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FEELING STRESSED ABOUT CORONAVIRUS (COVID-19)? MANAGING ANXIETY IN AN ANXIETY-PROVOKING SITUATION

FOR CAREGIVERS OF OLDER ADULTS:

- **Facilitate ways for older people to maintain social connections.** As older adults have been told to isolate as much as possible, it is likely that social isolation and loneliness may take a toll on physical and mental health. Set up and provide technological assistance for family and friends to stay connected to the individual. Consider coordinating a group of people to check in on a rotation so that the individual feels the support of a network.
- **Encourage them to stay as active as possible,** for both physical and psychological well-being.
- **Help older adults find ways where they can help others,** such as calling others to check in on them or entertaining grandchildren on FaceTime. Having a purpose and role can reduce anxiety.
- **Consider practical ways you can relieve an older person's anxiety,** such as volunteering to order their groceries online or offering to walk the individual's dog(s).
- **In a time of high anxiety, it may be hard for older people to select reliable sources to get information and updates on COVID-19.** Curate a list of reputable media and write them down.
- **Practice self-care and be compassionate to yourself.** While caregiving is a demanding and rewarding role at the best of times, being a caregiver during a time of heightened concern is particularly stressful. If possible, find a way to take small breaks, rotate responsibilities with others, and practice your own mental health strategies.