

# Home Caregiver Connection



GOVERNMENT OF BERMUDA  
Ministry of Health

## GET CREATIVE WITH CARE DURING COVID-19

With Bermuda currently following government guidelines of social distancing and avoiding large gatherings, keeping seniors active can be a challenge, here are a few ideas to get creative around the home to keep clients active and engaged during this time.



**Walking:** even in small spaces or on that spot, can help seniors remain active. If it is safe to, walk your client outside and around the house, engage in conversation.



Bicep Curls

**Bicep Curls:** Choose household items such as a water bottle or cans of soup. Sitting in a chair, with a water bottle in each hand, palms facing forwards, keeping elbows close to your sides. Bend your arm at your elbows to lift the water bottle 3/4 of the way to your shoulders. Do 10-12 repetitions/arm.



Shoulder Circles

**Shoulder Circles:** Begin seated and place fingertips on your shoulders. Circle shoulders 15 times forward and 15 times backward.



Seated Knee Lifts

**Seated knee lift:** Being seated on a chair. Slowly draw one knee towards your chest until your knee touch your tummy. Perform this 15-20 repetitions 3 times with each knee.

### Questions?

If you have any questions related to Covid-19 please contact the Covid-19 Helpline 7 days a week from 9 am to 9 pm at 444-2498

Diana Liacos– Home Care Advisor for the Ministry of Health is also available at 278-4919.

Due to Covid-19, our staff are working hard to assist the Ministry of Health in all areas, please leave a message and a team member will get back to you as soon as possible.



### Caring for the Caregiver

As a caregiver the focus is often on our clients, in these stressful times it is important to take time to care for yourself. If you are experiencing anxiousness, worry, or stress please reach out for help 7 days a week, from 9 am to 9 pm at 543-1111.

## KEEP CLIENTS CONNECTED SPIRITUALLY

For many this time of social distancing and isolation can be difficult, it is important as caregivers to help facilitate spiritual connection for those clients that wish to do so. The following are some tips on how you can facilitate this:

**Music:** touches us all, and many seniors have memories of hymns they sang as children, playing songs or hymns from their era can be comforting to their spiritual well-being.



**Radio/TV Mass:** Facilitating access to church services by radio or TV is a great way to keep clients connected to their church community.