



THE ONTARIO

caregiver
ORGANIZATION

RESOURCES AND
EDUCATION

COVID-19

March 31, 2020

Do you have a plan?

Pandemic or not, having a back up plan in case you become ill and can't provide care is something all caregivers need. Your back up plan will help to ensure the person you care for continues to receive support.

This checklist was created by caregivers, for caregivers and covers a list of things you should include in your plan.



- Decide who can step in if you can't provide care. Consider the tasks you manage now and expand your circle of care to include other family members, friends or neighbours who may be able to help. Ask yourself if one person can handle the care or if it can be divided among different people. During the COVID-19 pandemic, you can use video platforms like Facetime or Skype to review the plan with your circle of care.



- Document your care plan. Make it very clear what needs to be done. Your care plan should include:
 - Provide contact information for your doctors, clinics, pharmacy, neighbours, home and community care case managers, food delivery and back up caregivers etc.
 - Information about the care recipients' condition, as well as medical history, allergies and medic alert information.
 - Provide a schedule of planned visits from home and community care providers.
 - Include information about their likes and dislikes, routines, food preferences etc.
 - Make a schedule of what you do and when and provide enough detail that someone else can take over.
 - List the names and doses of medications and when they are given. Have enough medication for two weeks in case you cannot get to the pharmacy to refill prescriptions. Ensure all your medications have refills available.
 - Directions around bill payments.
 - Direction around emergency care i.e. no blood transfusion, DNR (do not resuscitate), next of kin or Power of Attorney information.

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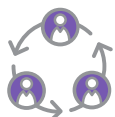


- Document a plan for greeting visitors in the home i.e. homecare. Keep your environment clean using disinfectants and ask visitors to use hand sanitizer when they enter.



- Buy extra non-perishable foods to ensure the person you care for has continued access to healthy meals.

- Create a packing list of essential items that the care recipient needs should they need to leave their home or require hospitalization.



- Find ways to connect. It's important that both you and the person you care for have social interactions while maintaining physical distance. Leave instructions on how to access any technology that you are using i.e. Facetime, Skype so the care recipient can continue to stay connected. For ideas visit www.ontariocaregiver.ca/covid-19/



If you're a caregiver and need support such as information on programs and resources available virtually and in your community, please visit www.ontariocaregiver.ca. We offer

- 24/7 helpline, at 1 833 416 2273 or live text at www.ontariocaregiver.ca
- Free webinars and 1-1 counselling session through the SCALE program
- Virtual support groups (peer support) where you can connect with other caregivers.

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