



Isolation during the COVID-19 Pandemic

2020 Pierce County
Alzheimer's Conference

Marysusan lotte
lotte Training & Consulting

More of us are caregivers



Americans
who provide
unpaid care:

43m → 53m
2015 2020



Family caregivers
with **difficulty**
coordinating care:

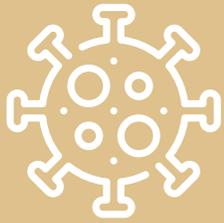
19% → 26%
2015 2020



Caring for someone
with **Alzheimer's**
or dementia:

22% → 26%
2015 2020

COVID-19 is affecting us all



81%

of caregivers report **higher stress** due to the COVID-19 pandemic



72%

of people living with Alzheimer's **worry** about what would happen if their caregiver got sick



43%

of caregivers are **unsure of what to do** if their loved one with Alzheimer's got COVID

Coping with stress during a crisis



It is **normal** to feel sad, stressed, confused, scared or angry during a crisis.

→ Talking to people you trust can help. Contact friends or family.



If you must stay at home, maintain a **healthy lifestyle**.

→ Eat well. Sleep. Exercise. Maintain contact by e-mail or phone.



Gather info to help you accurately determine your risk and take **reasonable precautions**.

→ Get the facts. Find a credible source you can trust.

Coping with stress during a crisis



Limit worry and agitation by lessening the time you and your family watch media coverage.

→ Switch off the news if you perceive it as upsetting.



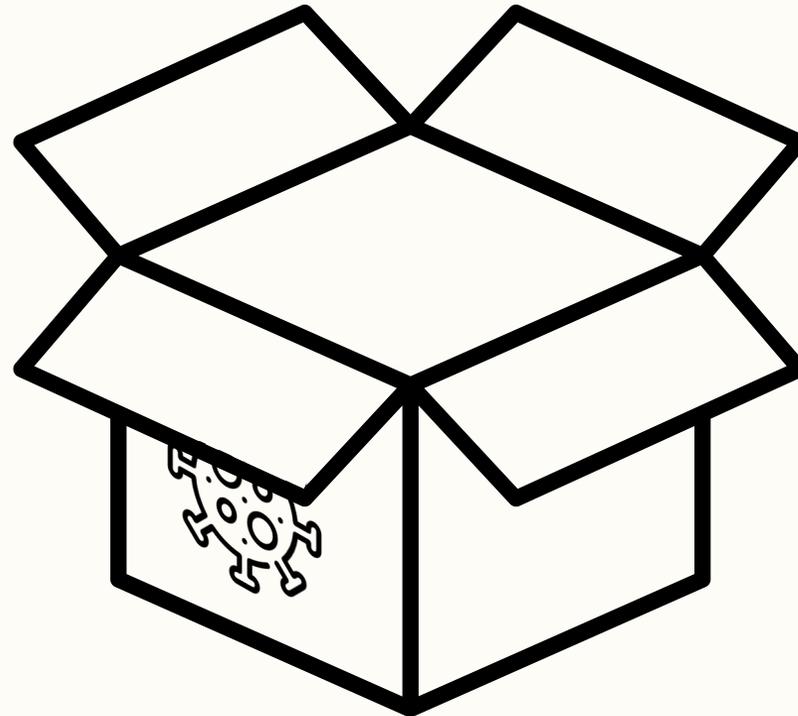
Draw on **skills you have used in the past** that have helped you manage life's adversities.

→ Use those skills to help you manage your emotions.

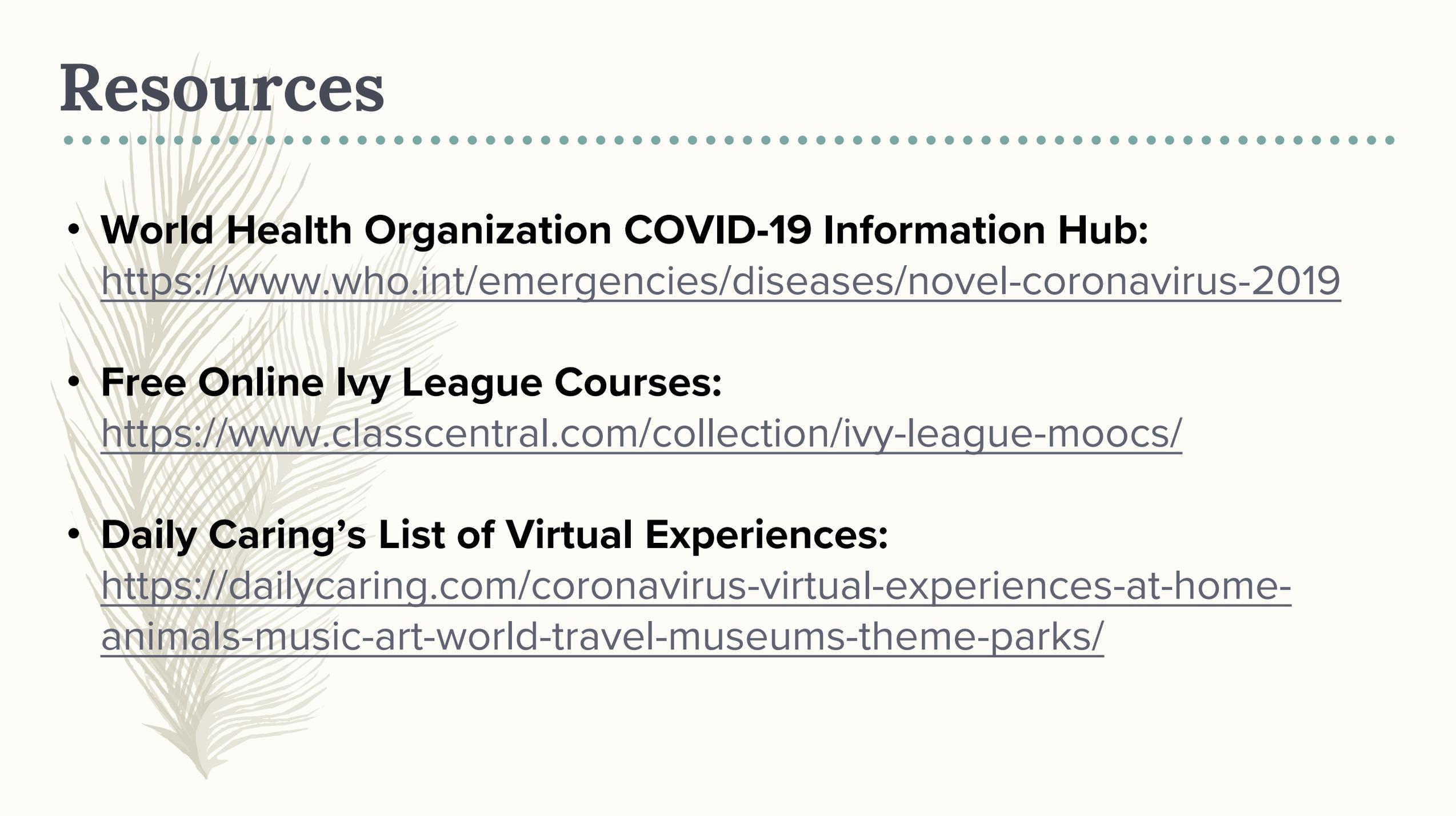
Creating a “stress toolbox”

- Photographs
- Music
- Favorite Foods
- Outdoor Activities
- Postcards
- Phone Calls

...what else?



Resources



- **World Health Organization COVID-19 Information Hub:**
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- **Free Online Ivy League Courses:**
<https://www.classcentral.com/collection/ivy-league-moocs/>
- **Daily Caring's List of Virtual Experiences:**
<https://dailycaring.com/coronavirus-virtual-experiences-at-home-animals-music-art-world-travel-museums-theme-parks/>

Thank you!

iotte.training@gmail.com
marysusan@carepartnersliving.com