3 Good Things to Plan for Your COVID-19 Care

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COVID-19 Webinar Series

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Additional Information:
- Ten Minute Take Action
- COVID Planning Tip Sheet
- PAF COVID Care Recovery Fund
- PAF COVID Care
- Coronavirus 101 Webinar
- PAF COVID Care Resource Center
- Today's Slides
- CDC: CDC information about COVID-19
Webinar Overview

1) COVID care landscape today
2) What communication can do
3) Make a care plan
4) Resources to help
5) Your Questions
Experiencing Ambient Anxiety

- Unprecedented stress on systems
- Cruel realities of this pandemic
- Quiet heroism
The Power of Communication

TALK ABOUT THE CARE THAT MATTERS TO YOU

TELL THE PEOPLE THAT MATTER TO YOU
COVID Communication Tools

COVID Ready Communication Playbook

https://www.vitaltalk.org/guides/covid-19-communication-skills/
Proactive planning steps help you prepare

Start with these 3 good things...

1) Pick a backup person.

2) Tell your backup person about the care you want.

3) Do something today that helps you feel safer and stronger.
Resources to get you started

Videos available at:
https://www.npaf.org/patients-and-caregivers/care-planning/

Planning steps for patients and families tip sheet available at:

PREPARE for your care health care directive help available at:
https://prepareforyourcare.org/welcome
Be a Hero, Make a Plan

Watch videos on how to make a care plan at www.NPAF.org in "Care Planning"
Upcoming Presentations

- Thursday 4/23 @ 2: At a Loss? Your PAF Toolkit for Dealing with Work Disruption, Decreased Income and Paying for Living Expenses During the COVID-19 Pandemic

- Thursday 4/30 @ 2: PAF Can Help: Overview of COVID-19 Support Programs

- Thursday 5/7 @ 2: Health Inequity During COVID-19
Please submit your questions using the Q&A Widget in your audience console.