

CARE GIVER'S TIPS FOR CARE OF ELDERLY ADULTS during COVID

COVID infection has been shown to cause severe illness and death among older adults especially those with pre-existing conditions especially heart disease, lung disease, diabetes or cancer. As a caregiver, you can help to keep the elderly person safer by ensuring they have these.

HEALTHY FOOD

The elderly need less calories and more nutrients. Stock up on fruits, vegetables, pulses, cereals, whole foods, low fat dairy products, lean meat, fish and chicken, nut and seeds.

PLENTY OF FLUIDS

Elderly adults experience challenges in water intake and conservation, or have conditions and meds that affect fluid balance. Give plenty of water, broths, fruits and vegetables with high water content.

MEDICINES

Many elderly adults are managing a chronic condition or age related ache. Ensure adequate medicine supplies, either by stocking or making arrangements for delivery. Avoid unnecessary hospital visits and provide support for virtual consultation.

SOCIAL CONNECTION

Teach them to use smart devices to connect with their loved ones away from home. Keep going to check-in, help around and chat even without making physical contact. Do not isolate them.

PHYSICAL ACTIVITY

Encourage regular physical activity to promote immune system functioning, improve appetite, improve strength, mental and physical fitness. Ensure safety to prevent accidents and injuries.

INFORMATION

Elderly adults have a right to health information. Provide or refer them to accurate information on how to protect themselves from COVID, as well as how to care for their health.

SAFE CAREGIVER

As a caregiver, you need to take precaution to avoid becoming infected yourself. Avoid crowds, wear a mask, practice respiratory and cough hygiene, use sanitizers when in public places and wash your hands frequently with soap and water for at least 20 seconds. Also clean the frequently touched surfaces in your home often, including mobility and medical equipment such as walkers and canes.