



## Some-Bunny is Thinking About You!

As we are spending more time at home during the COVID-19 outbreak, there is the opportunity to tackle that to do list. This month's newsletter features some great advice for future planning for caregivers; take a look:



- Steps for Caregivers
- Things you've been meaning to get 'around to'
- Emergency preparedness
- April Fools' Funnies

Read on...



### Steps for the Caregiver to Take Care

Older adults with severe chronic medical conditions such as heart or lung disease, or diabetes, may be at higher risk for more serious COVID-19 illness. It is very important for you to take steps to stay healthy. The CDC has a checklists for your in-home preparation.

[COVID-19 Checklist: Older Persons](#)

### "I'll Get Around to It."

We all have those items we've been 'meaning' to get to, but it just seems that we run out of time. Now that time is on our side, we invite you to engage in a little long-term planning. When it comes caring for our loved ones with Alzheimer's and dementia, creating a plan for the future can be empowering and ensure their wishes are met.



To better prepare you and your family, planning should include:

- Taking inventory of existing legal documents, reviewing and making necessary updates.
- Making legal plans for finances and property.
- Putting plans in place for enacting your future health care and long-term care preferences.
- Naming another person to make decisions on your behalf when you no longer can.

To help guide you to the proper resources, check out the links below.

- The Alzheimer's Association has put together a great resource for [more information](#) to help you organize things such as Power of Attorney, a standard will, establishing a living trust and designating guardians or a conservatorship.
- Another important item to add to your file of documentation is called a POLST (Physicians Orders for Life-Sustaining Treatment). The POLST process helps patients get the medical treatments they want, and avoid the medical treatments they do not want,. You can learn more about the process at [POLST.org](#).
- The National Institute on Aging has a [great page](#) for legal and financial planning for people with Alzheimer's including a list of recommended documents. Here is a step-by-step guide for [Getting Your Affairs in Order](#).

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## Emergency Preparedness

You or the person you care for can be prepared for emergency situations by creating a plan, reviewing or practicing it regularly, and keeping an emergency supply kit.

Your kit might contain the following items to ensure that you're always prepared:

- ID band in case your loved one is prone to wandering (full name, contact number for family member/caregiver, allergies, medication descriptions and dosages)
- Incontinence undergarments, wipes, and lotions.
- Pillow, keepsake, or something that can be used to comfort your loved one.
- Favorite snacks and high-nutrient drinks.
- Create a care plan - try the CDC's easy-to-use [care plan template](#).
  - Include information such as: physician's name, address, and phone number. Information about medical devices such as wheelchairs, walkers, and oxygen including model numbers and vendor.
- Copies of legal, medical, insurance, and Social Security information.
- Spare eyeglasses and hearing-aid batteries.
- Medications (keep at least a week's supply on-hand).

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## April Fools' Funnies

- Did February like March?  
No, but April May.
- When is it trampoline season?  
Springtime.
- Why is everyone so tired on April 1?  
Because they've just finished a long, 31-day March!
- Did you hear that they just invented a car that will get 250 miles per gallon?  
It runs on April Fuel.
- Why is the letter A like a flower?  
A bee comes after it!
- What do you call it when it rains chickens and ducks?  
FOUL weather.



