

CARING FOR THE CAREGIVER

Brought to you by COVID RECOVERY IOWA

We know how rewarding caregiving is, but it can have its stressors, too, especially in the midst of a global pandemic. Your wellbeing is important to us, and we would love to help you relieve some of that stress.

COVID Recovery Iowa is a part of a federally funded grant created to help assist Iowans with any pandemic related struggles or hardships. Look below to find free services that COVID Recovery Iowa offers caregivers.



Caregivers Newsletter:

Subscribe to our weekly newsletter where we provide caregiver resources, along with health and wellness tips and activities for you and your older adult!

Scan to subscribe



Staff Support: Your caregivers may need that extra reminder that taking care of themselves is just as important as taking care of others. That's why we offer self-care and stress management workshops. Our delivery can be tailored to meet the needs of your facility. For more information, contact Karen Hyatt at khyatt@dhs.state.ia.us.

Activity Director Support: COVID Recovery Iowa has several free activities and services that can be used in a group or individual setting: Our **Silver Linings Program** offers daily M-F games, activities, and workshops over ZOOM · Counselors are available to listen to and write a resident's life story as a **Legacy**, which can be shared with friends and family for generations to come · Friendly callers are available to contact residents for weekly **Social Check-Ins** · Tune in for **Live Music** twice a week with Iowa musician Carlene Hall

Caring for the Caregiver on Facebook: Join our Facebook Group to find support, resources, workshops, and community for caregivers. [Facebook.com/groups/293338145542040](https://www.facebook.com/groups/293338145542040)

COVID Recovery Iowa offers free, confidential services for any Iowan who could use a listening ear, peer counseling and support, help locating resources, or activity ideas.

Here are ways to reach us:

Iowa Warm Line: 1-844-755

Iowa Concern: 800-447-1985

Spanish Line: 531-800-3687

Visit us on:

www.COVIDRecoveryIowa.org



For any questions or to set up services, please contact

Breanne O'Neill at:

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