

## Caregiver Resources During COVID-19 Crisis

Finding ways to support caregivers during this pandemic requires creative thinking and unique ideas. Please share your ideas on the [WI Caregiver Support listserv](#) for others to replicate!

### Hotlines and other telephone support numbers

- [Alzheimer's Association](#) - 24/7 Helpline: **800-272-3900** or [live chat](#).
- [Caregiver Action Network Caregiver Help Desk](#) – toll free number: **855-227-3640** or [live chat](#)
- [Disaster Distress Helpline](#) – 24/7 crisis counseling and support to people experiencing emotional distress related natural or human-caused disasters (options for deaf/hard of hearing and Spanish speakers) **1-800-985-5990** or Text TalkWithUs to 66746
- [Institute on Aging Friendship Line](#) - crisis intervention hotline and a warmline for non-emergency emotional support calls: **800-971-0016**
- [WellMed Charitable Foundation](#) – talk to a caregiver specialist by phone: **1-866-390-6491**

\*\* These numbers may be secondary to your own agency number. Be sure to let them know the hours that they can call your local number as opposed to a hotline.

### Mental health information and training resources

- Family Caregiver Alliance – [Relaxation for Caregivers series](#)
- Mental Health First Aid – [coronavirus help materials](#)
- mindful.org - [Meditative deep breathing](#)
- National Alliance on Mental Illness (NAMI) – [COVID-19 Resource and Information Guide](#) and, [Coronavirus: Mental Health Coping Strategies](#)

\*\* Provide basic mental health information to any volunteers who work with isolated seniors and caregivers as they may encounter people experiencing mental health issues. Include crisis hotlines with the materials.

### Support groups

- [Alzheimer's Association](#) - online and virtual support groups
- [Alzheimer's Association, Wisconsin chapter](#) - telephone support groups - 2x/week: Tuesdays 5:30-7:00 pm and Thursdays 1-2:30 pm. Register by calling 800-272-3900 and ask for Wisconsin Support Group information
- [Family Caregiver Alliance](#) – online caregiver support groups

### Online and virtual education and training for caregivers

- [AARP Home Alone Alliance](#) – “How-To” videos on specific medical/nursing tasks
- [ALZConnected](#) - free, online community for anyone affected by Alzheimer’s or other dementia via message boards and a Caregivers Forum
- [Alzheimer’s Association Training and Education Center](#) – free online training
- [Caregiver Action Network](#) - Caregiver video resource center
- [mmLearn.org](#) – Free caregiver training videos
- [Positive Approach to Care](#) – Online videos for purchase about dementia care; created by Teepa Snow. DVDs and books are also available for sale.
- [UCLA Alzheimer’s and Dementia Care Program](#) – Training videos for caregivers to better understand and care for persons with dementia
- [Video Caregiving](#) – Caregiver education through short, simple and direct teaching videos
- [WellMed Charitable Foundation](#) – Caregiver teleconnection offers live conference calls about topics related to caregiving. The calls are also archived.

### Technology for staying connected virtually

- Conference call and video conference apps:
  - [Conference Now](#)
  - [FreeConferenceCall.com](#) – also has video conference option
  - [Skype](#) – video conference
  - [Zoom](#) – video conference
  - [GoToMeeting](#)
- [Generations on Line](#) has an app, “[Easy Tablet Help for Seniors](#)” that can be used to teach seniors how to use tablets - for Android, Apple and Amazon Kindle.
- [Stuck at Home Guide](#) – guide for seniors to access the internet
- Tablets to use for video chatting and other communication. [Suggestions for which tablet to purchase](#)

\*\* Older people *can* learn how to set up and use tablets. They likely have family or friends who can walk them through things on the phone or enlist volunteers to call and help them. Easy Tablet Help for Seniors is an excellent learning tool.

### Activities and resources to engage caregivers and the people they are caring for

- [Alzheimer’s Store](#)
- [Nasco Senior Activities Catalog](#)
- [ElderSong](#) – variety of books, cds and activities:

- [Quarantine Activity Guide](#)
- [Mind Joggers](#)

### **Grandparent and multigeneration family resources**

- [Talking with Children about Coronavirus Disease](#)
- [Frequently Asked Questions – Coronavirus and Children](#)
- [Tips for Families - Coronavirus](#)
- [Generations United](#) – COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families
- If your child receives free or reduced school meals, contact the school to find out how these meals can be accessed during school closures.

### **Other good websites:**

- Alzheimer’s Association – [Coronavirus: Tips for Dementia Caregivers](#)
- ARCH National Respite Network – [Respite and Caregiving Resources in the Time of COVID-19](#)
- Caregiver Action Network – [Tips for Family Caregivers and COVID-19](#)
- Family Caregiver Alliance - [Coronavirus Resources and Articles for Family Caregivers](#)
- Generations United - [COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families](#)
- National Institute on Aging – [Free Publications on various topics](#)
- Parkinson Foundation - [Top Questions and Answers on COVID-19 and Parkinson’s Disease](#)
- Respite Care Association of WI -[Finding Your New Normal During COVID-19](#)