COVID-19 TIPS FOR CAREGIVERS OF PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

STAY UP-TO-DATE AT COVID19.CA.GOV

ENGLISH

ALSO AVAILABLE IN:
Español
中文
Filipino
Tiếng Việt
한국어

GOVERNOR’S OFFICE OF EMERGENCY SERVICES:
CalOES.ca.gov

CALIFORNIA STATE COUNCIL ON DEVELOPMENTAL DISABILITIES:
SCDD.ca.gov

DEPARTMENT OF DEVELOPMENTAL SERVICES:
DDS.ca.gov
**HEALTHY HABITS**

**HELP THE PERSON YOU CARE FOR BUILD GOOD EVERYDAY HABITS**

1. **Wash hands often with soap and water for 20 seconds.**
2. **Cover coughs and sneezes with a sleeve or tissue. Then throw away the tissue.**
3. **Disinfect frequently touched surfaces and objects daily.**
4. **Stay home, except to get essentials or medical care.**
5. **If you have to go out, stay six feet away from others as much as possible.**
6. **Wear a mask in grocery stores and other public spaces.**

[ListosCalifornia.org]
TIPS FOR CAREGIVERS

- Involve the person you support in the planning and decision-making, as much as possible.
- Create a plan for who will be responsible for the person you care for if you fall ill.
- If you already have a backup or emergency plan, review it to make sure it still works.
- Confirm availability of service providers and other circles of support.
- Prepare the person you care for that caregiving and other services may change or look different.
- Train backup caregivers in case you get sick or need to be hospitalized.
- Teach other caregivers safe COVID-19 practices and telltale symptoms.
- Listen to and discuss the concerns and feelings of the person you care for.
- Maintain the person’s outside social connections through phones and computers.
- Find creative ways to maintain routines, or build new ones.
- Share videos and social stories that explain COVID-19 and how to stay safe. SCDD.CA.GOV

LISTOSCALIFORNIA.ORG
TOOLS

- Create and share an emergency contact list, including family, friends, neighbors, drivers, healthcare and service providers, teachers, employers, the local public health department and other community resources.

- Help the person you care for to create a HEALTH PROFILE with medical conditions, doctors and medications.

- Keep yourself up to date on what to do if you are sick or caring for someone with guidance from the CDC. [CDC.GOV/CORONAVIRUS/2019-NCOV/IF-YOU-ARE-SICK/](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/)

- Use your care recipient’s patient portal, or a mobile health app, to save and share information about health and needs.

- Learn how to ask a hospital to provide communication accommodations if the person you care for needs tools and support. [COMMUNICATIONFIRST.ORG/COVID-19/](https://communicationfirst.org/covid-19/)

SELF-CARE

- Take extra good care of yourself, especially if you have a chronic condition.

- Eat healthy food and avoid stress eating.

- Find new ways to exercise while staying home.

- Stay connected with your own support system, friends and family.

- Remember the things you enjoy and do them when you can: books, movies, meditation, calling a friend.

- Avoid too much news and things that trigger stress.

- Try to get some sleep. Sleep is key to you being able to take care of others.

LISTOSCALIFORNIA.ORG
EXTRA TIPS FOR:

IF THE PERSON YOU CARE FOR GETS SICK

- If possible, pick one person to be the main caregiver.
- Keep the sick person away from others in the household.
- If possible, have the sick person use a separate bedroom and bathroom.
- Have the sick person use separate dishes, cups and utensils.
- Disinfect light switches, doorknobs, toys and other touched surfaces daily.
- Launder clothes, towels and bedding in very hot water.
- Wash hands before and after caregiving. Use gloves for any caregiving that may put you in contact with bodily fluids.
- Have the sick person wear a mask when you are caregiving nearby.
- Keep pets away from the sick person.
- Keep out visitors who are not absolutely necessary.
- Keep distance where possible.
- Record and report worsening symptoms: fever, cough, shortness of breath.
- Always call before going to the doctor or an emergency room.

IF THE PERSON YOU CARE FOR GETS HOSPITALIZED

- Label all devices and equipment with name and contact information.
- Pack device chargers and extra batteries.
- Give hospital staff the Health Profile and any requests for accommodations.
- Ask hospital staff to help connect devices to Wi-Fi.
- Ask hospital staff how to get updates on the person you care for.