

COVID Long Hauler Resources for the Western Slope of Colorado

Long Haulers face many challenges on a daily basis. The following financial, medical, and mental wellness resources are unique opportunities for Long Haulers to start getting back to a healthy and manageable life.

CENTER FOR INDEPENDENCE (CFI): DISABILITY

- Some COVID Long Haulers may be eligible for disability income from SSI and SSDI. CFI has offices in Grand Junction, Glenwood Springs, Salida and Montrose and covers 12 counties in Western Colorado. “Services include benefits counseling, information and referral, support groups, transitional support, vocational support, independent living skills classes, and education. All individuals with disabilities are eligible for services free of charge.” Visit cfgj.org or call (970)241-0315 for more information.

COVID-19 RECOVERY TEAM AT PRIMARY CARE PARTNERS

- Located in Grand Junction, PCP can help with a wide variety of lingering symptoms through physical therapy, occupational therapy, speech therapy, nutrition, and mental health and wellness all through patient-centered care. Please call your doctor’s office for a referral. Visit <https://www.pcpgj.com/covid-19-recovery-team-at-primary-care-partners/> for more information.

POST-COVID RECOVERY TEAM AT FAMILY HEALTH WEST

- FHW located in Fruita assesses both cognitive and physical changes due to COVID-19 in order to customize the path to recovery. While you do not need a doctor referral, you must have a Primary Care Provider. If you don’t have a PCP, Western Valley Family Practice is welcoming new patients. For more information visit <https://www.fhw.org/services/physician-services/covid-recovery-team>

SURVIVOR CORPS

- **Survivor Corps** is one of the largest and fastest growing grassroots movements to connect, support, educate, motivate and mobilize COVID-19 Survivors. They support all medical, scientific and academic research into COVID-19 in order to help stem the tide of the pandemic and assist in national recovery. For more information visit <https://www.survivorcorps.com/>
- **Link to the Survivor Corps Facebook support group:**
<https://www.facebook.com/groups/COVID19survivorcorps/>

3 P’S

- **Pace** yourself by breaking large tasks into smaller, more manageable ones. Build in rests during and between activities. Spread household chores out across the day. Sit down while showering, brushing teeth, or doing the dishes. Read or work at the computer for short bursts, and take plenty of rest in between.
- **Plan** ways to space out tasks or schedule them for the times of day when you feel the best. Go to the grocery store when it’s less crowded. Cook enough food to freeze leftovers for times when you don’t feel up to making a meal.
- **Prioritize** the tasks and activities that are really necessary and look for energy saving alternatives. Online shop to avoid going to the store, arrange for a friend to help with any heavy lifting or other challenging tasks, or put off yardwork until you’re feeling stronger.

MindSpringsHealth.org/Colorado-Spirit-Initiative



Common COVID Long Haul Symptom: Memory Loss & Brain Fatigue

Tips for how to combat cognitive decline and brain fog from an Occupational Therapist

If you are....

Losing train of thought in a conversation:

- Take notes with keywords to jog memory during a conversation or write down a question that someone asks to refer back to.
- Repeat what someone has said back to them to check for understanding.
- Communicate via email instead of in person or by phone/zoom.

Experiencing frustration or anxiety over memory loss and brain fog:

- Build in brain breaks for your brain to recover.
- Reduce stress and anxiety which exacerbates symptoms of brain fog.
- Schedule daily tasks around times when brain fog symptoms are worse.
- Handwritten notes and post-its might be more effective than electronic reminders since they involve the sensory-motor system.
- Minimize distraction and avoid multi-tasking.
- Saying the steps of a task out loud draws on your auditory system and can improve memory retention.
- Use technology to reduce brain strain ie. speech-to-text, text-to-speech, appointment alerts.
- Ask for help for the harder tasks that you don't have the energy to handle or delegate out the smaller tasks so that you can preserve your brain energy for more important things.
- Get plenty of rest. The brain heals itself when we sleep.
- Continue to exercise your brain muscle by doing crosswords, Sudoku, etc.
- Socializing with people is a challenging brain activity so keep doing it even if it's hard.

MindSpringsHealth.org/Colorado-Spirit-Initiative

