



Caring For the Caregiver During a Pandemic

JT Hunter

President/CEO, REMT Care Partner Coaching & Consulting, LLC



We're In This Together

- Quality Insights is the Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for Pennsylvania and West Virginia
- We offer a network of peer support, technical assistance and education on timely topics that are important to you



Two Learning & Action Networks

- Nursing Home Quality Improvement
 - Infection prevention (relates to COVID-19)
 - Five Star improvement
 - Reduce adverse drug events (ADE)
 - Reduce hospital admissions and readmissions



To Join → <https://www.qualityinsights-qin.org/Join/JoinUsNursingHome>



Two Learning & Action Networks



- Community Coalitions

- Behavioral health (reduce depression and dementia)
- Improve patient safety
- Increase chronic disease self-management
- Decrease avoidable emergency department visits
- Reduce ADEs (opioids, anticoagulants and diabetes drugs)

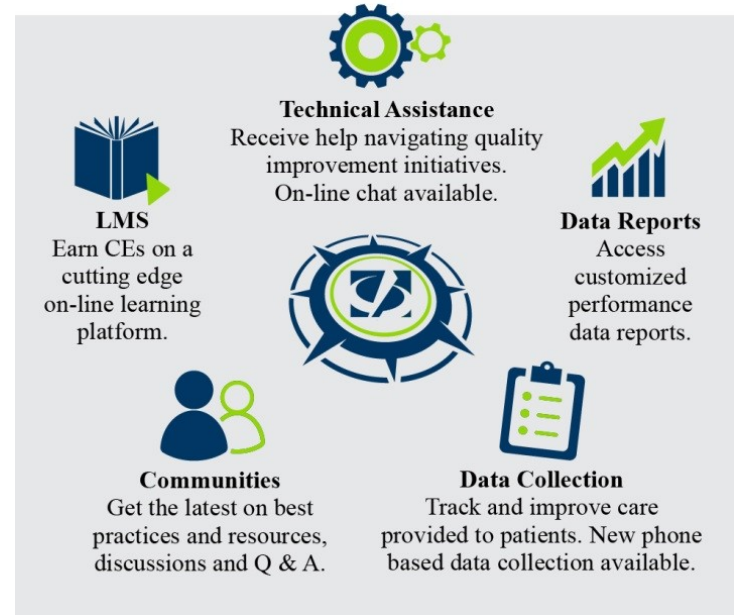
To Join → <https://www.qualityinsights-qin.org/Join>



How Will We Help You?

- Personalized expertise from subject matter and industry experts
- Timely and useful tools and resources
- Technical assistance in several forms
- Data reports to track progress
- Shared best practices and success stories

THE MY QUALITY INSIGHTS EXPERIENCE



Today's Guest Speaker

John T. "JT" Hunter

President & CEO of REMT Care Partner Coaching
Charleston, WV



JT Hunter provides mediation, education, coaching and support for family and professional caregivers. He was the 2019 president and is the current secretary/treasurer of the West Virginia Geriatric Society.



Caring for Our Caregivers During the Pandemic

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It may feel like the whole world is turned upside down!



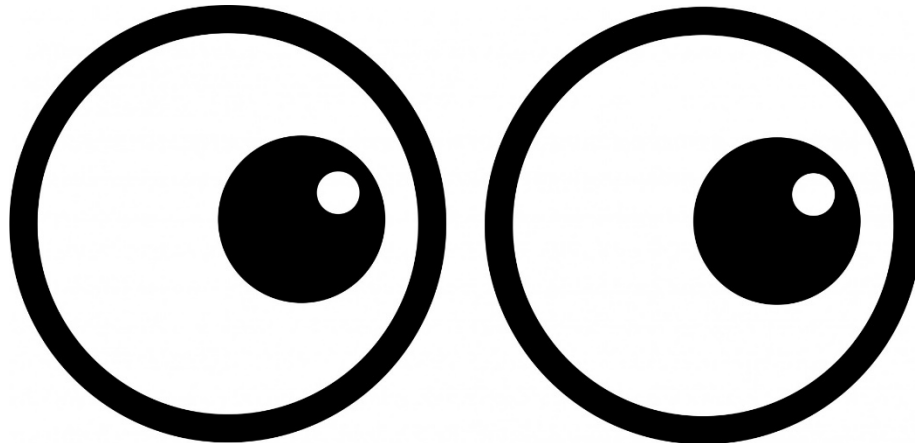
It can feel like all eyes are on you!

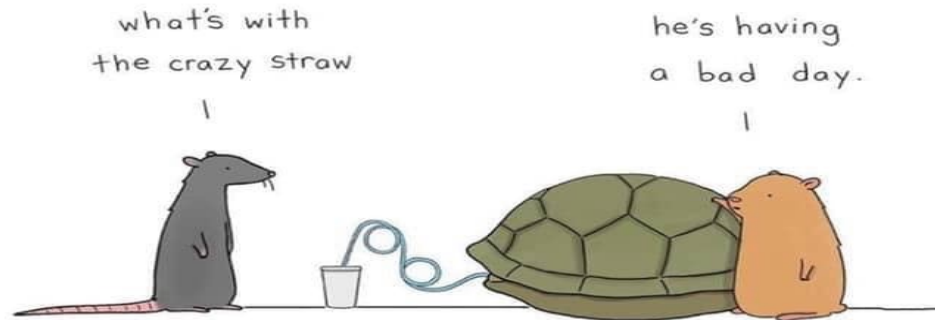
The first deaths were in a nursing home.

You do care for the most vulnerable to this illness.

The CDC, other health related organizations, are suggesting that families of your residents contact you to check on their family members.

Angry family members may resent your new restrictions.





Spousal caregiver A. Johnson, was able to visit her husband, who has frontotemporal dementia, on March 11 but didn't make her Saturday trip and doesn't know when she'll be able to return. "He won't let anybody clip his fingernails or shave him besides me," Johnson says. "The timing is hard because I want to be there more frequently because of the decline of the disease," she says, adding that her husband recently became incontinent. "It's really scary to have this out there when you have someone who doesn't know how to be sanitary."

Other caregivers worry because they assist staff with the care of their loved ones. Wives feed husbands, husbands make sure that their spouses do their physical therapy, and social isolation and depression can be big worries.

Family Caregiver Concerns & Worries

Ways to Help Family Caregivers

Communication is key!

Are you willing to share your cell number with the family member so they can text you with questions?

Can you assure them of steps the facility is taking to ensure their loved one's safety?

Facetime or Skype or even make an old-fashioned telephone call to check in

Writing letters, drawing pictures together, to send to loved ones.

Sharing pictures or short videos!

What about your worries and concerns?

My kids are home from school alone.

If others can't work, I will have to work extra shifts

What if I get sick?

What else?

Some Tips For Staying at Your Best



Stay informed but be aware of information overload.

- Learn what you need to learn, but don't get sucked into the three-hour scroll
- Consider scheduling time to check current events—perhaps twice a day—so the news doesn't overtake you.
- Check out reliable sources – lots of UNRELIABLE info on social media!!!
- Avoid negative Nancys

Schedule time to worry.

- Surprising but effective! Say to yourself, “I am going to worry for the next ten minutes, then move on!”

Reframe:

- Instead of thinking “ This is a scary, inconvenient time”, reframe your thought to “ This time is forcing us to be more creative.”

Some Tips For Staying at Your Best

Keep a journal of this time.

It's a milestone in the life of the world, and when this is all over (and at some point, it will be over), you may be very glad you kept a record.

Connect with others.

Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships and build a strong support system. Just be careful not to stay in a negative thought pattern.

Eat healthy.

While a treat is certainly satisfying when one is stressed, avoid too much caffeine, sugar and other unhealthy foods. DRINK LOTS OF WATER!



Some Tips For Staying at Your Best

Take breaks.

- At least take a mental break periodically.
- DON'T look at the news but do look at the cute cat videos.
- Take a walk around the building. Fresh air makes a difference.

Remind yourself that this is not forever.

Try taking in deep breaths.

Practice deep breathing.

- It lowers your heart rate, reduces blood pressure, releases muscle tension and tells your
- brain to calm down.
- Breathe in through your nose to a count of six.
- Breathe out through your mouth for a count of six.
- Repeat six times.



Some Tips For Staying at Your Best

When you do get home make time to do a few minutes of an activity you usually enjoy or find a substitute.

- If you love riding horses but cannot get out to ride, look at horse sites on Facebook.
- Have a cup of your favorite tea, it might be a bedtime story with your children, or listening to a relaxing podcast or reading a book.
- Watch a funny movie or tv show - NOT the news!!!

Try some healthy exercise.

Even in a small space you can do yoga, watch YouTube videos for cardio work-outs, use exercise apps, or one of many other resources to ease tension and reduce stress.



Get Adequate Rest!!!



- Create a good sleep time environment – your own spot, put DOWN electronics, quiet – turn off the TV.
- Make sure your intentional worry time is NOT at bedtime.
- Create a routine. Just like when your children were small, you may have had a routine to prep them for sleep. Create one for yourself.
- Use that breathing thing again. OR, imagine a movie in your mind.
- Melatonin may help without leaving you groggy in the morning.

Helpful Organizations & Resources

National Association of School Psychologists

Talking to Children About COVID-19 (Coronavirus): A Parent Resource

A resource for parents on how best to talk to children about the coronavirus.

<https://www.nasponline.org>

The National Child and Traumatic Stress Network

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19) (PDF, 144KB)

This resource provides information for parents and caregivers about outbreaks, how they can prepare to reduce stress and anxiety, how it may affect your family both physically and emotionally and ways to cope.

Talking with Caregivers, Parents, And Teachers during Infectious Disease Outbreaks (PDF, 12.8MB)

Resource provides helpful information how to talk with children of different age groups.

<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

Gretchen Rubin

<https://gretchenrubin.com/2020/03/10-tips-for-staying-calm-during-coronavirus>

Five-time *New York Times* bestselling **author**, **podcaster**, and **speaker**, creator of the **Four Tendencies framework**, exploring happiness and good habits.

<https://gretchenrubin.com>

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746.

People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.

Helpful Organizations & Resources

- AARP: www.aarp.org (866) 227-7458

<https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-facts.html>

- Alzheimer's Association: www.alz.org, 24hr helpline 800-272-3900.

[https://alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

Coronavirus (COVID-19): Tips for Dementia Caregivers

- American Diabetes Association: www.diabetes.org 1-800-DIABETES (800-342-2383).

<https://www.diabetes.org/diabetes/treatment-care/planning-sick-days/coronavirus>

- Family Caregiving Alliance, National Center on Caregiving: www.caregiver.org
800.445.8106

Coronavirus (COVID-19) Resources and Articles for Family Caregivers

<https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>

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Yes, but they will move on,"
said the horse, "the blue
sky above never leaves."



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Thanks! Want More Info?

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