

## INFORMATION ABOUT COVID-19

You may be concerned about COVID-19 and how the situation may impact you. The following information provides links to information about COVID-19 and helpful tips for those supporting someone with dementia.

**Learn facts from reliable sources.** Visit the Public Health Agency of Canada [Canada.ca/coronavirus](https://Canada.ca/coronavirus) or Manitoba Health [www.gov.mb.ca/covid19/](https://www.gov.mb.ca/covid19/) for up to date information.

## CAREGIVER TIPS

### HANDWASHING FOR PEOPLE WITH DEMENTIA

In practicing hand hygiene, consider helping the person with dementia using the following tips:

- Provide clear instructions about how to wash hands and cover coughs using:
  - the language most commonly used by the person with dementia
  - short messages that explain simple steps they can take
  - large font and graphics/pictures
  - accessible instructions (e.g., braille, pictorial)
  - visual signs in common areas near sinks, in the kitchen, in bathrooms or laundry rooms – this will serve as a constant reminder for both the person with dementia and the caregiver to wash their hands
- Demonstrate thorough hand-washing or hand-wash at the same time
- Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.

### VISITING A PERSON WITH DEMENTIA IN ASSISTED LIVING OR PERSONAL CARE HOME

- Check with the facility regarding their procedures for managing the risk. Ensure they have your emergency contact information and the information of another family member or friend as a backup.
- Do not visit your family member if you have any signs or symptoms of illness.
- Depending on the situation in your local area, facilities may limit or not allow visitors. This is to protect the residents but it can be difficult if you are unable to see your family member.
- If visitation is not allowed, ask the facility how you can have contact with your family member. Options include telephone calls, video chats or even emails to check in.
- If your family member is unable to engage in calls or video chats, ask the facility how you can keep in touch with facility staff in order to get updates.

## PLANNING AHEAD

- Ask your pharmacist or doctor about filling prescriptions for a greater or maximum number of days to reduce trips to the pharmacy.
- Explore phone or video call consultations with your doctor and other health practitioners.
- Keep a few weeks' worth of essential supplies such as food, hygiene and health products.
- Make alternative plans for care management if the primary caregiver should become sick. Share your plan with your family, friends and neighbours. Set up a buddy system to check in on each other by phone, email or text during times of need.
- Plan for a variety of activities that will help keep the person engaged if they need to stay indoors. Keep in touch with family and friends by phone, video call or social media.
- Prepare an emergency bag each for the person with dementia and the caregiver with a set of clothes, list of medications and emergency contact info.
- If there's a need to leave the home, seek help from family and friends for assistance or consider using volunteer drivers and subsidized taxi fares instead of public transportation.

### Sources:

Public Health Agency <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Alzheimer's Association [https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

PROVINCIAL - WINNIPEG 10-120 DONALD ST R3C 4G2 204-943-6622 alzmb@alzheimer.mb.ca

Interlake/Eastern - Selkirk  
Tel 204-268-4752 | Fax 204-942-5408  
alzne@alzheimer.mb.ca

North Central - Portage la Prairie  
Tel 204-239-4898 | Fax 204-239-0902  
alznc@alzheimer.mb.ca

Parkland - Dauphin  
Tel 204-638-4483 | Fax 204-638-4493  
alzprk@alzheimer.mb.ca

South Central - Winkler  
Tel 204-325-5634 | Fax 204-325-6496  
alzsc@alzheimer.mb.ca

South Eastman - Steinbach  
Tel 204-326-5771 | Fax 204-326-5799  
alzse@alzheimer.mb.ca

Westman - Brandon  
Tel 204-729-8320 | Fax 204-726-1082  
alzwm@alzheimer.mb.ca