

Practical Tips for Supplies, Support and Hygiene:

The individual with HD could face increased intolerance at the grocery store due to slower response time and chorea.

- Look into local options to order ahead and pick up.
- Some stores are opening early to accommodate seniors/those who are immunocompromised – check for these hours at the local store.
- Check for community groups in the area who offer to shop and deliver the supplies to those who register.
- Grocery and pharmacy items can be picked up by family members, neighbours or friends.

Family and/or spouse of the individual with HD are struggling with the day-to-day care, responsive behaviors, isolation and exhaustion.

- Reach out and check in with your regional HSC Family Services Team member for emotional support and resources.
- Stay in touch with friends and other family members.
- Begin formulating an action plan and next steps for future care.
- Look online for Home Activity Packs for people with dementia from related community organizations, this may help keep your loved one busy.

Person with HD lives alone and, due to decreased memory and other cognitive impacts of HD, is unable to follow COVID-19 precautions (i.e. hand washing, staying inside condo/apartment).

- Leave a note above the bathroom and kitchen sinks as a reminder to wash hands, using a simple sentence, one word or picture.
- If using a sign on the door to remind the person not to go outside, please ensure the person understands they should leave if there is an emergency and include this on the sign.
- If homecare, or other caregivers are coming in, have signs asking them to wash their hands when they arrive and before they leave.
- Create a daily routine checklist that includes handwashing, and cleaning common areas.

What to do if you need medical attention for something other than COVID-19?

- Local hospital emergency rooms continue to treat non-COVID-19 emergencies.
- Family doctors are still available to assess patients by telephone and may see patients in person, if necessary, following all of the COVID-19 protocols.

Grief Related to the COVID-19 World

Doug Smith, (MDiv, MA, MS) is a seasoned trainer, consultant, counselor, and author of several books. In addition to being co-creator of two Continuing Studies certificate courses, he has worked for hospices, hospitals, addiction treatment programs, and universities across the United States and Canada. He talks about Four Types of Grief playing out at this time:

1. **Vicarious Grief:** This is sometimes compared to compassion fatigue. It is what families may have experienced when hearing about the ongoing stories from other countries who have been hit hard by COVID. It is the response to learning of the "sad stories" of others.
2. **Anticipatory Grief:** This type centres on the experience of "what might be coming for me and those I care about in future".
3. **Disenfranchised Grief:** This can be experienced when others minimize, downplay or discount your grief. For example, comments like "you are making a big deal out of nothing" describe what could be said if your concerns are seen as overreacting.

4. **Ambiguous Grief:** This describes a feeling of general malaise about what is happening on the entire planet with no clear understanding or closure in sight.

Doug Smith recommends *“The Grief Recovery Handbook”* by John James and Russell Friedman, which can be purchased on Amazon or Indigo’s website.

General COVID-19 Help Links

National Resources:

- [Government of Canada COVID-19 Resources](#)
- Mental Health Commission of Canada, Resource Hub: <https://www.mentalhealthcommission.ca/English/covid19>
- Kids Help Phone: 1-800-668-6868 or <https://kidshelpphone.ca/>
- [Canada Emergency Response Benefit:](#) If you have stopped working because of COVID-19, the Canada Emergency Response Benefit (CERB) may provide you with temporary income support. The CERB provides \$500 a week for up to 16 weeks.
- [Canada’s COVID-19 Economic Support Plan:](#) A list of available financial supports and benefits for individuals and businesses.
- [Explaining social distancing to kids](#)
- Wellness Together Canada – [Mental Health and Substance Abuse Support](#)
- www.211.ca offers and updates as a search engine for folks on COVID-19 needs at this time.

Provincial Resources:

- [Provincial and Territorial COVID-19 Resources](#)
- Caregiving in COVID-19: <https://mailchi.mp/homeinstead.com/managing-dementia-care-during-social-distancing?e=9cb12cb8ba>
- [COVID-19 FAQ \(Alberta\)](#)
- Tips about COVID-19 and your mental health (Ontario): www.theroyal.ca/COVID19
- Great resource for Young Caregivers: <http://www.caregiversalberta.ca/wp-content/uploads/2020/04/STAY-HOME-KIT.pdf>
- Elder Abuse Prevention Ontario – Webinar entitled: “Addressing Financial Vulnerabilities in the Time of COVID-19: Coping NOW while preparing for the FUTURE”. The audio-visual recording of the webinar and the PDF of the PowerPoint has been uploaded to Elder Abuse Prevention Ontario’s website. You can view and download the presentation at: <http://www.eapon.ca/training-education/training/webinars/>.
- Ontario Caregiver Organization (OCO) - Information sheets and supports for caregivers. Please visit the COVID-19 page of the website for up-to-date caregiver information and resources, including:
 - [Tips for Caregiver Mental Health during COVID-19](#)
 - [How Technology Can Support Caregivers during COVID-19](#)
 - [Communication developed in partnership with the Ontario Hospital Association](#)
 - [Connecting Socially While Keeping Your Distance](#)
 - [COVID-19 Readiness Checklist for Caregivers](#)

OCO is also offering the following programs:

- [Virtual Caregiver Cafes/Peer Support Groups - four times per week](#)
- [SCALE Program \(Support for Caregiver Awareness, Learning and Empowerment\), including webinars and free 1-1 counselling sessions](#)