



STAY UP-TO-DATE AT [COVID19.CA.GOV](https://COVID19.CA.GOV)

# COVID-19 TIPS FOR CAREGIVERS OF PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES



**EN**  
**ENGLISH**

ALSO AVAILABLE IN:

Español  
中文  
Filipino  
Tiếng Việt  
한국어



**GOVERNOR'S OFFICE  
OF EMERGENCY  
SERVICES:**

[CalOES.ca.gov](https://CalOES.ca.gov)



**CALIFORNIA  
STATE  
COUNCIL ON  
DEVELOPMENTAL  
DISABILITIES:**

[SCDD.ca.gov](https://SCDD.ca.gov)



**DEPARTMENT OF  
DEVELOPMENTAL  
SERVICES:**

[DDS.ca.gov](https://DDS.ca.gov)

# HEALTHY HABITS

HELP THE PERSON YOU CARE FOR BUILD  
GOOD EVERYDAY HABITS

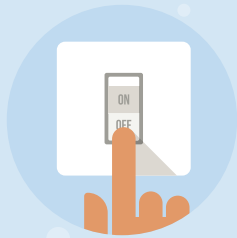
**YOUR ACTIONS  
SAVE LIVES**



Wash hands often with soap  
and water for **20 seconds**.



Cover coughs and sneezes  
with a sleeve or tissue.  
Then throw away the tissue.



Disinfect frequently touched  
surfaces and objects daily.



**Stay home**, except to get  
essentials or medical care.



If you have to go out,  
**stay six feet** away from  
others as much as possible.



Wear a mask in grocery stores  
and other public spaces.

# TIPS FOR CAREGIVERS

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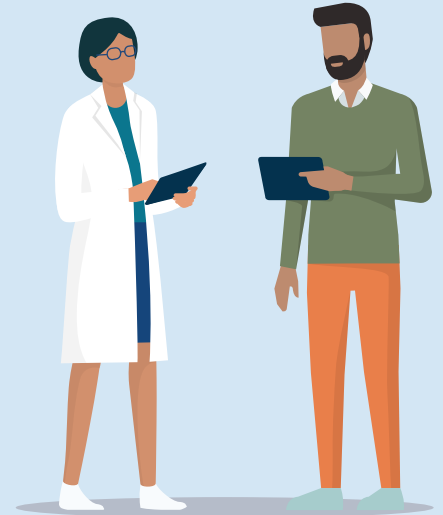
- ✓ Involve the person you support in the planning and decision-making, as much as possible.
- ✓ Create a plan for who will be responsible for the person you care for if you fall ill.
- ✓ If you already have a backup or emergency plan, review it to make sure it still works.
- ✓ Confirm availability of service providers and other circles of support.
- ✓ Prepare the person you care for that caregiving and other services may change or look different.
- ✓ Train backup caregivers in case you get sick or need to be hospitalized.
- ✓ Teach other caregivers safe COVID-19 practices and telltale symptoms.
- ✓ Listen to and discuss the concerns and feelings of the person you care for.
- ✓ Maintain the person's outside social connections through phones and computers.
- ✓ Find creative ways to maintain routines, or build new ones.
- ✓ Share videos and social stories that explain COVID-19 and how to stay safe. **SCDD.CA.GOV**



# TOOLS

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- ✔ Create and share an emergency contact list, including family, friends, neighbors, drivers, healthcare and service providers, teachers, employers, the local public health department and other community resources.
- ✔ Help the person you care for to create a **HEALTH PROFILE** with medical conditions, doctors and medications.
- ✔ Keep yourself up to date on what to do if you are sick or caring for someone with guidance from the CDC. **CDC.GOV/CORONAVIRUS/2019-NCOV/IF-YOU-ARE-SICK/**
- ✔ Use your care recipient's patient portal, or a mobile health app, to save and share information about health and needs.
- ✔ Learn how to ask a hospital to provide communication accommodations if the person you care for needs tools and support. **COMMUNICATIONFIRST.ORG/COVID-19/**



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## SELF-CARE

- ✔ Take extra good care of yourself, especially if you have a chronic condition.
- ✔ Eat healthy food and avoid stress eating.
- ✔ Find new ways to exercise while staying home.
- ✔ Stay connected with your own support system, friends and family.
- ✔ Remember the things you enjoy and do them when you can: books, movies, meditation, calling a friend.
- ✔ Avoid too much news and things that trigger stress.
- ✔ Try to get some sleep. Sleep is key to you being able to take care of others.



# EXTRA TIPS FOR:



## IF THE PERSON YOU CARE FOR GETS SICK

- ✓ If possible, pick one person to be the main caregiver.
- ✓ Keep the sick person away from others in the household.
- ✓ If possible, have the sick person use a separate bedroom and bathroom.
- ✓ Have the sick person use separate dishes, cups and utensils.
- ✓ Disinfect light switches, doorknobs, toys and other touched surfaces daily.
- ✓ Launder clothes, towels and bedding in very hot water.
- ✓ Wash hands before and after caregiving. Use gloves for any caregiving that may put you in contact with bodily fluids.
- ✓ Have the sick person wear a mask when you are caregiving nearby.
- ✓ Keep pets away from the sick person.
- ✓ Keep out visitors who are not absolutely necessary.
- ✓ Keep distance where possible.
- ✓ Record and report worsening symptoms: fever, cough, shortness of breath.
- ✓ Always call before going to the doctor or an emergency room.



## IF THE PERSON YOU CARE FOR GETS HOSPITALIZED

- ✓ Label all devices and equipment with name and contact information.
- ✓ Pack device chargers and extra batteries.
- ✓ Give hospital staff the Health Profile and any requests for accommodations.
- ✓ Ask hospital staff to help connect devices to Wi-Fi.
- ✓ Ask hospital staff how to get updates on the person you care for.

