



## COVID-19 ELDER CARE RESOURCES

Follow these links for the Centers for Disease Control's recommendations regarding guidance for Older Adults and individuals who are high risk.

Guidance for Older Adults

<https://www.cdc.gov/aging/covid19-guidance.html>

Guidance for Higher Risk Individuals

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Below are web resources for locating the local Area Agency on Aging and meal delivery resources.

Area Agency on Aging

<https://eldercare.acl.gov/Public/Index.aspx>

Meals on Wheels America

<https://www.mealsonwheelsamerica.org>

Below are nationwide home care agencies.

Caregivers with these agencies may be able to assist with personal care, meals, errands, companionship, and mobility and transfer assistance.

Synergy HomeCare

<https://www.synergyhomecare.com>

Visiting Angels

<https://www.visitingangels.com>

Home Instead Senior Care

<https://www.homeinstead.com>

Comfort Keepers

<https://www.comfortkeepers.com>

Right at Home

<https://www.rightathome.net>

BrightStar Care

<https://www.brightstarcare.com>

The websites listed below are online posting boards that help families find a caregiver independent of a placement agency. These sites allow families to place an advertisement for a caregiver or browse the resumes of caregivers who are looking for an elder care position. *Please note that there are fees associated with these services and that families are responsible for checking references. Some sites partner with background check agencies, and services are available for an additional fee.*

Click on the following links for additional information:

<https://www.carelinx.com>

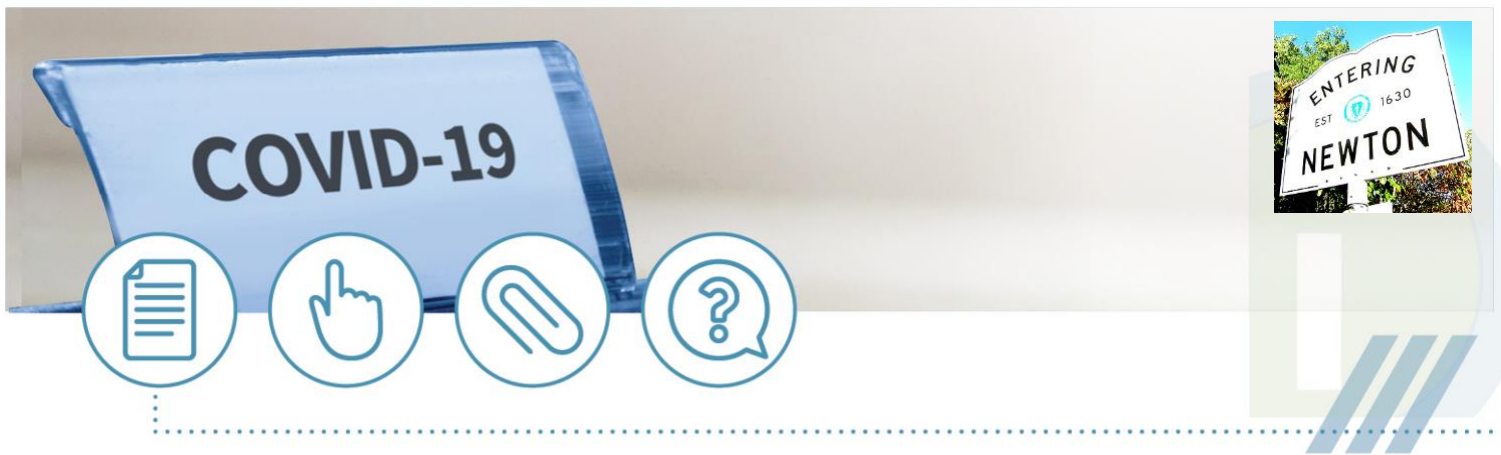
<https://www.carefamily.com>

<https://www.tandemcareplanning.com>

<https://www.indeed.com>

<https://eldercare.com>

For many seniors, those who are higher risk, and their families, this is a scary time. With the help of



technology, volunteers, and local community resources, social distancing may be less frightening. Below are some tips to help keep seniors safe and practice proper social distancing.

- Several grocery stores have implemented set senior shopper hours. During these times seniors and those who are higher risk are able to shop either prior to the store opening or within the first few hours of the store opening.
- Check with the pharmacy to see if prescriptions can be mailed. Many pharmacies are waiving delivery fees.
- Combat social isolation with frequent phone calls, texts, emails, and video calls. A video call with grandchildren is a great way to occupy children and boost the morale of seniors.
- Send a care package with puzzles, games, books, and a few of their favorite snacks.
- Local charities such as Catholic Charities and Jewish Family Services may offer volunteer errand services that can grocery shop for seniors in need.
- Have groceries delivered to an elderly loved one through services like:
  - Amazon <https://www.amazon.com>
  - Instacart <https://www.instacart.com>
  - Shipt <https://www.shipt.com>
- If you decide to visit the senior or higher risk individual in your life, please be sure to wash your hands thoroughly prior to interacting with them.