

Resources and Activities for Older Adults and Caregivers During COVID-19 Isolation

Resources to Stay Connected

- Connect2Affect – <https://connect2affect.org/>
 - Connect2Affect is an online resource with that offers a network of resources to meet the needs of anyone who is isolated or lonely and helps build the social connections older adults need to thrive.
- AARP Community Connections - <https://aarpcommunityconnections.org/>
 - Online mutual aid groups (informal groups of volunteers) that stay connected, share ideas, and help those most affected by the Coronavirus. Whether you want to start a group, find a group, or get assistance yourself, the directory can help you connect with people in your community.
- OMH Emotional Support Line - 1-844-863-9314
The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.
- Institute on Aging Friendship Line – <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>
 - 24-hour toll-free Friendship Line for people ages 60 and older, and adults living with disabilities. Toll-free 1-800-971-0016
- Alzheimer’s Association ALZConnected - <https://www.alzconnected.org/default.aspx>
 - A free online community where people living with Alzheimer’s, caregivers, family and friends can ask questions, get advice and find support.
- Alzheimer’s Association Virtual Programs - listings can be found at <https://www.alz.org/events>
 - Free virtual programs with information and resources from the Alzheimer’s Association. Registration is required, and you can RSVP at alz.org/CRF, via their 24/7 Helpline at 800.272.3900, or by contacting Jon Weaver at 518.675.7216.
- Free Internet services a for limited time. Eligibility restrictions may apply.
 - Low-income older adults that have internet-enabled devices but lack WiFi in their homes, may be eligible for two months of free internet service through Comcast - www.internetessentials.com/covid19 or 855-846-8376.
 - If older adults are caring for children in grades K-12 or in college that are living or staying with them, free 60-day subscriptions for internet service may be available at Spectrum/Charter at 844-488-8395 and Optimum/Altice at 866-200-9522.

- [Well Connected](#) by Covia – Connects individuals to virtual classes, conversations, and activities by phone. Programs available in English and Spanish:
 - (877) 797-7299 (English)
 - (877) 400-5867 (Spanish)
- [Lifetime Connections Without Walls by Family Eldercare](#) - Telephone activities program providing opportunities for older adults to connect with others in their community and across the country using a telephone conference call system:
 - (888) 500-6472 or lcww@familyeldercare.org
- List of technology-based and technology-free activities at the [Texas Aging and Longevity Center](#). Examples include recording family histories, making gratitude journals, and virtual happy hours.
- [Memory Well](#) – Offering free interactive digital timelines to help promote connection between family members through videos, pictures, audio, letters, and notes.
- [SAGEConnect](#) - SAGEConnect links LGBT elders with their broader community, reducing isolation and promoting well-being. Interested individuals can register at the link provided or call the registration line at 929-484-4160.
- This tip sheet from NCOA describes different [Tools for Reaching a Remote Audience](#). Many different tools are included, including Facebook Live, GoToMeeting, Google Hangouts, Microsoft Teams, etc.
- [Volunteer to sew masks for nurses and front-line medical staff.](#)
- [Find or start a mutual aid group through AARP](#)
- Additional activities and resources to support socialization:
 - Writing letters or sending children’s art to nursing facility residents
 - Assigning a nursing facility staff member as a primary contact for families to facilitate inbound communications as well as outbound
 - Fostering partnerships with new entities, such as local police, mail carriers, high school students and school bus drivers to pick up and deliver prescriptions, groceries, and home delivered meals for older adults
 - Facility staff: Contact another facility and start a pen pal program between residents

Caregiver Resources

- [New York State Caregiving and Respite Coalition \(NYSCRC\) – www.nyscrc.org](#)
 - [Resources for caregivers during COVID-19](#)
- [National Alliance for Caregiving – www.caregiving.org](#)
 - [Tips and resources for caregivers to help manage during COVID-19](#)
- [Rosalynn Carter Institute for Caregiving – www.rosalynncarter.org/programs/covid-caregiving/](#)
 - [Resources to help caregivers prepare during COVID-19](#)

- ARCH National Respite Network – www.archrespite.org
 - Respite and caregiving resources during COVID-19
- New York Connects – www.nyconnects.ny.gov 1-800-342-9871
- Area Agencies on Aging (Local offices) - <https://aging.ny.gov/local-offices>
- Family Caregiver Alliance – www.caregiver.org
 - COVID-19 Resources and articles for family caregivers
- New York State Kinship Navigator - http://www.nysnavigator.org/?page_id=5083
 - Resources for kinship caregivers in New York State
- Northeast Business Group on Health - <https://nebgh.org/initiative/news-you-can-use-covid-19/>
 - Resources for employees, with specific information for working caregivers
- Caregiver Action Network: Caregiver Resources, Tips and Help Desk - <https://caregiveraction.org/covid-19>
 - Caregiving tips and resources for caregivers during COVID-19.
- Alzheimer’s Association: Tips for Dementia Caregivers: [https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)
 - Tips for caregivers of those with dementia living at home or in assisted living facilities, and tips for staying healthy.
- Centers for Disease Control and Prevention (CDC) - www.cdc.gov
 - Up-to-date information on COVID-19
- Care Plan Templates – <https://www.aarp.org/caregiving/prepare-to-care-planning-guide/>
 - Templates on creating care plan for a loved one
- The Elder Care Locator - 800-677-1116
 - National number for information on local aging services.
- Umbrella – www.askumbrella.com or 844-402-2480
 - A community volunteer-driven platform helping to arrange grocery delivery and medication pick-up for people age 60+.
- ▪ Grief groups: Grief.com

Cultural & Educational Activities

- Google Arts & Culture – <https://artsandculture.google.com/?hl=en>
 - Features content from over 1,200 leading museums and archives. Available online or as a downloadable app.
- American Museum of Natural History - <https://www.amnh.org/explore>
 - Find the latest from the Museum including blog posts and videos online.
- Smithsonian National Museum of Natural History Self-Guided Tour - <http://www.mnh.si.edu/panoramas/#>

- Virtual tours allow visitors to take self-guided, room-by-room tours of select exhibits and areas within the museum from their desktop or mobile device.
- Metropolitan Opera – <https://www.metopera.org/>
 - “Nightly Met Opera Streams,” a free series of encore *Live in HD* presentations streamed on the company website or available on all Met Opera on Demand apps.
- Smithsonian’s National Zoo Animal Webcams - <https://nationalzoo.si.edu/webcams>
 - Watch live video streams of elephants, lions, giant pandas, and naked mole rats at the National Zoo.
- National Aquarium Live Broadcasting - <https://www.aqua.org/Experience/live#btr>
 - Tune into the Blacktip Reef, Jellies Invasion and Pacific Coral Reef livestreams and enjoy a piece of the Aquarium from home.
- NASA
 - Image of the Day - <https://www.nasa.gov/multimedia/imagegallery/iotd.html>
 - NASA videos - <https://www.nasa.gov/multimedia/videogallery/index.html>
- Massive Open Online Courses (MOOCs) - <https://www.mooc.org/>
 - MOOCs are free online courses available for anyone to enroll.
- DOROT University Without Walls - <https://www.dorotusa.org/our-programs/at-home/university-without-walls>
 - Offers hundreds of classes available over the telephone. DOROT’s requirement for an in-home visit by a social worker is waived for this program, but advance registration is necessary. Register by calling (877) 819-9147 or sending an e-mail to: uww@dorotusa.org.
- [Google Earth National Park Tours](#) – “Visit” national parks across the country and talk about which ones older adults have been to. What did they see? Who were they with?
- Listen to free audio books on [Audible](#).
- [Translators Without Borders](#) – For those who are fluent in more than one language. Volunteer to translate information
- [LibriVox](#) – Read and record chapters of books in the public domain and make them available for free on the internet.
- [United Nations Volunteers](#) – Online volunteering with the United Nations allows organizations and volunteers to connect from anywhere in the world on any device.

Wellness Activities

- Headspace – www.headspace.com/NY
 - Free guided meditation for New Yorkers

- Wheelchair accessible trails in New York - <https://www.traillink.com/stateactivity/ny-wheelchair-accessible-trails/>
- YMCA 360 - <https://ymca360.org/>
 - Free, online workout videos including yoga, tai-chai, and active older adults
- Go4Life from the National Institutes of Health - <https://go4life.nia.nih.gov/workout-videos/>
 - Free online sample workouts for older adults.
- [Happy](#) – A free app that provides emotional support 24/7. Recommended by the American Heart Association, Mental Health America, and others.
- [Journey Meditation](#) – A meditation app; offering free services for the rest of the year

Religious Activities

- Check with local religious organizations. Many are providing live or recorded remote viewing worship services.

Information for Potential Elder Abuse and Adult Abuse Situations

For Older Victims and Family, Friends and Neighbors of Older Victims

Statewide:

*To report abuse, call your local county Department of Social Services Adult Protective Services. Referrals are accepted Monday-Friday, during normal business hours. **If you feel it is an emergency or are in imminent danger call 911.***

Adult Protective Services (APS):

To report adult abuse, call (within New York State only): 1-844-697-3505 between 8:30 a.m. and 8 p.m. or contact the

local, county social services department's Adult Protective Service bureau.

NYC APS Central Intake Unit: 212-630-1853.

NYS Domestic Violence Hotline:

1-800-942-6906 or 711 for Deaf or Hard of Hearing. They will direct you to a local resource.

The resource list, county by county, can be accessed at:

<https://www.nyscadv.org/find-help/program-directory.html>

for those who can safely peruse resources on line.