COVID-19

CARING FOR OLDER ADULTS DURING COVID-19

Taking care of an older adult can be both rewarding and challenging, especially during stressful situations like the COVID-19 pandemic.

FOLLOW THESE TIPS TO HELP REDUCE STRESS, MAINTAIN YOUR HEALTH, AND MANAGE ANGUISH, SADNESS, FEAR, GUILT, FATIGUE OR FRUSTRATION

SELF-CARE TECHNIQUES

1. Notice and track your feelings over time. Seek help if you are experiencing prolonged negative emotions.
2. Replace negative thoughts with positive ones.
3. Practice relaxation techniques like deep breathing or meditation.
4. Create and maintain an exercise routine and healthy eating habits for yourself.
5. Make time for activities you enjoy.
6. Keep in touch with loved ones; you can do it virtually.
7. Take breaks from caregiving. It's good for your health and helps you to take better care of yourself and others.

IT IS IMPORTANT TO

Be aware of things that stress you and try to finds ways to deal with them.

Identify your needs and expectations and don't hesitate to ask for help.

Protect yourself and the person you're caring for: wear personal protective equipment when appropriate; comply with local physical distancing guidance; clean and disinfect your environments; keep information on hand about who can help you in an emergency.

Learn to take care of yourself. This will also make you a better caregiver.

Stay informed on what's happening but protect yourself from being overwhelmed by too much news.

MANAGE YOUR STRESS. TAKING CARE OF YOURSELF IS TAKING CARE OF OTHERS.

More information: www.paho.org/healthy-aging