



Caregiving and COVID-19: Q&A

Q: Any specific advice for those caring for children with autism?

A number of organizations have pulled together advice for helping children with autism cope with the coronavirus pandemic.

AID in PA has a video on helping families and caregivers develop routines during an emergency here: <https://aidinpa.org/>

The *National Autism Association* has a page of resources for families here: <https://nationalautismassociation.org/covid-19-resources-for-families/>

KidsHealth has a page for helping kids with autism cope here: <https://kidshealth.org/en/parents/coronavirus-autism.html>

Finally, *Sesame Street* has a page for children with autism coping with COVID-19 here: <https://autism.sesamestreet.org/coping-with-covid/>

Q: How do you suggest helping those with memory loss/dementia who are quarantined at home?

The *Alzheimer's Association* has gathered helpful tips for caregivers here: [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)

Dementia Care Central also has a page on resources for coronavirus here: <https://www.dementiacarecentral.com/caregiverinfo/coronavirus-covid-19/>

Q: Are caregivers being asked by the provider caring for their care person for a DNR update?

We do not know of any families being asked about DNR orders for a care-dependent family member.



Q: Are there any suggestions for solutions for these fears mentioned during the webinar? My biggest fear is who will care for my adult child if I get sick and cannot care for her. Are there any resources out there that will help if I get sick and have to go to the hospital, and have no one else to care for my child?

In the short term: Speak to someone to see what services your child is eligible for, and to receive assistance in completing the paperwork and being connected with the service coordinators (home and community-based services and health care). This would allow you to get help in your family home to the extent possible given the current pandemic issues.

In the long term: Speak with someone about the absolute need for completing future planning documents, including a will, trust, Power of Attorney for yourself and your child, a letter of intent, and a health care proxy for yourself and your child. Also, speak with someone who can support you and your child to begin the journey of your child receiving services outside of the family home, while your child is able to direct the planning and transition.

Q: Can you make a suggestion to what would we do if our adult non-verbal child needed to be admitted to the hospital? How would physicians and staff know their special needs?

You should go online, download, and sign a healthcare proxy and/or Power of Attorney so that you have the legal standing to make decisions for your adult child. Also, write a summary of your child's health history and ways that your child communicates that can be given or e-mailed to health care providers in the hospital. Offer to talk with nurses and physicians about your child's communication issues and health care needs. Get the names and contact information of people caring for your son, including the primary care nurses and attending physicians, so that you can contact them.

Additionally, the Office of Developmental Programs' Bureau of Supports for Autism and Special Populations recently did a webinar called "A Tool Kit for Communication and COVID-19" that the questioner might find helpful also. The resources are available on the COVID-19 Updates page of www.MyODP.org