

Tips for Caregivers During COVID-19

- If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice. Unless the person is having difficulty breathing or a very high fever, it is recommended that you call your health care provider instead of going directly to an emergency room.
- People living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next.
- Organize a daily plan for routines, activities and self-care for the person living with dementia and the caregiver.
- Think ahead and make alternative plans for care management if the primary caregiver should become sick.
- If you or the person you are caring for have regular doctor's appointments, call the health care provider to inquire about appointments on phone or video.
- Ensure that any health care professional that enters your home washes their hands upon arrival and regularly and wears a mask throughout their time inside your home.
- If you have any signs or symptoms of illness, do not visit your loved one at the nursing home, adult family home or assisted living facility.
- If visitation is not allowed, ask the facility how you can have contact with your loved one. Options include telephone calls, video chats, emails or even from outside the window, to check in.



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