

COVID-19 Resources for Residents Currently Living in Long-Term Care

Supporting Residents and Conquering COVID:

It is natural to feel stress, anxiety, grief, and worry during this time. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing.



www.cdc.gov

Take the Following Steps to Cope with COVID-19:

Take care of your body: Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Take deep breaths, stretch and meditate. Get plenty of sleep.

Connect with others: Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.

Take breaks: Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.

Stay informed: When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.

Avoid too much exposure to news: Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.

Seek help when needed: If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at **1-800-985-5990**.



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Basic Needs & Self-Care:

It is imperative that during this crisis the basic needs of our older adults are being met as we fight this pandemic together.

Let staff know if you have any of these common signs of distress:

- Feelings of numbness, disbelief, anxiety or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or a short temper.
- Increased use of alcohol, tobacco, or other drugs.

COVID Coach App:



You can download the app from the app store on any phone.

This app was designed by the Department of Veterans Affairs and offers resources, emotional support, tips for self-care and stress management tools for anyone during the COVID-19 pandemic. *This app should not replace treatment by a professional.*

Search YouTube for Calming Music:

Mount Sinai Calm:

- The Healing Power of Music
- Virtual Music Therapy
- Virtual Restorative Yoga
- Virtual Vinyasa Flow Yoga

Ask Your Family To:

1. Send snail mail. Handwritten cards and letters are more special than ever.
2. Share a virtual meal. Family can order your food & have it delivered. Call during the meal.
3. Family can use other delivery services to send snacks, treats and gifts.
4. Create your own FaceTime book club. Skype your family, or watch the same TV show to spark discussion that spans generations.
5. Order a jigsaw puzzle of your favorite family photo or another meaningful picture.
6. Play a board game your family loved growing up. Make sure identical game boards are set up and over the phone, make the same moves.
7. Assemble a hobby box. Family can fill with items that you can enjoy day after day, such as puzzles, paints, or books.

