

A Check List for Caregiving Families Preparing for the Coronavirus



1. Choose a verse or passage to meditate on during this stressful season.
(Suggestions: Psalm 23, Isaiah 12:2, Psalm 112:7, Deut. 31:6, Ex. 15:2, 2 Tim. 1:7, John 16:33, Eph. 6:10)
2. Get everything you need from the pharmacy, including a full supply of the medicines and supplements your family needs (if you have time, clean out your medicine cabinet and replace any expired products).
3. Menu plan for two weeks and get the food you'll need (including snacks and nonperishable items).
4. Make a list of other supplies you'll need (including pet food, feminine hygiene products, cleaning supplies, and laundry detergent).
5. Plan for your loved one's sensory needs. Rotate toys, visit the library, download movies, take walks outside.
6. Make a plan for possible social isolation and/or disrupted routines. Use social stories, visual schedules, and other aides to help ease anxiety and stress.
7. If possible, prepare freezer meals. Double the recipe for meals you're already making and put the leftovers in the freezer to enjoy in the future.
8. Post the contact information of friends and loved ones you want to check in with to make sure they have what they need and don't get too lonely.
9. Connect online with other families who are going through the same experience to encourage and support each other. We'd love to have you join us in my Facebook group Self-Care for the Special-Needs Mom:
<https://www.facebook.com/groups/selfcaresneeds moms/>

Face the future with hope and extra soap!