

HAVING A BACK-UP PLAN IN PLACE - WHAT IF YOU GET SICK? - APRIL 1, 2020

Family Caregiver Webinar presented by Jennifer Merrilees, RN, Ph.D., and Nhật Minh Bùi, RN, MSN, AGNP-C from the University of California, San Francisco's Memory and Aging Center.

WEBINAR SUMMARY & RESOURCES

Summary

A back-up plan is a way to be prepared for meeting your loved one's needs in the event you, the caregiver, gets sick and cannot manage caregiving responsibilities. The major considerations include WHO could help and WHAT is needed for a smooth transition in care.

1. Make a list of people who can provide assistance and that they are aware they are part of your back-up plan
2. Consider community resources that may provide help that you need like Alzheimer's Association Hotline 1-800-272-3900
3. Gather important documents and resources like insurance card, healthcare provider contacts and list of medications
4. Complete a care plan to documenting essential needs, preferences and caregiving strategies
5. Locate your advance directive and if you don't have one, start discussion on advance care planning or complete advance care directive
6. Stay in contact with your healthcare provider and your loved one's healthcare provider
7. Stay up to date on COVID-19 information

Resources

- Information and support
 - The Alzheimer's Association 24/7 Helpline (800-272-3900)
- Finding help
 - Volunteer help: <https://aarpcommunityconnections.org/>
 - Help from your local Caregiver Resource Center (in California): <https://www.caregiver.org/californias-caregiver-resource-centers>
 - Paid help through a home care agency or memory care facility: <https://www.communityresourcefinder.org>
- Information about Advance Directives
 - The Conversation Project: <https://theconversationproject.org>
 - Prepare For Your Care: To get a form go here: <https://prepareforyourcare.org/advance-directive>
 - Areas on Aging: https://eldercare.acl.gov/Public/About/Aging_Network/AAA.aspx
 - Consumer Advocates for Nursing Home Reform (CANHR): <http://www.canhr.org>
- Resources for staying informed
 - Centers for Disease Control: <https://www.cdc.gov>
 - U.S. Department of Health and Human Services: <https://www.hhs.gov>
 - UCSF Memory and Aging Center:
 - <https://memory.ucsf.edu>
 - <https://memory.ucsf.edu/covid>