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

LISTOS **CALIFORNIA** ALL CALIFORNIA

EN
ENGLISH

ALSO AVAILABLE IN:
Español
中文
Filipino
Tiếng Việt
한국어

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

CALIFORNIA **SCDD**
STATE COUNCIL ON DEVELOPMENTAL DISABILITIES

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

DDS

DEPARTMENT OF DEVELOPMENTAL SERVICES:
DDS.ca.gov

HEALTHY HABITS

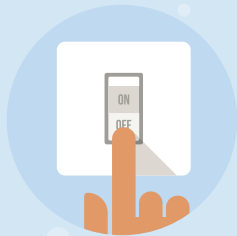HELP THE PERSON YOU CARE FOR BUILD
GOOD EVERYDAY HABITS

YOUR ACTIONS
SAVE LIVES

**Wash hands often with soap
and water for 20 seconds.**

**Cover coughs and sneezes
with a sleeve or tissue.
Then throw away the tissue.**

**Disinfect frequently touched
surfaces and objects daily.**

**Stay home, except to get
essentials or medical care.**

6ft

**If you have to go out,
stay six feet away from
others as much as possible.**

**Wear a mask in grocery stores
and other public spaces.**

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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**

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/**

- 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/**
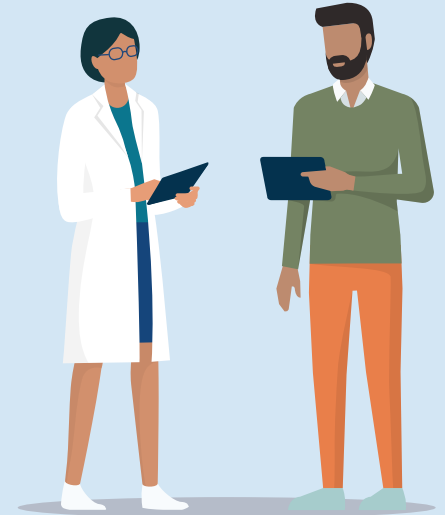
SELF-CARE

- 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.

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.

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