

Older Adults, People with Disabilities, and Families: Guide to Information & Resources

May 1, 2020

California Department of Aging | www.aging.ca.gov

COVID-19 & Older Adult Resources



COVID-19 Public Health Guidance, Resources, Updates

Resources for Older Adults and People with Disabilities, and Families











www.covid19.ca.gov (833) 4CA-4ALL 8 a.m. – 5 p.m., 7 days a week

www.aging.ca.gov CA Aging & Adult Info Line 1-800-510-2020

Stay Home. Save Lives. Check In Campaign: Visit EngageCA.org for the Check-In Checklist



居家隔離, 保護生命 簽名登記!

欲知冠状病毒更多信息 请致申1-833-544-2374 或访问政府网站 www.EngageCA.org

欲知"成人和老龄化服务"更 多信息. 请致申1-800-510-2020 或访问政府网站 www.aging.ca.gov



您或您所認識的人是否需要:

副食雜 211連接

藥品. 請打電

社區支

防止受電話**1**-6 0

QUÉDESE EN CASA. SALVE VIDAS. CONECTESE CON VECINOS

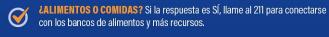
Use esta lista de verificación de conexión comunitaria y luego compárt<u>ala con al</u>

menos cinco personas que conozca.

Para mayor información sobre el COVID19. Ilame al 1-833-544-2374 o visite el sitio web www.EngageCA.org

Para mayor información sobre los servicios para adultos y personas mayores, llame a la Línea de Información sobre Adultos y Personas Mayores de California al 1-800-510-2020 o visite el sitio web www.aging.ca.gov

USTED O ALGUIEN QUE USTED CONOCE NECESITA:





¿APOYO COMUNITARIO? Si la respuesta es SÍ, comuníquese con cinco personas con las que pueda conectar de forma regular.

¿PROTECCIÓN CONTRA EL ABUSO Y LA NEGLIGENCIA? En caso afirmativo, llame a los Servicios de Protección para Adultos: 833-401-0832.

For More Resources, visit EngageCA.org

For more information on adults and aging services, call CA Aging & Adults Information Line at 1-800-510-2020 or go to www.aging.ca.gov

CALIFORNIA

IDO YOU OR SOMEONE YOU KNOW NEED:

GROCERIES OR MEALS? If YES, call 211 to connect to food banks and more.

MEDICINE OR MEDICAL ATTENTION? if YES, call your health plan or doctor's office for help. In an emergency call 911,

COMMUNITY CONNECTION? If YES, reach out to 5 people for regular check-in calls, or call Friendship Line CA at 1-888-670-1360 for someone to listen 24/7.

PROTECTION FROM ABUSE AND NEGLECT? If YES call Adult Protective Services at 1-833-401-0832





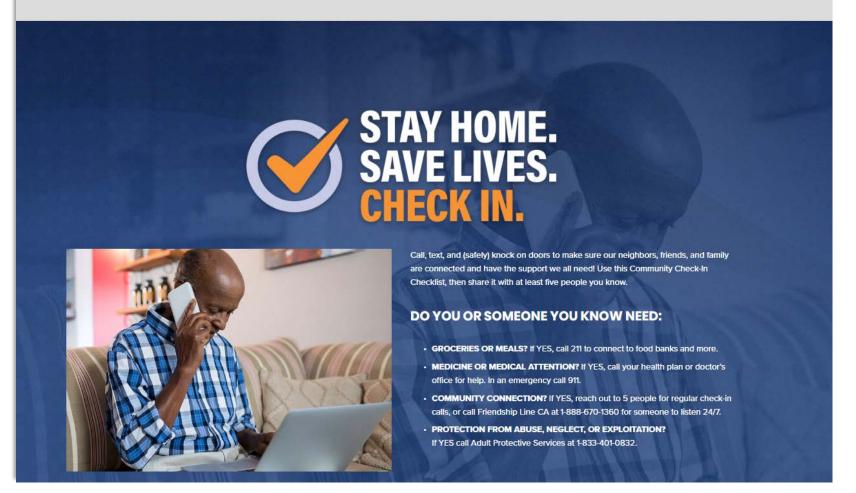
CALIFORNIA

Take the Pledge to Check In! Available in 5 Languages



TAKE THE PLEDGE IN YOUR LANGUAGE

Español (Spanish) 中文 (Chinese) Hmoob (Hmong) tiếng Đại Hàn (Vietnamese) 베트남어 (Korean)







Check In Calls to date





1.7 Million Check In Calls in First Month

Partners in this effort include:

- Listos California
- Alzheimer's Association
- American Heart Association
- American Cancer Network
- American Lung Association
- Village Movement California
- Congregations
- Health plans across the state
- More!

Find Info & Assistance Resources at EngageCA.org



Enter your location into <u>211.org</u> to find local services, such as nutrition, financial, health care, and housing assistance. Every community has an Aging and Adult Info Line to connect to aging and adult services: 1-800-510-2020

Visit the California Department of Aging's <u>COVID-19</u>
<u>page</u> for a list of resources for older and other at-risk adults.

Do you suspect someone is being neglected or abused?

Call Adult Protective Services at 833-401-0832

Suspect fraud? AARP has a Fraud Watch Network Helpline: 877-908-3360

Concerned about someone with dementia or Alzheimer's or their caregiver? Call the <u>Alzheimer's</u>

Association:

800-272-3900



Finding Info & Assistance



Find Staying Connected Resources at EngageCA.org





Staying Connected & Engaged



Feeling Good Activity Guide

How to Help & Volunteer

Ideas to Stay Connected with Those in Senior Living Facilities

Find companionship with other older adults by calling Friendship Line California: 1-888-670-1360

Connecting with Technology: Computers, Tablets, Smart Phones & Apps

- Aging in Place: Tech Basics
- Intro to Google Hangouts
- Intro to Skype

Suggest virtual entertainment, such as "visiting" parks and museums around the world:

- San Diego Zoo's Live-Cam
- Monterey Bay Aquarium Live-Cam
- · The Best of National Parks Virtually
- Google Arts & Culture

Find Friends & Family Caregiving Resources at EngageCA.org



Alzheimer's Association ALZConnect, a free online support platform

Caregiver Action Network

CA Coalition for Compassionate Care:

COVID Conversations Toolbox

UCSF Prepare For Your Care



Friends & Family Caring for Adults



National Caregiver Alliance of the National Center on Caregiving

National Caregiver Alliance- En Espanol Alzheimer's Association's

Alzheimer's Association's COVID-19 Tips for Dementia Care

AARP: Family Caregiving

AARP: Prepare to Care guide

- AARP Prepare to Care En Espanol, Un Guia de Planificacion
- AARP Prepare to Care guide Chinese
- AARP Prepare to Care guide LGBT community

Caring for Friends & Family Check In Calls

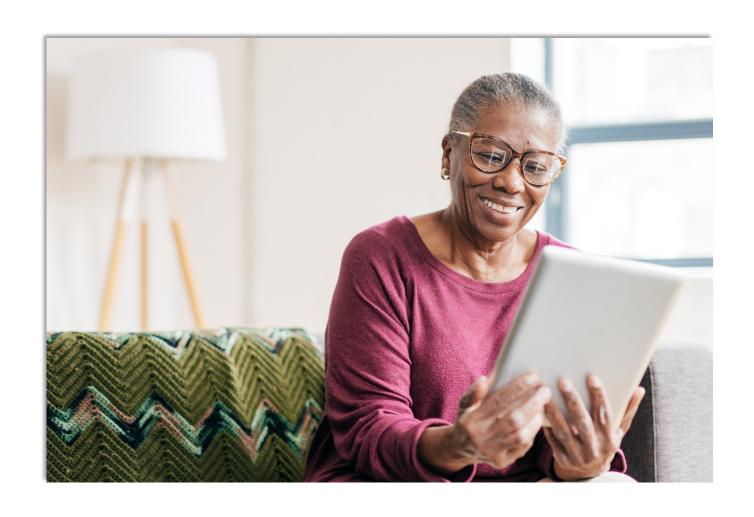
- Caring for an Older Adult in your Home
 - English 4/15/20
 - Spanish & Mandarin 5/20/20
- Caring from Afar: Caring for a Loved One Across Town, Across the Country, or in Senior Living
 - English 4/22/20
 - Spanish & Mandarin 5/27/20
- Essential Conversations: Planning for Care and Serious Illness during the COVID-19 Crisis
 - English 4/29/20
 - Spanish & Mandarin 6/3/20
- Caring for Yourself While You're Caring for Someone Else: Stress Relief, Respite
 - English 5/6/20
 - Spanish & Mandarin 6/10/20
- Grief and Loss During COVID-19
 - English 5/13/20





Digital Divide Among Older Adults Webinar Series

- Staying Connected: Lessons from the Field
 - English 4/23/2020
- Strategies for Promoting Digital Literacy and Connections for Older Adults and Adults with Disabilities
 - English 5/14/2020
- More coming soon!



Friendship Line California





- 24-hour toll-free line
- Only accredited crisis line in the country for people aged 60 years and older and adults living with disabilities.
- Staffed by trained volunteers who specialize in offering a caring ear, having a friendly conversation, and addressing depression in older adults.



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Older Californians Month: Make Your Mark!

Highlighting contributions of older adults during COVID-19!

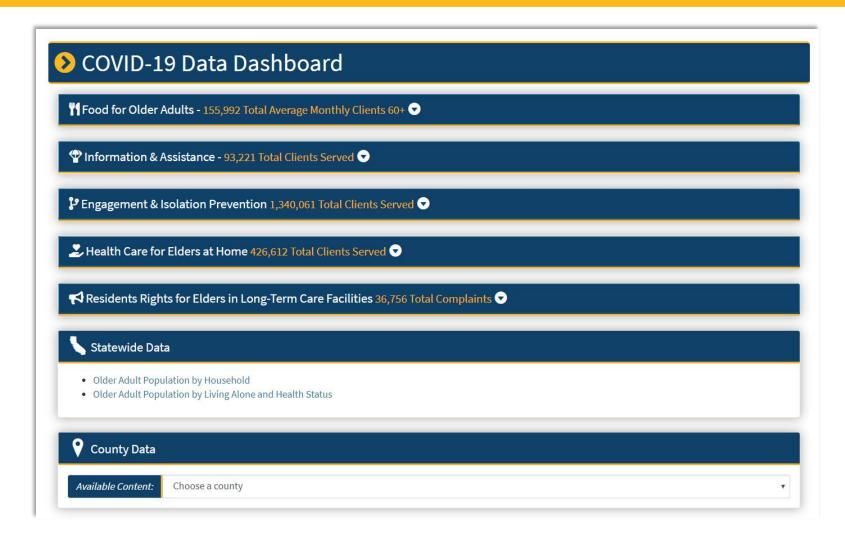
Visit <u>Aging.Ca.Gov</u> to access the Make Your Mark Digital Toolkit in <u>English</u> and <u>Spanish</u>





COVID-19 Data Dashboard





Public display of all data – including new weekly reports by our network of local Area Agencies on Aging

aging.ca.gov/
Data_and_Reports/
COVID-19_Data_Dashboard/

Get EngAGEd!



Bookmark <u>www.aging.ca.gov</u>

California's Aging & Adult Info Line: 1-800-510-2020

for all aging and adult resources

Promote Friendship Line CA: 1-888-670-1360

Take the Stay Home. Save Lives. Check In. pledge to call 5 older adults and sign up for our newsletter at EngageCA.gov

Share the <u>Make Your Mark!</u> Campaign in May and tell the stories of older adult heroes in **your** city

Follow Us on Social: Facebook: @CaliforniaAging Twitter: @CalAging



Questions?

California Department of Aging | www.aging.ca.gov | engage@aging.ca.gov