

## COVID-19 CAREGIVER CHECKLIST #2 – DEMENTIA CARE

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Individuals with moderate to severe dementia or another cognitive impairment often require special care and that can present additional challenges to families and caregivers. Diseases like COVID-19 may worsen cognitive impairment due to dementia.

- For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice.
- People with Alzheimer's disease and all other dementia may forget to wash their hands or take other recommended precautions to prevent the spread of diseases like COVID-19. Caregivers can give extra and/or written reminders and demonstrate proper hand washing technique.
- Caregivers should utilize alcohol-based hand sanitizer with at least 60% alcohol as an alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.
- Ask your pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.
- Think ahead and make alternative plans for the person with dementia should adult day care, respite, or other services be modified or cancelled in response to COVID-19.
- Think ahead and make alternative plans for care management for your loved one if you should become sick.
- There are various options open to you for respite care while you care for a loved one. Contact your local [Area Agency on Aging](#) 1-866-243-5678 for respite care options.

View our other caregiver tip sheets on self-care and helping older adults at (insert location).

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

Family Caregiver Alliance

<https://www.caregiver.org/caring-adults-cognitive-and-memory-impairment>