

COVID-19: Care Framework

Supporting families during incredibly challenging times is at the heart of what we do here at Wellthy. When faced with a crisis, global pandemic, or fear of an uncertain future, even the little things can feel overwhelming. We've been hearing a lot of families asking "What do I do?", so in response, we wanted to outline the most critical areas of support families need during this time.

Housing

Due to "stay-at-home" and other pandemic response policies, many families may have to get creative with how they can support from afar.

- ✓ Set up a daily or weekly video chat to help bring your loved ones closer together.
- ✓ Ask the right set of questions for a loved one in a facility including identifying emergency plans in place.

Financial

Given the state of the economy, it's more important than ever to have an understanding of our loved ones' finances and insurance coverage.

- ✓ Start having these conversations early. Bringing up finances with family can be tough, but it's important.
- ✓ Build an awareness of the support that may be available—like VA benefits, Medicare and Medicaid.

Medical

Getting organized is one of the best ways you can help prepare yourself or your loved ones for the unexpected.

- ✓ Know your closest emergency or urgent care options.
- ✓ Have a list of important doctors and specialists, and a list of current medications. These may be required in an emergency, and having them at the tips of our fingers can be life-saving.

In-Home

Between health concerns, transportation issues, and government guidelines, COVID-19 is making it harder for people to show up to work.

- ✓ If you rely on someone like an in-home aide or helper to provide care, always have a back-up plan in place.
- ✓ Setting up assistive technologies—like emergency response systems—can help promote independence.

Legal

In serious situations like this, families need to be prepared for anything—it's crucial to ensure the right legal documents are in place.

- ✓ While a difficult conversation to have, it's important to understand your loved ones' wishes at all times.
- ✓ Identify other necessary documents based on your situation, like Power of Attorney or Healthcare Proxy.

Social/Emotional

Things are stressful enough as is—adding work and care responsibilities to the mix can make every day that much harder.

- ✓ Make sure to keep mental health in check, and reach out for help when you need it.
- ✓ Explore the many virtual options available for socialization, counseling and support groups.

Need help keeping your loved ones safe?

Turn to Wellthy for help. Your Wellthy Care Coordinator will guide your whole family through a care plan, advocate for your loved one and handle those tricky tasks. Visit [wellthy.com](https://www.wellthy.com) to get started with your Care Coordinator today.