Caregiving Tips during COVID-19

1. Tune out
   • Limit listening to reliable news sources about COVID-19
   • Tune in to positive news or enjoyable programs

2. Establish realistic expectations
   • Communicate what is realistic & don’t deviate from this
   • Schedule personal time (e.g. take a walk, call a friend, read a book, listen to music)

3. Listen carefully and respond to your loved one’s concerns
   • Exercise understanding/patience with any anxiety that might impact their care (e.g. “I know your feel anxious going to the clinic for treatment because of COVID-19).
   • Enlist medical providers’ advice for support

4. Stay occupied
   • Focus on enjoyable activities to stay busy
   • Work puzzles, play card games, cook together, share fond memories

5. Gain some control over elements of uncertainty
   • Take 5 minutes each day to journal your hopes for the future
   • Pray. Place your concerns into God’s care & say: “Jesus, I trust in you.”

The tips have been adapted from a post on March 26, 2020 by Katie Brown, LUNGevity's Vice President, Support and Survivorship Programs at https://lungevity.org/