Caregiving During COVID-19



Pressure Points for Caregivers During Crisis





Unprepared for Care

Finding trustworthy information

Predicting

care

expenses

Disease or disability specific

Support for self-care

Need a break/ respite

physical and mental health

Caregiver's

Grievina alone or without support

Balancing work and care



Managing medical complexity

Conducting medical/nursing tasks at home

specialty care

Unclear roles in care coordination

Caregiver overlooked/

coordination via remote technology

> Ne've already signed the privacy forms why am I being excluded?

Undervalued as Care Partner

Excluded from decisions and information. "gatekeeping'

> Restricted from in-person contact with the patient

Misuse of patient privacy laws such

Not listening to the input

Lack of support during care transitions

Gaps in care between hospital Little or no discharge care and other training from care settings facility to home

Institutional racism and other discrimination

caregiver's

lack of information

Inaccurate,

inconsistent, or

Dismissive approach

Pressure on Home, Self, and Family

Safety

From physical,

emotional, or

Changing Home Dynamics

financial abuse From injury

or illness

Moving "Unexpected house quests" such as college students

Contact with

an estranged

family member

someone from facility to home

Loss of income/job

privacy and personal time

Changing School

and Work Dynamics

School

Food Income and Financial

Security

I feel like I'm neglecting my kids and their schoolwork.

Changing Social Life

Change in roles

Loss of routine including social interactions

Isolation from community/ interuption of community supports

Interventions for Caregivers During Crisis









Assess caregiver needs

Provide training & education

Advanced care planning

Promote credible information

Physician and Health Care Providers Knowledge of Care-Related Resources

Centers for **Disease Control** and Prevention (CDC)

INCLUDE CAREGIVERS ON THE CARE TEAM





Provide culturally competent health and social care

> Streamline access to healthcare records

Include caregivers in decisions

Define and recognize caregiver's role

Accommodate remote or long-distance caregivers

CONNECT CAREGIVERS WITH SUPPORTS





	Finances
Paid family/ medical leave	Stipends, such as Medicaid or the VA Caregiver

Workplace protections Program

Community Resources Food and Homebased meal

support

and

Social engagement Time for Outreach from friends. personal family, and care and activities neighbors

burnout

Access to Adult, child preventative protective care like services supports

Safety

Mental Health

Grief and bereavement