

ALZHEIMER SOCIETY OF YORK REGION

# CAREGIVER TIPS FOR THOSE IN LONG-TERM CARE

01: Cooperate with care providers and follow facility rules.

02 : Connect with family members by phone or video chat. Calls don't have to be long; just hearing your voice will help.

03 : If your person isn't able to make phone calls, contact the nursing station to set up a consistent calling schedule. Ask about the use of iPads.

05: Coordinate with staff at the home about getting pictures or videos to your person.

06: Call the nursing station for updates.

07: Provide information for two emergency contacts in case the primary caregiver is impacted by COVID-19.

08: Visit through the window. Write chalkboard messages. Or talk to each other on the phone through the window.

09: Drop off a care packages. Check with your care home to learn what rules have been put in place for the safety of residents

10: Stuffed toys or dolls can ease anxiety of your person.

**Like the rest of us, a simple hello ensures your person  
knows they aren't forgotten,  
and are loved.**