

How To Make a Back-Up Plan During COVID-19

As a family caregiver during COVID-19, it is important to have a back-up plan in place in case you fall ill and are unable to provide care for your loved one. Create a written back up plan with pertinent information about your loved one. Write up a daily routine that a substitute can follow. Make a list of medications and schedules, sleep schedules and feeding times. Write a list of the important contacts and telephone numbers, such as doctors, family members, pharmacy, and hospital preference. If applicable, include a copy of the patient's living will. You can edit these master lists as time goes on. Keep a copy handy to give to the substitute caregiver, as needed.

It is also a good idea to have an additional week's worth of medical supplies and medications on hand. If an emergency arises that removes you as the caregiver, at least you will have backup supplies. This will allow the substitute caregiver time to focus on the patient care, rather than immediately being diverted on a trip to the pharmacy. In addition, the substitute caregiver can simply buy more of the same supplies, rather than trying to guess what you normally would purchase. Make sure to leave petty cash for the substitute or designate a family member to take care of purchases in your absence. Allow money for groceries, toiletries, and supplies.

Below is a table to assist you in creating a back-up plan, remember to reach out to those people who have offered help.



<i>Task</i>	<i>Name</i>	<i>Contact</i>
Someone who could do some shopping and or errands for me		
Drive me or my Loved One to appointments		
Do home repairs		
Stay with my Loved One		
Allow me to call and talk through what I am going through		
Other		



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