

UVA FEAP on the Fly

Caregiver Tips

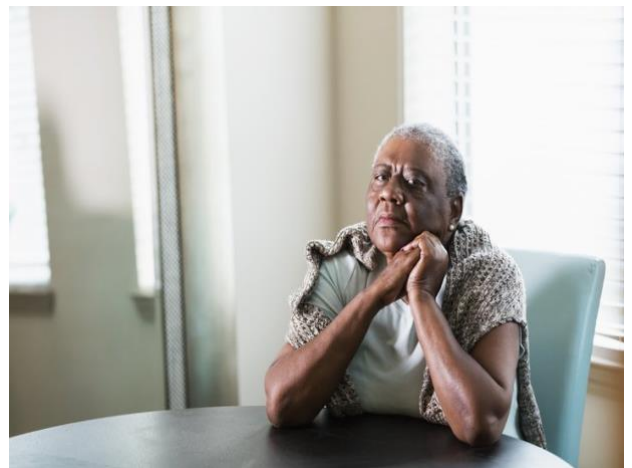
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"To care for those who once cared for us is one of the highest honors." —

The Inspired Caregiver: Finding Joy While Caring for Those You Love (Tia Walker)

Promote Social Distance, Not Isolation.



TIPS ON HOW TO KEEP YOUR LOVED ONE SAFE and CONNECTED:

- **Keep it Clean-** Not just their hands, but encourage cleaning frequently touched surfaces such as mobility devices (phones, walkers, canes, wheelchairs)
- **Send Snail Mail and Call Daily-** Handwritten cards and letters are more special than ever; Hearing a familiar voice provides reassurance
- **Go on a News Diet-** Limit news. Introduce a new movie or TV series; Share details with each other by phone
- **Stock up on Meds-** Find out which pharmacy delivery services are available in your area. Gather at least a two weeks+ supply of medications at a time
- **Stock up on Food-** If you must shop, use Senior-only hours, preferably in the AM when store surfaces should have been recently cleaned; Prepare casseroles to drop off
- **Exercise-** Encourage daily movement in the house, down the sidewalk or even to the mailbox

[Click here for a short informative video from the CDC](#)