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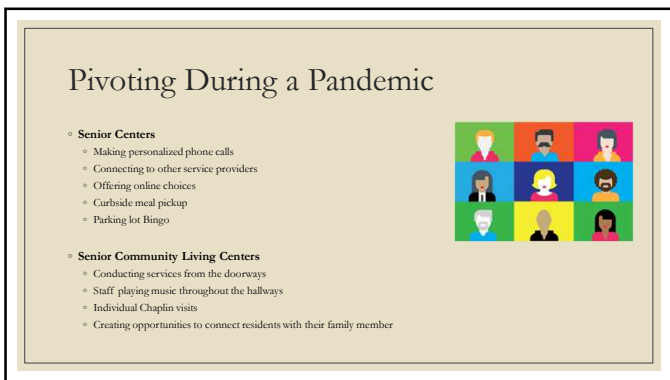
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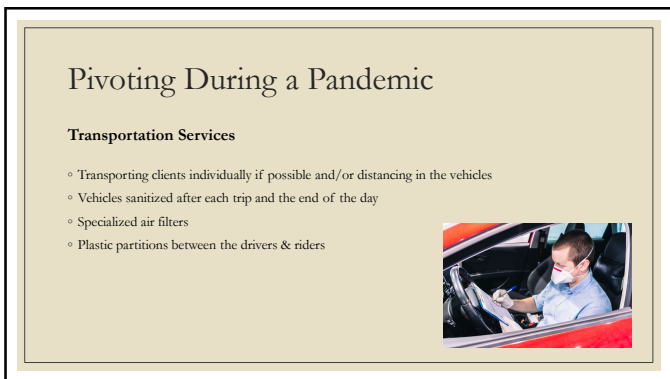
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Pivoting During a Pandemic



- **Food Shelves**
  - Drive through distribution services
  - Individual appointments
- **Meals on Wheels Programs**
  - Doorstep deliveries
  - Sanitizing delivery bags
  - Ensuring health of volunteers

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Pivoting During a Pandemic

- **Faith Communities**
  - Online Services
  - Recorded Services
  - Drive in services
  - Curbside meals & food distribution
  - Becoming COVID vaccination sites

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Support Services for Seniors

- ACCAP Senior Services
  - Online resource guide – <https://www.accap.org/resource-guide/>
  - Anoka County Senior Services
- Anoka County Family Caregiver Connection
- Anoka County RSVP
- Local Senior Centers
- Tamarisk
- Impact Services
- Alexandra House

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## Condition Focused Support Services for Seniors

- In-home care services
- Alzheimer's Association MN ND Chapter - <https://www.alz.org/mnnd>
- Alzheimer's Foundation of America - <https://alzfdn.org/>
- Parkinson's Foundation Minnesota and the Dakotas
  - <https://www.parkinson.org/MinnesotaDakotas>
- American Diabetes Association Minnesota and North Dakota
  - <https://www.diabetes.org/community/local-offices/minnesota>
- Brain Injury Alliance - <https://www.braininjurymn.org/>

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## Family Caregiver Connection

*Reducing isolation while supporting family caregivers*

### Individual Services

- 1:1 Coaching & Counseling
- Access Assistance
- Telephone Reassurance
- Volunteer provided 1:1 services
  - Telephone check ins from Gathering Site Coordinators
  - Pen Pals



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## Family Caregiver Connection

*Reducing Isolation while supporting family caregivers*

### Group Services

- Memory Café
- Support Groups
- Created virtual respite programming



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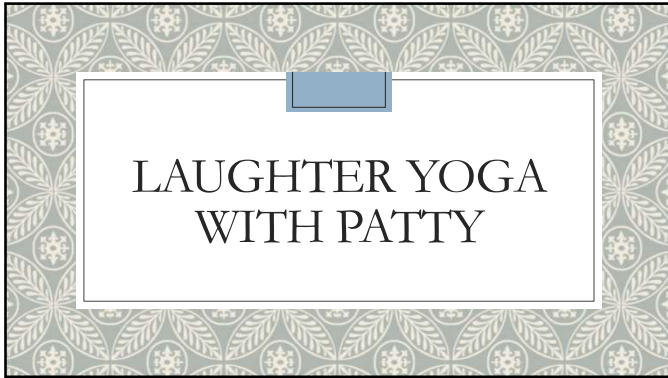
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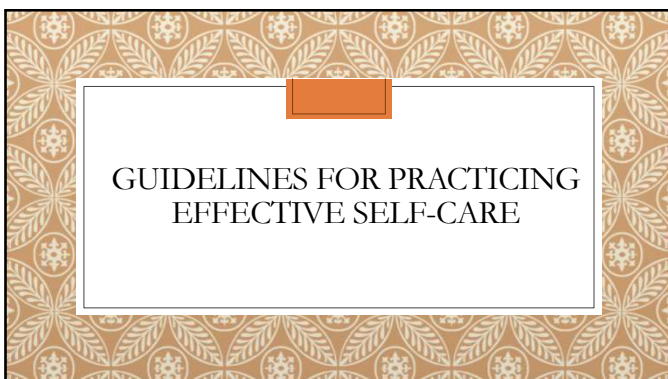
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4 General Guidelines

- Practice self-awareness
- Divide the mission of self-care into categories
- Create a detailed self-care plan
- Stay accountable



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PRACTICING SELF-AWARENESS

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Practicing Self-Awareness

*Identify the early warning signs of stress*

- Eye or muscle twitches
- Headaches
- Irritability
- High blood pressure
- Can't concentrate
- Muscle tension
- Apathy
- Forgetfulness
- Lack of appetite or overeating



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Practicing Self-Awareness

*Identifying the Early Warning Signs of Stress*



- Relationship stress
- Job related stress
  - Change in job or job roles
- Inability to say "No"
- Underlying health issues
- Lack of sleep
- Unreasonable expectations

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CATEGORIES OF SELF-CARE

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Understanding the 4 Types of Stress

- **Body/Somatic**
  - Headaches, fatigue, muscle tension
- **Mind/Intellectual**
  - Worrying, negativity, foggy thinking
- **Emotional/Spiritual Well-being**
  - Loss of confidence, indifference, depression
- **Behavioral**
  - Loss of appetite, restlessness, insomnia

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Personalizing Self-Care

- **Body/Somatic**
  - Exercising – stretching, walking, aerobics, running, massage, bubble bath
- **Mind/Intellectual**
  - Meditation, mindfulness, reading, listening to music
- **Emotional & Spiritual Well-being**
  - Prayer, changing your attitude, talking with a friend, talking to others who are in similar situations

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Personalizing Self-Care

- **Behavioral**
  - Eating nutritious food, drinking enough water, changing “stinking thinking”, being able to let go, making a task list
- **Relationships**
  - Setting boundaries, knowing who to contact in specific situations, connecting with others in the same situation
- **Work**
  - Knowing when to say “No”, seek support from coworkers, leave work at work

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CREATE A DETAILED SELF-CARE PLAN

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### Self-Care Plans

**Questions to Consider:**

- What will I do for Self-Care?
- Do I see myself using this approach/activity?
- Does the activity fit within my finances?
- Whom can I call at any time?
- What's worked in the past?
- Whom can I reach out to if I need more help?
- Make it a priority - schedule time for it!



You cannot *drink* from an empty cup.  
FILL YOURSELF UP. YOU'RE WORTH IT.

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### Self-Care Plans



- Set boundary markers
- Know your intentions
- Break larger goals into smaller steps
- Re-evaluate your Self-Care plans
  - Make adjustments when necessary
  - Recommit to your plan
  - Develop a new one when needed

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### Results of Neglecting Stress



- Increased health problems
- Disrupted relationships
- "Burnout"
- Depression
- Decreased ability to function

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### Barriers to Taking Action



- Can't think of what to do
- Feelings of guilt
- Unrealistic expectations
- Choosing a difficult activity
- Change is hard
- Postponing stress reduction

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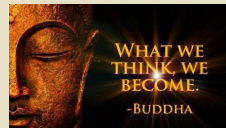
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### Self-Care Tips for Success

- Stay positive
- Surround yourself with uplifting people and things
- Set a personal schedule and goals
- Remember YOU are doing your best
- Limit your media intake
- Focus on what you can control



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### Self-Care Tips

*Managing Stress While Working from Home*



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**Self-Care Tips**  
*Self-Care Looks Like:*

*"Almost everything will work again if you unplug it for a few minutes, including you."  
- Anne Lamott*

- ❖ Deleting an app
- ❖ Muting a group chat
- ❖ Saying "No" to another commitment
- ❖ Cutting down your to-do list
- ❖ Limiting your consumption of bad news
- ❖ Spending less time in toxic environments or relationships
- ❖ Taking a nap
- ❖ Knowing when to let go
- ❖ Celebrating your successes

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**SELF-CARE RESOURCES**  
*Find What Works for You*

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**Fitness Resources**

- ShareCare
- Fit On
- Mighty Health – for individuals 50+
- Omada Health
- Do
- My Fitness Pal
- Lose Weight App for Women; Lose Weight App for Men

For more information:

- <https://www.everydayhealth.com/fitness/best-fitness-apps/>
- <https://www.prevention.com/health/sleep-energy/g24736063/best-health-apps/?slide=15>

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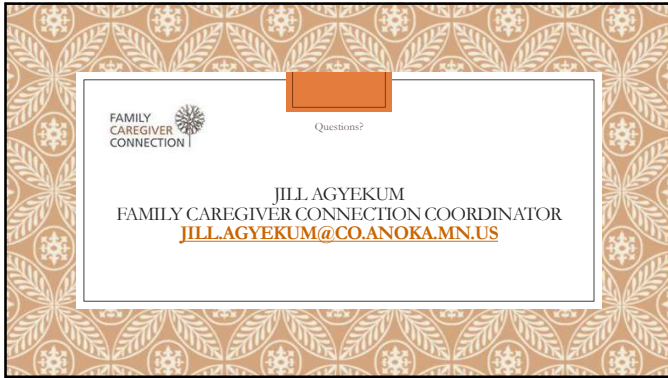
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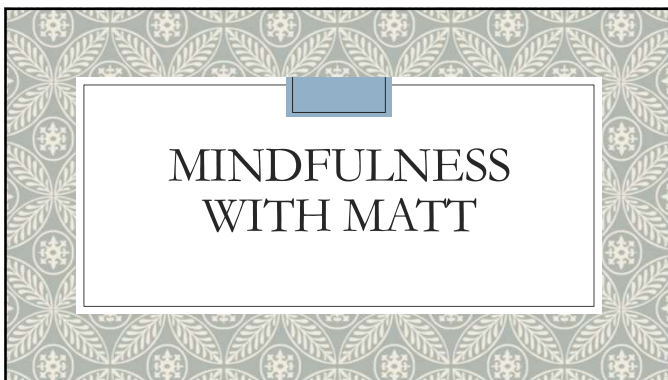
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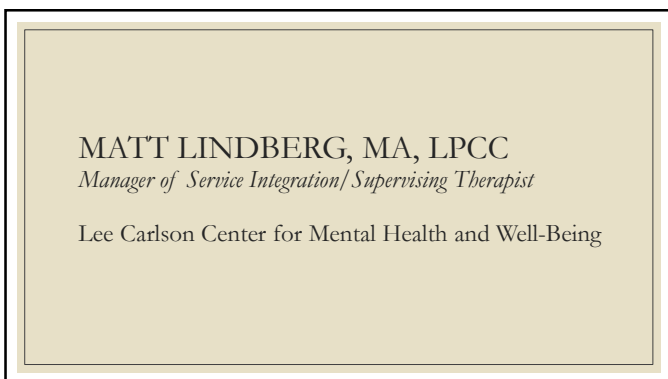
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