

# Caregiving During COVID-19

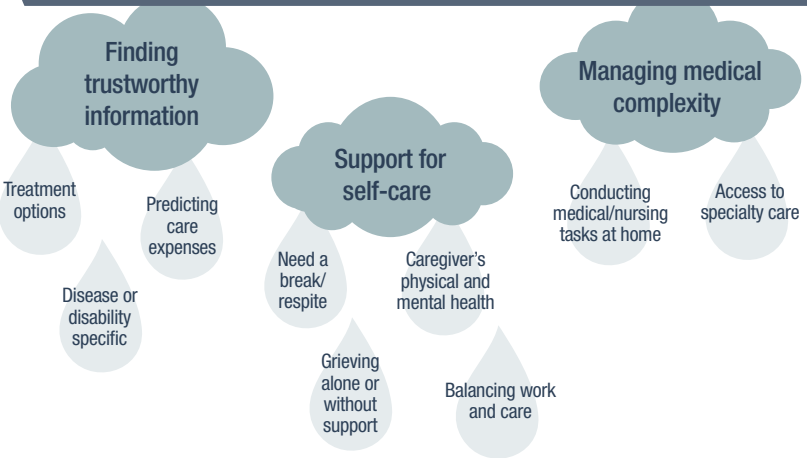


National Alliance for Caregiving

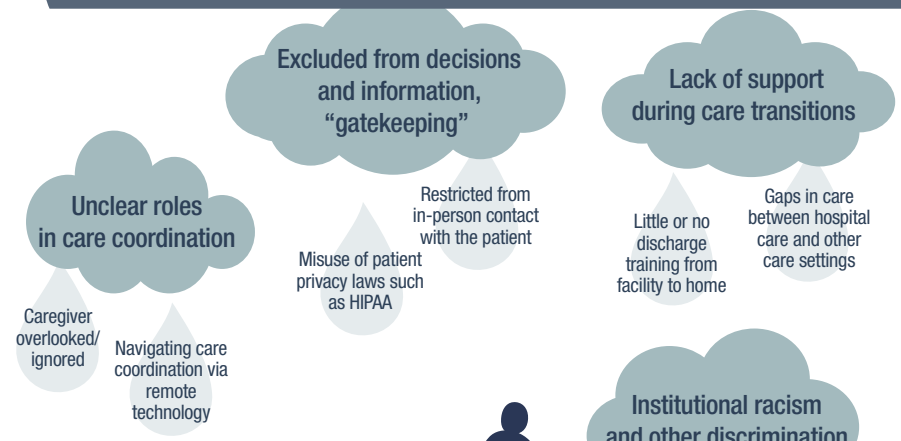


# Pressure Points for Caregivers During Crisis

## Unprepared for Care



## Undervalued as Care Partner



## Pressure on Home, Self, and Family



# Interventions for Caregivers During Crisis

## PREPARE CAREGIVERS FOR CARING



Assess caregiver needs

Provide training & education

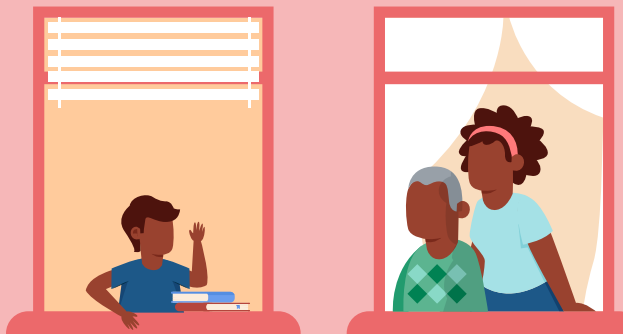
Advanced care planning

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 Program

Workplace protections

### Community Resources

Home-based care

Food and meal support

### Social engagement

Time for personal care and activities

Outreach from friends, family, and neighbors

### Safety

Avoiding burnout

Access to preventative care like vaccines

Adult, child protective services and supports

### Mental Health

Respite

Grief and bereavement