

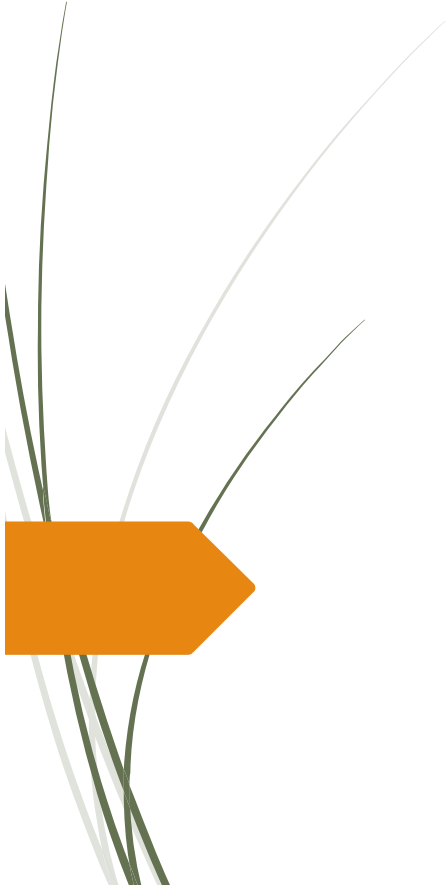


Caring for Persons with Dementia in the Context of Covid-19

Navigating Stress, Loss & Grief

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June 2, 2020





Caregivers are Essential Workers

You are the backbone of our health care system



Tasks of a Caregiver

PROVIDING
TANGIBLE
SUPPORT

COPING WITH
LOSS

ANTICIPATORY
GRIEF

MAKING THE
PERSON BEHIND
DEMENTIA **VISIBLE**
TO OTHERS

COORDINATING
CARE

DECISION-
MAKING

Impacts of Caregiving



Sadness



Anger



Isolation



Stress



Worry



Guilt



Tasks of a Caregiver Complicated by COVID 19

**MANAGING
GRIEF**

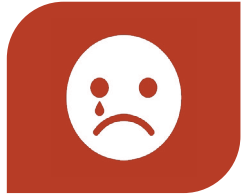
**OVERSEE
HEALTH AND
WELL BEING**

**TANGIBLE
SUPPORT**

**LEARNING NEW
SKILLS**

**DECISION-
MAKING AND
PROBLEM-
SOLVING**

Impacts of Caregiving Complicated by COVID-19



SADNESS



ANGER



ISOLATION




STRESS



WORRY



GUILT



Strategies to Manage Impacts

- Staying Connected
- Planning Ahead
- Information
- Self-monitoring
- Self-Care



Staying Connected



Talking with friends, family, other caregivers

- Find the time
- Zoom, face time texts or the good old telephone



Connecting with person with dementia

- Activities you both enjoy
- Reminiscing
- Exercise, touch



Connect to your own emotional reactions

- journaling



Critical to combat social isolation and manage loss

Plan Ahead



Contingency planning for care should you get sick



List of name and numbers of key people



Record of daily routine



Hospital bag packed



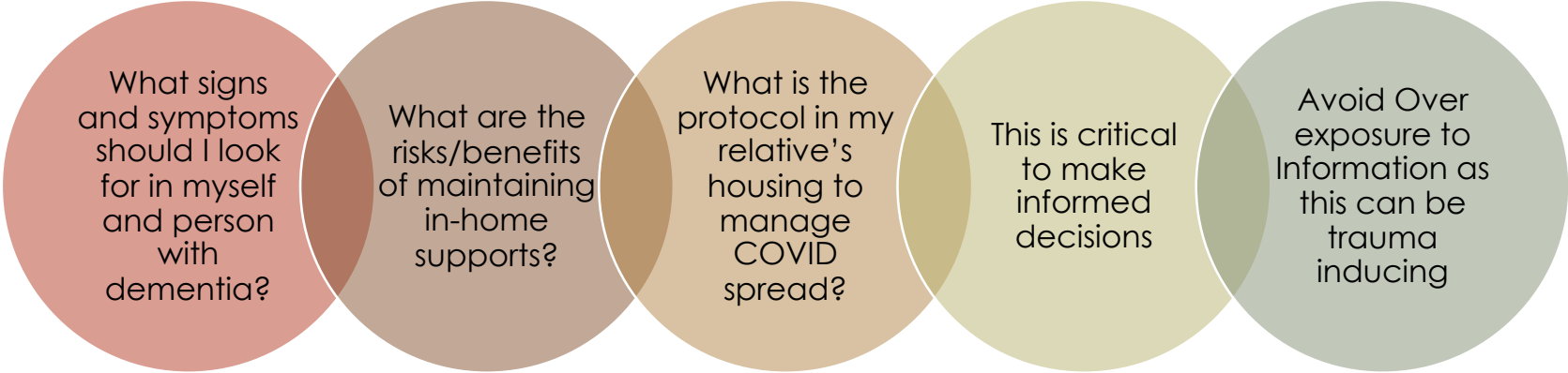
Advance Care Planning



Critical for Worry/Anxiety



Information



What signs and symptoms should I look for in myself and person with dementia?

What are the risks/benefits of maintaining in-home supports?

What is the protocol in my relative's housing to manage COVID spread?

This is critical to make informed decisions

Avoid Over exposure to Information as this can be trauma inducing



Self-Monitoring

There is a difference between being sad and having depression, being worried and having anxiety or being stressed and being burnt out

Elevated levels of irritability that you cannot manage with your usual strategies

Feelings of hopelessness and helplessness that don't seem to dissipate over the course of the day or the week

Watch for

Chronic Lethargy and lack of interest

Intensive worry that does not improve with planning

Self- Care



MAKE SURE YOU
GET A BREAK AT
LEAST ONCE A DAY



EAT WELL



EXERCISE



MAINTAIN A
ROUTINE



SLEEP WELL



A Word About Grief



We are all dealing with grieving the loss of the world as we knew it



While grief certainly elicits feelings of distress and sadness it also provides opportunities for growth



If we accept what we cannot change, sit with our emotions and thoughts and use these as motivators to make adjustments in the face of loss we can



Re-define ourselves, our relationships, and our world



Resources

A list of reputable resources specifically for caregivers of persons with dementia related to COVID-19

- <https://www.mcgill.ca/medsimcentre/community-outreach/dementia/covid-19-resources-dementia>

Advance Care Planning Material Adapted for COVID 19

- <https://theconversationproject.org/wp-content/uploads/2020/04/tcpcovid19guide.pdf>