

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 you 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/>