

## LONG COVID CAREGIVERS

For more patient-focused information on what long COVID is, where to locate long COVID resources, and peer support programs for people living with long COVID, please see our: [Resources for People Living with Long COVID](#).

### SUGGESTIONS FOR FAMILY AND CAREGIVERS SUPPORTING SOMEONE WITH LONG COVID:

1. **Start a conversation.** Ask open questions, like, "Tell me more about that," or "What else are you feeling?" or "How did things go for you yesterday?"
2. **Listen with compassion.** Say things that let them know you have heard them and that you care, like "I'm so sorry you're going through this," or "It must be really frustrating for you."
3. **Believe them.** Even if they look fine to you, believe them when they tell you they don't feel well or can't do something they normally could do. Remember, this is an "invisible" disability. You can't always see from the outside what they are experiencing.
4. **Find out how you can help them.** Instead of saying, "Let me know if there is anything I can do for you," just offer to do things like mowing their lawn, doing shopping or errands, cooking a meal, or taking them out for lunch or dinner. Be sure to follow through with the help that you offer.
5. **Locate resources.** Help them find community services, resources, or activities.
6. **Advocate.** Join an advocacy group for people living with Long COVID. Push for research, for treatments and services for this growing population.

**For more information:** [What Do I Need to Know About Long-Covid-related Fatigue, Brain Fog, and Mental Health Changes? - PMC \(nih.gov\)](#).

### LONG COVID CAREGIVER-SPECIFIC RESOURCES:

- **Centre for Disease Control:** [Caring for People with Post-COVID Conditions | CDC](#)
- **University Health Network (Ontario):** [Long COVID - COVID-19 Resources for Patients and Families - LibGuides at Health Science Information Consortium of Toronto \(utoronto.ca\)](#)

### LONG COVID IN THE MEDIA:

- [Long COVID diagnosis puts extra strain on family caregivers : Shots - Health News : NPR](#)
- [A Year with Long COVID, for Patients and Families | Time](#)
- [Caring for a loved one with long COVID | Fortune Well](#)
- [Long COVID care with 'The Long COVID Survival Guide' : It's Been a Minute : NPR](#)
- [What's it like to live with, or treat, long COVID? The Big Story Podcast](#)

### LONG COVID CAREGIVER PEER SUPPORT:

- **COVID Long Haulers Canada:** [Covid Long-Haulers Canada – COVID Long-Haulers Canada \(covidlonghaulcanada.com\)](#)
- **Survivor Corps:** [Post COVID Care Centers - Canada — Survivor Corps](#)

## **GENERAL CAREGIVER INFORMATION/RESOURCES:**

- **Government of Canada, Caregiving Benefits:** [Caregiving benefits and leave - Canada.ca](#)
- **The Ontario Caregiver Organization (Ontario):** [Peer Support For Caregivers - Ontario Caregiver Organization](#)
- **Canadian Centre for Caregiving Excellence:** [Caregiver Resources – Canadian Centre for Caregiving Excellence \(canadiancaregiving.org\)](#)
- **The Vanier Institute of the Family:** [In Focus 2020: Caregiver Support in Canada - The Vanier Institute of the Family / L'Institut Vanier de la famille](#)
- **Centers for Disease Control and Prevention (CDC):** <https://www.cdc.gov/aging/publications/features/supporting-caregivers.htm>
- **Young Caregivers Association:** [Young Caregivers Association - Empowering Young Caregivers](#)
- **VON Canada:** [VON Resources to support caregivers | VON Canada](#)
- **Care Makers Foundation:** [Petro-Canada CareMakers Foundation](#)