

# Impact of COVID-19 on Caregivers

Caring for a senior with higher complex needs is hard enough during normal times. As the COVID-19 pandemic continues to affect communities around the East Kootenay, family caregivers face many changes to their routines, lifestyle and coping strategies. As a result of the changes, many caregivers find themselves feeling increasingly stressed, tired and overwhelmed.



***Many of the supports caregivers had in place to help them cope have been suspended or stopped all together. Caregivers no longer have access to the following supports in the East Kootenay:***

- Respite – which offers temporary relief from the demands of caregiving.
- Daybreak – which allowed loved ones with dementia to get out of the house and be safely monitored for several days during the week.
- Minds in Motion (and other in person Alzheimer programs)
- Senior Centre Activities and Clubs
- Lighthouse Program – which offers gathering and support for those with dementia and Alzheimer's.
- Limits on Home and Community Care

***In addition to many of the formal programs being limited or stopped altogether, family and friends have also had to stay away due to social distancing measures. This has left many family caregivers with a heavy burden and load to carry.***

## What is available to Family Caregivers

At the Caregivers Network for East Kootenay Seniors we have continued to offer services throughout the COVID 19 Pandemic. We are offering:

- Wellness checks
- Phone support
- Virtual counseling and support
- Virtual support groups in 6 communities
- Virtual Education groups

If you are a caregiver who is feeling overwhelmed or in need of support we can help.



**CAREGIVERS**  
NETWORK for East Kootenay Seniors

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