

## Resources List from Hope Hospice Town Hall Part 3; June 3, 2020

“Understanding the Care Needs of Aging Loved Ones”

[HopeHospice.com/townhall](https://www.hopehospice.com/townhall)

(925) 829-8770

### How to Make Stress Your Friend

<https://www.youtube.com/watch?v=RcGyVTAoXEU>

TED Talk by Kelly McGonigal, PhD

Health Psychologist – Stanford University

### ADVANCE DIRECTIVES

- Hope Hospice Blog, April 28, 2020

Mistake #1.5: Not having healthcare, financial, and legal affairs in order

<https://hopehospice.com/blog/top-family-caregiver-mistakes-part-1-5-not-having-healthcare-financial-and-legal-affairs-in-order/>

- National Hospice and Palliative Care Organization-Advance Care Planning

<https://www.nhpc.org/patients-and-caregivers/advance-care-planning/>

- POLST and Advance Directives

<https://polst.org/polst-and-advance-directives/>

- Five Wishes Advance Directive – Aging with Dignity

<https://agingwithdignity.org/>

### TIPS/RESOURCES FOR CAREGIVERS

Caregiving in America: The strain, the pain, the emotional drain.

<https://www.nextavenue.org/caregiving-in-america/>

Family Caregiver Alliance: General information, online support groups and activities.

[www.caregiver.org](http://www.caregiver.org)

“Let’s get away together” travel series: <https://www.caregiver.org/let%E2%80%99s-get-away-together-six-part-armchair-travel-series-caregivers-co-sponsored-fca-and-7>

From Camping to Dining Out: Here’s how experts rate summer activities

[https://apple.news/A3sFlnt-HTmarQljgatkd\\_w](https://apple.news/A3sFlnt-HTmarQljgatkd_w)

How to fight fear and anxiety when quarantine ends.

<https://nymag.com/article/2020/05/how-to-fight-fear-and-anxiety-when-quarantine-ends.html>

Interacting with Older Adults During COVID-19.

<https://www.specialtouchhomecare.com/home-health-aide/coronavirus-senior-care-questions-and-answers/>

**CENTERS FOR DISEASE CONTROL (CDC)**

Infection control recommendations for nursing homes: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/nursing-homes-responding.html>

Prevention practices for individuals: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>