



Managing the “How Tos” of Care in the Time of Coronavirus

The hardest question caregivers face as their loved one’s health declines is whether they would be healthier and happier moving to a long-term care centre. Many seniors are reluctant when it comes to making this change. And for you as a caregiver, going through this process during a pandemic makes your situation even more confusing.

Wherever you are in the process, [Cranbrook](#) is dedicated to promoting the health and well-being of all involved, and is pleased to offer information to help you navigate the “how tos” that pop up along the way.

How to Manage Care in Your Home

If your loved one is living with you, one of the biggest concerns right now is how you can minimize the risk of exposing them to COVID-19. One suggestion from the blog Working Daughter is to take extra stringent [precautions](#) anytime you go out, such as when you buy groceries. Thorough hand washing and proper sanitization can be the key to avoiding virus transmission.

Another top concern for caregivers is how to balance your loved one’s needs with your other responsibilities. These boundaries can be hard to set anytime, and if you’re working from home,

those lines may be blurred even more. That's why Harvard Business Review recommends helping your loved one keep up with the same [routines](#), which will help you both have more of a sense of normalcy.

How to Pay for Care

Of course, maintaining your routines may not always be possible, especially if your loved one starts to need more [care](#) than you can give. When that time comes, you face all kinds of new decisions, including what kind of long-term care is best and how to pay for it. Comfort Life notes those in British Columbia [typically pay](#) between \$1,500 and \$6,000 per month for options including assisted living, independent living, and full long-term care.

Another decision you face is what to do with your loved one's home when they move into long-term care. For many caregivers, the simplest choice is to [sell](#) it, which helps cover the cost of care while helping you both to start moving forward emotionally.

Even in the time of COVID, the housing market is going strong in many areas, with some markets even seeing a shortage of homes for sale. Real estate agents are taking extra precautions to make the buying and selling process safe, including using tools like virtual open houses and video chat tours as a way to limit the number of people who come through a home.

Using tech tools to sell a property might sound especially challenging, but they come with bells and whistles that are very helpful to users. For instance, 3D walkthroughs [allow house hunters](#) to not only look at a basic floor plan, but to engage in a "dollhouse view" in which they can rotate the image in all directions and view every angle.

How to Know When the Time is Right

Perhaps the biggest question you face is how to know when the timing is right to make this transition. Some seniors might be fine with the addition of some convenient [meals](#), some [companionship](#), and by engaging [public transport](#).

On the other hand, seniors who are no longer safe living alone need more support. As VeryWell Health explains, it's normal to feel emotional when deciding whether someone needs [assisted living](#), but the best thing you can do is focus on the facts more than feelings.

Of course, along with your own emotions, there's also the possibility that your loved one is [reluctant](#) to make a change, and you both may feel even more nervous about making this move during the pandemic. One thing to keep in mind is that the way you approach conversations about care can make all the difference. Communicate that there are ways you can [stay connected](#) after the move, too, even with COVID safety measures in place.

Being a caregiver is a role we all have to adapt to as we go. There aren't easy answers, especially when you're navigating this transition through a pandemic. Your loved one's health and safety are what matters most, and as long as you act with those needs in mind, the caregiving "how-tos" will work themselves out.

Connect with [Cranbrook](#) for more information and opportunities that help support the seniors in your life.

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