



## WORRIED ABOUT A LOVED ONE WHO MAY BE ISOLATED DUE TO COVID-19 (CORONAVIRUS)?

HERE ARE SOME QUESTIONS YOU SHOULD BE ASKING THEM AND ITEMS THAT OUR CAREGIVERS AND/OR CARE MANAGERS CAN MONITOR:



### Eating & Nutrition

- **What are they eating?** - Nutrition is **CRUCIAL** to their health!
- **Do they need food?** - SHIPT/Instacart is now 3-4+ day wait so managing inventory is important.
  - ◇ Our caregivers can shop for them and ensure they have enough food, track what they ate, and plan/prep meals.
  - ◇ The caregivers can always wipe down and clean all the bags & food before putting them away.



### Tracking Weight

- **Are they losing or gaining weight?** - Your loved one may claim they are eating properly, but with many doctors' offices closed, how is their weight being tracked on a regular basis?
  - ◇ With our help, we can track and manage your loved one's weight.



### Tracking Vitals

- **How are they tracking things like blood pressure, blood sugar, etc.?**
  - ◇ Just like we can track weight, we can also track and monitor vitals and keep a chart to provide their medical professionals.
  - ◇ We can also provide the tracked vitals during “telehealth” visits.



### Housekeeping & Laundry

- **Are they maintaining a clean and safe environment?**
  - ◇ Our caregivers can assist with ensuring all high-touch surfaces are disinfected.
  - ◇ They can also make sure their clothes and linens remain clean and disinfected.



### Exercise & Getting Outside

- **Are they getting enough exercise and staying as active as possible?**
  - ◇ Our caregivers can help them do prescribed exercises from a physical therapist or by using their own equipment.
  - ◇ We can help get them up and out of a chair safely to keep their legs moving and stretch a bit while they are under isolation because “sitting” all day is not ideal.
- **Are they getting outside and getting some fresh air?**
  - ◇ Being cooped up can result in increased depression, anxiety, and stress.
  - ◇ Having a caregiver or care manager there to help get them out safely, whether that is for a car ride or a walk around the block, can make a world of difference.



### Doctor's Appointments

- **Are they tracking all of their missed doctors' appointments?**
  - ◇ Most doctors' appointments are cancelled under the current situation- we can help put a list together of our clients' doctors' appointments that were missed and need to be rescheduled.
  - ◇ We can also assist your loved one with utilizing their doctor's or other available “telehealth” services.
  - ◇ Our team can help prioritize what appointments may be needed sooner, looking at the reasons for the scheduled appointment and most immediate concerns.

**Call today to find out more ways we can help! Pinellas (727) 447-5845 | Hillsborough (813) 333-5020**