



## Family Caregiver e-Newsletter – December, 2020

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### Coping with Caregiver Social Isolation

Family Caregivers and the parents, spouses, or other family members they care for may be experiencing even more social isolation during the COVID-19 crisis. Caregiver mental, emotional, and physical health is being affected. Loneliness and depression are not uncommon.

“Social isolation is a common but unfortunate condition for many family caregivers. Research has shown that social support helps us withstand a wide range of adversities. Whether that means talking out our troubles with confidantes or receiving casseroles from kind friends or neighbors, we generally feel better when we know that others care for us. But the longer family caregivers provide help to loved ones, the less social support they usually receive.” - *AARP Stay Connected to Friends While Caregiving Overcome*

This e-newsletter edition will focus on ways to reduce and cope with social isolation to support your mental, emotional, and physical health during this unprecedented time. Find **articles, free recorded webinars, ways to find support groups, resources, and research**. We hope that this information helps you cope with the stresses of caregiving and social isolation in particular.

-Zanda Hilger, Editor

### Articles

Best Practices for Helping Older Adults Stay Socially Engaged

[https://static1.squarespace.com/static/5b855bd5cef372d1e9a8ef0e/t/5f6801ab4c0e7d11516ecfd8/1600651693102/N4A+engAGED\\_Best+Practices+Brochure-508.pdf](https://static1.squarespace.com/static/5b855bd5cef372d1e9a8ef0e/t/5f6801ab4c0e7d11516ecfd8/1600651693102/N4A+engAGED_Best+Practices+Brochure-508.pdf)

Promoting Social and Physical Activity During Coronavirus

<https://caregiver.com/articles/activity-coronavirus/>



Stay Connected to Friends While Caregiving – Overcome the tendency to focus on tasks and not on your relationships and yourself.

[.https://www.aarp.org/home-family/caregiving/info-2014/caregiving-isolation-friendship-stress-jacobs.html](https://www.aarp.org/home-family/caregiving/info-2014/caregiving-isolation-friendship-stress-jacobs.html)

Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak

[https://familycaregiversonline.net/wp-content/uploads/PEP20-01-01-007\\_2.pdf](https://familycaregiversonline.net/wp-content/uploads/PEP20-01-01-007_2.pdf)

WTMT /<https://caregiver.com/cg-community/editors-pen/WTMT/>

### **Recorded Webinars free**

I Feel Socially Isolated: Caregiver Confessions with Leeza Gibbons – Caring.com

[https://www.youtube.com/watch?v=Ewg\\_D6TOA4k](https://www.youtube.com/watch?v=Ewg_D6TOA4k)

Social Isolation: Addressing the Impact on Caregiver and Those Living with Dementia – Alzheimer’s Association

<https://www.youtube.com/watch?v=NA4KnHsPwBU>

Social Isolation and Well-Being for Caregivers - Family Caregiver Alliance COVID-19 Webinar Series for Caregivers, Consumer, and Families

[https://www.youtube.com/watch?v=vSd\\_dhmnZzA](https://www.youtube.com/watch?v=vSd_dhmnZzA)

Supporting Family Caregivers Of Older Adults Through Times Of Stress And Isolation

[https://www.resourcesforintegratedcare.com/Older\\_Adults/2020\\_Webinar/Supporting\\_Family\\_Caregivers\\_Stress\\_and\\_Isolation](https://www.resourcesforintegratedcare.com/Older_Adults/2020_Webinar/Supporting_Family_Caregivers_Stress_and_Isolation)

Resource Guide

[https://www.resourcesforintegratedcare.com/sites/default/files/Supporting\\_Family\\_Caregivers\\_of\\_Older\\_Adults\\_Through\\_Times\\_of\\_Stress\\_and\\_Isolation\\_Resource\\_Guide.pdf](https://www.resourcesforintegratedcare.com/sites/default/files/Supporting_Family_Caregivers_of_Older_Adults_Through_Times_of_Stress_and_Isolation_Resource_Guide.pdf)

### **Support Groups virtual**

*Also check with your local hospital, physician, Alzheimer’s Association, or dial 211*

- <https://www.caregiver.org/support-groups> Family Caregiver Alliance



- <https://www.communityresourcefinder.org/ProviderSearch/Search?ProfileDefinitionId=91&location=76180> – Community Resource Finder for Alzheimer’s Association groups
- [https://community.aarp.org/t5/Caregiving/Welcome-to-the-AARP-Caregiving-Community/m-p/1786782 - M3126](https://community.aarp.org/t5/Caregiving/Welcome-to-the-AARP-Caregiving-Community/m-p/1786782-M3126) AARP Caregiving Community Forum

## **Research**

The Effects of COVID-19 on Family Caregivers - A Community Survey from the University of Pittsburgh

[https://ucsur.pitt.edu/files/center/covid19\\_cg/COVID19\\_Full\\_Report\\_Final.pdf](https://ucsur.pitt.edu/files/center/covid19_cg/COVID19_Full_Report_Final.pdf)

Caregivers in Crisis in the Time of COVID-19

<https://www.rosalynncarter.org/wp-content/uploads/2020/10/Caregivers-in-Crisis-Report-October-2020-10-22-20.pdf>

Risk of Depression in Family Caregivers: Unintended Consequence of COVID-19

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7550870/>

Addressing Social Isolation for Older Adults During the COVID-19 Crisis

[https://www.challenge.gov/assets/netlify-uploads/social-isolation-resource\\_08042020.pdf](https://www.challenge.gov/assets/netlify-uploads/social-isolation-resource_08042020.pdf)

**Resources** <https://familycaregiversonline.info/resource-directory/>

Find resources, including what the organization does, links to their website, and phone numbers.



