



Caring for Older Adults During the COVID-19 Pandemic

We do not know very much about the virus, but research has shown that older adults and those with chronic conditions are most at risk. For many of us, that includes someone that we love and may even provide care for. This can cause a large amount of concern and stress as we are unsure of how we can continue to provide care to our older loved ones, do our best to keep them protected from the virus, and prevent them from becoming isolated or lonely.

In ordinary times, there is an entire network of agencies that you would work with to provide all of the essentials to your loved ones. And, you can rest assured, that the same agencies are still here for you, to help you care for your older loved ones. These agencies have adjusted their services so that they can still effectively, but safely, provide care and resources. Many of the agencies have locations all over the country, so, you can still make sure your loved ones are being looked after, even from a distance.

Meals/Social Connection/Hotlines/Additional Resources

Orange County Office on Aging (OC Community Resources) -

<http://www.officeonaging.ocgov.com/> or call 1-800-510-2020. You can contact the County's Office on Aging for information for additional resources that may be available in the community.

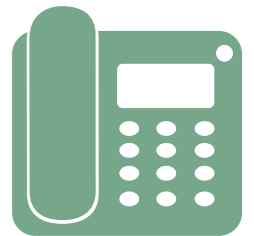
Alzheimer's Orange County - currently maintaining information on senior grocery shopping hours and community food resources. Go to

<https://www.alzoc.org/coronavirus-covid-19-updates/> and scroll down to *additional information and resources*.

Caregiver Resources - <https://www.caregiver.org/californias-caregiver-resource-centers> or 1-800-445-8106. Serves families and caregivers of adults affected by chronic and debilitating health conditions including dementia, Alzheimer's disease, cerebrovascular diseases (such as stroke or aneurysms), degenerative diseases such as Parkinson's, Huntington's and multiple sclerosis, or traumatic brain injury (TBI), among many others.

Eldercare Locator - <https://eldercare.acl.gov/Public/Index.aspx> or 1-800-677-1116. Nationwide directory for elders or caregivers to find services in your community, for questions they will answer live or will call back within 24 hours.

Disaster Distress Helpline - 1-800-985-5990 or text TalkWithUs to 66746.
(TTY | 1-800-846-8517)



Friendship Line - 1-800-971-0016 - The Institute on Aging's Friendship 24-hour toll-free line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls for people age 60 and over, and adults living with disabilities.

Healthy Meals Delivered - Visit www.mealsonwheelsamerica.org/findmeals

Senior Center Lunch Program - www.myagewell.org or call 949-855-8033 or (949) 855-9766. Age Well's Senior Services Grab and Go lunch program for South Orange County.

National Hunger Hotline - 1-866-348-6479 - National Hunger Hotline staff connects callers with emergency food providers in their community, government assistance programs, and various social services.

211 Orange County - runs a comprehensive information and referral system for Orange County, CA. 211 OC provides a resource database of health and human services and support, accessible 24 hours a day, 7 days a week online and through our multi-lingual hotline, connecting people quickly and effectively to existing programs and disaster response information. Just dial 2-1-1 from within Orange County or 1-888-600-4357 (toll-free) 24 hours-a-day or go to www.211oc.org.

Access COVID-19 information in other languages - If you are looking for information on COVID-19 to share with an older adult that is their preferred language, you can find flyers in seven different languages at <https://www.napca.org/>

Tips to Help Stay Connected

Finding ways to stay connected with others during the COVID-19 can be more challenging as an older adult who may be staying at home to reduce risk. Try using these strategies to feel less isolated and to stay connected with loved ones and others around the world during this time.

From free communication tools like Skype to smartphone apps like FaceTime, there are a lot of ways to see and catch up with family and friends without having to leave your home. Many online communication tools provide a video feature to help you feel more connected to loved ones.

Whether you prefer cards or board games, it's easy to now play your favorite games online. Websites like Arkadium.com offer a variety of card or board games that you can play with others or on your own. You can also download apps on your phone to play games with others, like Words with Friends.

Coordinate your phone calls with the loved ones in your life with a television show that is airing. This way, you can both be watching the show and share laughs and thoughts on the show with each other.

Caregiver Tip

You cannot pour from an empty cup. Self-care is one of the most essential things that you can do for yourself as a caregiver. Things like eating well, getting your rest, managing stress, and reaching out for help when you need it.