



**FAMILY CAREGIVER ALLIANCE®**  
*National Center on Caregiving*

# **Social Isolation and Well-Being for Caregivers during Covid-19**

**Christina Irving, LCSW**  
**Client Services Director**  
**Family Caregiver Alliance**  
**[www.caregiver.org](http://www.caregiver.org)**

# Covid and Caregiving Challenges

- Juggling multiple roles – working from home and caregiving
- Finances – lost income
- Challenging behaviors and small spaces
- Lack of control
- Uncertainty



# Stress Warning Signs

## Cognitive

Memory problems  
Difficulty concentrating  
Poor judgement  
Anxious thoughts  
Constant worry

## Physical

Aches & Pains  
Diarrhea/Constipation  
Chest pain/rapid heartbeat  
Loss of sex drive  
Frequent colds

## Emotional

Agitation/unable to relax  
Moodiness  
Short tempered/irritable  
Depression/unhappiness  
Feeling overwhelmed

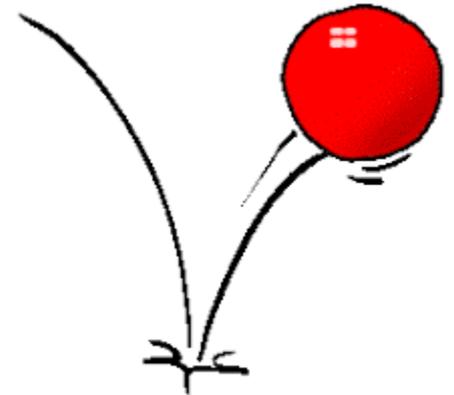
## Behavioral

Eating more/less  
Sleeping too much/too little  
Neglecting responsibilities  
Using Alcohol/Cigarettes/Drugs  
Nervous habits like nail biting etc

# Building Resilience

*...the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress*

- Embrace healthy thoughts
- Build your connections
- Find purpose
- Seek help
- Foster wellness



# Managing Anxious Thoughts

- Change unhelpful thought patterns
  - Avoid overgeneralizing and thinking in “should”
  - Write down automatic thoughts
- Control what you can
  - Practice safe behaviors
- Limit your news consumption
- Talk to a therapist or counselor
  - Telehealth





# Grief and Loss

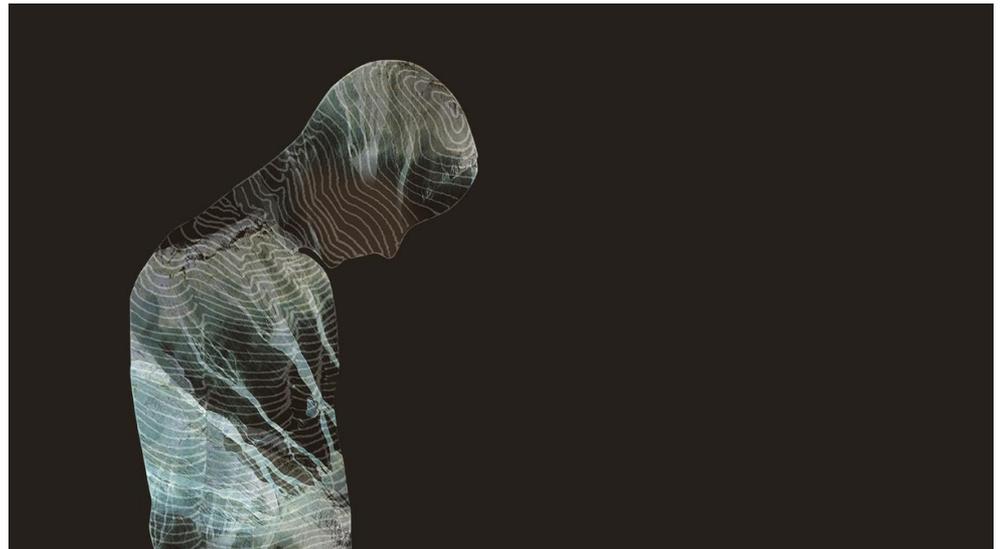
*“When you have any kind of change, you often have loss, and when you have loss, you have grief.”*

~ J. Shep Jeffreys

*Helping Grieving People*

# Grief and Loss

- Anticipatory Grief
- Ambiguous Loss





“Acceptance, as you might imagine, is where the power lies. We find control in acceptance. *I can wash my hands. I can keep a safe distance. I can learn how to work virtually.*”

~ *David Kessler*

[https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?utm\\_source=pocket-newtab](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?utm_source=pocket-newtab)



# Building Connections

- Video chat with friends & family
- Online support groups
  - Many in-person groups offered online or by phone
  - [www.caregiver.org](http://www.caregiver.org)
  - [www.alzconnected.org](http://www.alzconnected.org)
  - Facebook caregiver groups
- Community/senior center classes

# FCA Online Education

- Webinars
  - Palliative Care on the Frontlines of Covid-19
  - Planning Ahead for the Care You Might Need
  - Senior and Disability Action: Caregiver Survival School
- Classes
  - Let's Get Away Together: Armchair Travel
  - Sustainable Caregiving
  - There Must Be a Better Way Than This



FCA's homepage [caregiver.org](http://caregiver.org)



FAMILY CAREGIVER ALLIANCE®  
National Center on Caregiving



DONATE



[About FCA](#)

[Caregiver Education](#)

[Policy & Advocacy](#)

[Caregiver Connect](#)

[Press](#)

[Contact Us](#)



FCA CareJourney  
video and join/  
login access

For 40 years **Family Caregiver Alliance (FCA)** has supported and sustained the important work of families and friends nationwide who care for adult loved ones with chronic, disabling health conditions.

- ▶ [Subscribe to FCA newsletters](#)
- ▶ [Online support groups for caregivers](#)
- ▶ [Share your caregiver story](#)
- ▶ [WE CALL IT caregiving](#)
- ▶ [Visit FCA's 40th Anniversary page](#)



Welcome to FCA CareJourney, a secure online service for quality information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses.

Learn more about CareJourney with this short interactive video and demonstration.

[Play Video](#)

Ready to start your CareJourney?



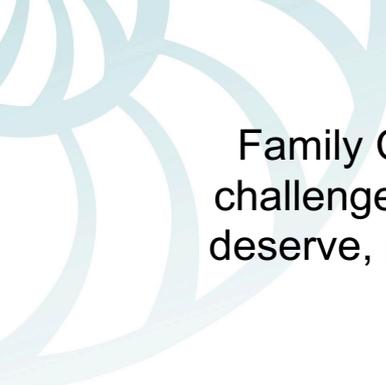
The FCA Learning Center is our new home for caregiver education! With resources from FCA's vast library of caregiving knowledge visit the Learning Center to read, watch, listen, and learn online from anywhere at anytime. [Drop in now!](#)

Online Learning Center

FAMILY CARE  
NAVIGATOR

[Click on  
Your State](#)





Family Caregiver Alliance is a public voice for caregivers, illuminating the daily challenges they face, offering them the assistance they so desperately need and deserve, and championing their cause through [education](#), [services](#), [research](#) and [advocacy](#).

**Contact us:**

Toll-free: (800) 445-8106  
SF Office: (415) 434-3388

101 Montgomery Street, Suite 2150,  
San Francisco, CA 94104  
<http://www.caregiver.org>

**Social Media Channels:**

[Facebook](#)

[Twitter](#)

[YouTube](#)

[LinkedIn](#)

• **FCA established the [National Center on Caregiving \(NCC\)](#)**, to advance the development of high-quality, cost effective programs and policies for caregivers in every state in the country. The NCC sponsors the [Family Care Navigator](#), a state-by-state resource locator designed to help caregivers locate support services in their communities.

• **FCA also operates the [Bay Area Caregiver Resource Center](#)** in the six-county San Francisco Bay Area. The staff of family counselors works closely with families caring for ill or elderly loved ones. Our services, education programs and publications are developed to offer these families direct support, vital information, and effective tools to manage the complex and demanding tasks of caregiving.