

COVID-19 Resources for Family Caregivers



TELEPHONE HOTLINES

AARP Fraud Prevention Helpline

During these difficult times, fraudulent calls are more common. If you suspect you are being targeted by a fraud or scam, call AARP's toll-free helpline: 877-908-3360

SAGE National LGBT Elder Hotline

Talk and be heard at the SAGE LGBT Elder Hotline. We connect LGBT older people who want to talk with friendly responders who are ready to listen. Responders are crisis certified. The line is open 24 hours, 7 days a week.

National Asian Pacific Center on Aging Automated In-Language Helpline

Older adults who face barriers due to language or access to technology are able to receive assistance in through NAPCA's Helpline and website. Monday-Friday between 8:30am-1pm PT, callers are able to reach live-operators in English, Cantonese, Mandarin, Korean and Vietnamese for residents of Los Angeles and Seattle. The Helpline also offers recorded in-language guided meditations to support callers with exercises in grounding, relaxation, breathing, and

gratitude. Recorded information on COVID-19 prevention, symptoms,

and planning in eight different languages is also available. The languages are listed below.

- English: 1-800-336-2722
- 廣東話 / Cantonese: 1-800-582-4218
- 普通话 / Mandarin: 1-800-683-7427
- 한국어 / Korean: 1-800-582-4259
- 日本語 / Japanese: 1-800-398-1117
- Tagalog / Filipino: 1-800-593-8087
- Tiếng Việt / Vietnamese: 1-800-582-4336
- Español / Spanish: 1-800-948-3844

Alzheimer's Association 24/7 Helpline

24/7 Helpline (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public during the COVID-19 crisis.



ADVOCATING FOR YOURSELF AND OTHERS DURING THE PANDEMIC

Advocating for Yourself and Others: Health and Aging Services

Advocating for Yourself and Others:

Health and Aging Services (Spanish)

Created by SAGE and the National Resource Center on LGBT Aging, This article provides useful information you can use to advocate for yourself and others in health and aging services by implementing four key actions: preparation, communication, cultivation, and documentation. This document is also available in Spanish.

Know Your Rights Based on the Title VI of the Civil Rights Act of 1964

Title VI of the Civil Rights Act of 1964 ensures nondiscrimination in Federally Assisted Programs and States that "No person the United States shall, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal finance assistance.



DAILY LIVING: GROCERIES, IN-HOME SERVICES, SOCIAL CONNECTION

Community Resource Finder

This website was created in partnership with the Alzheimer's Association, AARP, and Carelike to provide community-based services focused on care at home services, housing options, medical services, and program and events from both AARP and the Alzheimer's Association. Community services also include skilled nursing and home care aids to provide services.

ACL Eldercare Locator

Enter your zip code to find your local Area Agencies on Aging (AAA). Local AAAs can provide information regarding meal delivery and other services including case management, in-home services, insurance counseling, legal assistance, medical transportation, information and assistance. Along with AAAs, American Indian and Alaska Natives can also find Title VI programs through the Eldercare Locator.

SAGEConnect

SAGEConnect links LGBT elders with their broader community, reducing isolation and promoting well-being. If you know someone who would benefit from SAGEConnect, but doesn't have internet, call the registration line at 929-484-4160.

Where to Get Food Help Now—National Council on Aging

Affording healthy food is a challenge for many older Americans, but the spread of COVID-19 has made matters worse. Whether you're facing difficult financial times or are unable to leave your home, there are resources that may be able to help.



INFORMATIONAL PRINT MATERIALS AND FACT SHEETS

SEARAC COVID-19 Rapid Response Guide

This guide has information and in-language fact sheets focused on Southeast Asian American languages such as Cambodian/Khmer, Hmong, Laotian, and Vietnamese.

Fact Sheets for Tribes and Urban Indian Communities

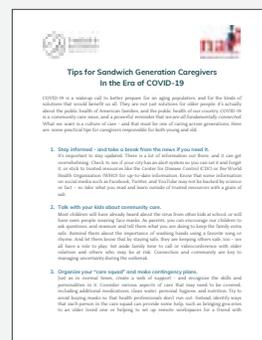
These resources focus on the impact COVID-19 has across Indian Country including tribes, Urban Indian Health Programs, and urban Indian communities.

Caregiver Tip Sheets from Alzheimer's LA

Printable tip sheets for family caregivers, available in English, Spanish, Japanese, and Chinese, on topics such as Anxiety, Medications, Sleeping and more.

Tips for Sandwich Generation Caregivers in the Era of COVID-19

COVID-19 is a wakeup call to better prepare for an aging population, and for the kinds of solutions that would benefit us all. They are not just solutions for older people; it's actually about the public health of American families, and the public health of our country. COVID-19 is a community care issue, and a powerful reminder that we are all fundamentally connected. What we want is a culture of care—and that must be one of caring across generations. Here are some practical tips for caregivers responsible for both young and old.





RESOURCES FOR FAMILY CAREGIVERS

Caregiver Action Network— Caregiver Help Desk

Contact our Care Support Team, staffed by caregiving experts, to help you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET by phone, email, and online chat.

Apart, Not Alone—A Guide for Remote Caregiving During COVID-19

APART NOT ALONE goes in-depth into the necessities of remotely providing care during COVID-19. The first section, Health & Safety, covers Preparation, Health and Safety Best Practices, and guidance for securing Medical Care. The second section, The Essentials, spans Shopping and Meals; Social Connections via Technology; and vitality, Cognitive Stimulation, Exercise, and Emotional Support.

COVID-19 Respite and Caregiving Resources

The National Respite Locator Service helps parents, family caregivers, and professionals find respite services in their state and local area to match their specific needs, including support programs, adult day services, and informal connections.

Video Series from UnidosUS: Explaining COVID-19 Relief for Latino Families

The CARES Act, the Coronavirus Aid, Relief and Economic Security Act, is a relief package passed by Congress in March. In the video series “UnidosUS CARES: Explaining COVID-19 Relief for Latino Families” we talk about what this package includes and what it means for the Latino community from the health, education, jobs and housing, and immigration perspectives. We also cover what is missing and what needs to be done.



TRANSLATED INFORMATIONAL FACT SHEETS

Elder Mental Health in the time of COVID-19 (Spanish)

Elder Mental Health in Time of COVID-19 (English)

This informational article produced by NHCOA is available in both English and Spanish. The article provides more information on COVID-19 and the importance of mental health for older adults during these difficult times.

Myths and Rumors about COVID-19 (Spanish)

Myths and Rumors about COVID-19 (Portuguese)

Myths and Rumors about COVID-19 (English)

Produced by NHCOA this informational article does a great job in debunking myths and rumors about COVID-19 such as the use of garlic and how temperature affects the virus among many other myths and rumors. Check it out!

COVID-19, CDC Recommends Use of Masks in Public Settings (Spanish)

COVID-19, CDC Recommends Use of Masks in Public Settings (English)

Written by NHCOA, this article elaborates on the importance of face mask wearing amid the COVID-19 pandemic. The article also elaborates on the research behind face mask wearing, other things to consider while wearing face masks and other useful strategies for COVID-19 prevention.

