

Coronavirus Disease 2019 (COVID-19)



For additional information:

coronavirus.ohio.gov
1-833-4-ASK-ODH / 1-833-427-5634
Ohio Department of Health
Coronavirus Call Center
9 a.m. – 8 p.m. daily

Caregiver Checklist #1: Self-Care Tips

Tip #1 – Take Care of Yourself First

Caring for a loved one can be hard work, especially during times of an emergency. Caring for yourself is important and will benefit your loved one. Whether you are new to caregiving or have been a caregiver for years, you can always benefit from self-care.

Tip #2 - Reduce Your Stress

The stress you feel can be a result of many factors. It is important to remember that you are not alone;

- Try not to wait until you feel overwhelmed. Know your own warning signs and act to make changes;
- Identify the source of your stress. It is important to know what causes your stress. Sources of stress may include: you have too much to do; family disagreements; feeling inadequate; or not being able to say “no;”
- Know what you can and cannot change. Ask yourself, “What do I have some control over? What can I change?” A small change can make a big difference;
- Act to reduce your stress. It may help to do things you enjoy, such as exercising, reading, or talking with a friend. Reduce your stress to help get back a sense of control.

Tip #3 – Set Goals

It is important to set short-term goals for yourself. What do you want to achieve in the next 3 to 6 months? When you develop a goal, it may help to break it down into smaller steps.

Goals you may want to set include:

- Take a break from caregiving;
- Get help with your caregiving tasks, such as bathing and preparing meals;
- Do activities that make you feel healthier.

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Tip #4 – Ask for and Accept Help

It may be hard to ask for help. You may not want to “burden” others or admit that you need help. Asking for help is a sign of personal strength.

Family and friends may want to help, but do not know how. Prepare a list of ways that others could help you. This list may include grocery shopping, errands, chores, or making a call or writing a letter to your loved one. It can help to break down jobs into very simple tasks.

Caregiving can be stressful, especially during an emergency. If you or your loved one are concerned about the COVID-19 pandemic, these resources may help:

- Stay Informed: Visit [The Ohio Department of Health - COVID-19](#) for resources on how you can prevent and prepare for COVID-19;
- Call the Ohio Department of Aging’s Coronavirus help desk at 1-833-4-ASK-ODH;
- [Mental health help](#)
- Talk with a trained counselor at SAMHSA Disaster Distress Helpline. Call 1-800-985-5990 or text “TalkWithUS” to 66746;
- Call your doctor or your health insurance provider to ask questions or find mental health support;
- Consider respite care. Call your local [Area Agency on Aging](#) 1-866-243-5678 to learn more about respite care options.

Additional resources:

- Family Caregiver Alliance
<https://www.caregiver.org/Taking-care-you-self-care-family-caregivers>
- SAMHSA (Substance Abuse & Mental Health Services Administration)
<https://www.samhsa.gov/ebp-audience/family-caregivers>