising. Today's challenges are making it much tougher to care for them. It's important to stay calm and do everything you can to stay healthy, informed and connected. Here are a few suggestions.



Stay Informed: The Ohio Department of Health has up-to-date, accurate information and recommendations about COVID-19:

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/>

For information specifically to help grandfamilies, contact your local kinship navigator or other grandfamilies support programs. Visit www.grandfamilies.org for a list of local programs. Or, call the Area Agency on Aging District 7 at 1-800-582-7277 or e-mail info@aaa7.org

Schools and Childcare Centers: Schools and childcare centers have worked on solutions to ensure children get access to the food they need. Find out what your school offers and how you can access it for your children and, in some cases, for you too.

Stay Connected: Staying at home more doesn't mean you need to disconnect from friends, family, and other supports. If you are part of a grandparent support group, consider moving your meetings to conference calls or through technologies such as Google hangout. If it's not possible to connect the group, make individual calls to members to check in on each other. If those in your care connect with other children and teens during the regular meeting, encourage them to connect through technology. For more ideas check out Generations United's blog at <https://buff.ly/3aJN2z8>.



Stay Connected: Utilize resources and activities for children at home.

- <https://extension.wsu.edu/king/4-h/learning-links-4-h-and-more/>
- <http://www.amazingeducationalresources.com/>
- <https://caribu.com/>

QUICK QUIZ

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In order to provide good care you need to know how to respond to all the different ways in which the illness affects the person with dementia. Answer True or False to the questions below.

1. *It is essential that you do not tell the person who is seeing or hearing things that you know what they see is not real because the things are real to the person.* T F
2. *The most common hallucinations are those that involve sight or hearing.* T F
3. *Paranoia in people with Alzheimer's disease appears as unrealistic beliefs, usually of someone seeking to do them harm.* T F
4. *People with Alzheimer's disease may get upset when somebody touches them.* T F
5. *A person with Alzheimer's, even in the early stages, probably will have subtle changes in walking ability that will become more severe as time goes on.* T F
6. *In the early stage, people do not have trouble thinking of common words while speaking or writing.* T F
7. *Unleashing anger on the person in your care is wrong and may make you feel guilty that you have expressed anger; think of it as a message to yourself that you need more respite or support.* T F
8. *Any amount of exercise helps reduce the risk of falls.* T F
9. *Hallucinations are thought of as being caused by mental illness, but they are actually fairly common in Alzheimer's disease.* T F
10. *Even though the symptoms the person is experiencing are very real to them, try to convince them that their explanation is wrong or based on poor memory.* T F

KEY: 1. T 2. T 3. T 4. T 5. T 6. F 7. T 8. T 9. T 10. F