



Dementia Caregiving and the COVID-19 Pandemic

September 16, 2020

ONLINE RESOURCES

These online resources were either referenced in our webinar or supplement the information provided in the webinar. All of the links are active. If you are viewing this on your computer, simply click on the link to go directly to the resource.

- ***Care plans help both older adults and caregivers.***
<https://www.cdc.gov/aging/publications/features/caregivers-month.html>
- ***Caring for someone with dementia during the coronavirus pandemic.***
<https://www.lifespan.org/lifespan-living/caring-someone-dementia-during-coronavirus-pandemic>
- ***CDC: COVID-19 Guidance for Caregivers of People Living with Dementia***
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/caregivers-dementia.html>
- ***Comfort in their journey***
Link to dozens of virtual activities to keep adults and children engaged.
<https://www.comfortintheirjourney.com/resources>
- ***COVID-19: Caring for People with Alzheimer's and Other Dementias***
Family Caregiver Alliance
<https://www.youtube.com/watch?v=gVVoUoqPNwI&feature=youtu.be>
- ***The Dementias: Hope through research***
National Institute on Aging/National Institutes of Health
<https://order.nia.nih.gov/sites/default/files/2018-01/the-dementias-hope-through-research.pdf>
- ***Dementia: Is this dementia and what does it mean?***
Family Caregiver Alliance
<https://www.caregiver.org/is-this-dementia-what-does-it-mean>
- ***Emergency Tips for Dementia Care***
Alzheimer's Association
https://www.alz.org/media/Documents/COVID-19-EmergencyTips_LongTermCommunityBasedDementiaCare_AlzheimersAssociation.pdf
- ***Family Caregiver Alliance***
www.caregiver.org
- ***For caregivers of people with Alzheimer's, COVID-19 poses new challenges***
<https://www.usatoday.com/story/sponsor-story/ad-council-and-the-alzheimers-association/2020/05/29/caregivers-people-alzheimers-covid-19-poses-new-challenges/5278767002/>

- **Going to the hospital: Tips for dementia caregivers**
National Institutes of Health/National Institute on Aging
<https://www.nia.nih.gov/health/going-hospital-tips-dementia-caregivers>
- **Hiring in-home care – Hope Hospice Blog**
<https://hopehospice.com/blog/top-family-caregiver-mistakes-part-2-not-hiring-in-home-help-for-seniors/>
- **Medicare: Care-Compare** (online tool for comparing and evaluation various healthcare services)
<https://www.medicare.gov/care-compare/>
- **National Area Agency on Aging** (find local support and services for the elderly and their caregivers)
www.naa.org
- **National Hospice and Palliative Care Organization**
<https://www.nhpco.org/>
- **Respite: Care Options**
Alzheimer’s Association
<https://www.alz.org/help-support/caregiving/care-options/respice-care>
- **Self-care during shelter-in-place**
Kathleen Brand, Hope Hospice Director of Bereavement Services
<https://hopehospice.com/grief-support/self-care-during-covid-quarantine/>
- **Seven ways to cope with COVID-19 as a caregiver**
<https://www.beingpatient.com/7-ways-to-cope-with-covid-19-as-a-caregiver/>
- **Tips for dementia care – COVID-19**
Alzheimer’s Association
[https://alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)
- **Virtual Support Groups: Alzheimer’s Association**
<https://www.alz.org/help-support/community/support-groups>
- **Visitation Rights in California Long Term Care Facilities**
California Advocates for Nursing Home Reform (CANHR)
http://canhr.org/factsheets/covid_fs/PDFs/fs_visitation.pdf