

COVID 19- VIRTUAL AND ON-LINE RESOURCES FOR CAREGIVERS

Caregiver and Alzheimer Resources-

24/7 Helpline is available to not only caregivers but also professionals and those with a dementia. (Not just for crisis calls) **800.272.3900**

Their website <https://alz.org/manh> has -

- Webinars online of all the programs they typically do in the community (also in Spanish)
- Time limited virtual support groups (April, May & June) Registration required-617-393-2100

Alzconnected is an online forum for caregivers to chat with other caregivers-

<https://www.alzconnected.org/discussion.aspx> (available in Spanish)

Tips for Dementia Care around Covid19- [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)

*Care consultations via phone are still being done (call 1-800 -272-3900)

FORUMS FOR CAREGIVERS-

Caregiver Action- <https://caregiveraction.org/covid-19>

Aging Care- <https://www.agingcare.com/Caregiver-Forum>

Caregiving Café- <http://www.caregivingcafe.com/directory/forums>

Dementia Care Central- https://www.dementiacarecentral.com/forum_topic/for-caregivers/

FACEBOOK GROUPS-

For dementia- <https://www.facebook.com/groups/672984902717938>

For general caregivers- <https://www.facebook.com/groups/CaregiversHubSupportGroup/>

For general caregivers- <https://www.facebook.com/groups/CaregiversConnect/>

Caring for Aging Parents- <https://www.facebook.com/groups/CaregiversConnect/>

For Dementia- <https://www.facebook.com/groups/ThePurpleSherpaBasecamp/>

For working daughter caregivers- <https://www.facebook.com/groups/workingdaughter/>

ONLINE RESOURCES FOR VETERANS and THEIR CAREGIVERS-

1) Zoom meeting at 2:00pm M-F for the local Veteran community to share ideas, information, and resources currently available:

Virtual Coffee Talks with Veterans (led by Donald Jarvis):

To join the discussion

visit- www.coffeetalksessions.com or <https://us04web.zoom.us/j/9687578740> Meeting ID:
968 757 8740

2) The VA Caregiver Support is offering a support workshop for caregivers of Veterans during this time, visit <https://signup.buildingbettercaregivers.org/enroll/> for more information.

ADDITIONAL ONLINE RESOURCES FOR CAREGIVERS-

ACL- Caregiving in a time of Coronavirus- https://acl.gov/sites/default/files/common/AOA%20-%20EMORY-Alz%20Caregiving%20COVID%203_17_2020.pdf

Family Caregiver Alliance videos- <https://www.youtube.com/user/CAREGIVERdotORG>

Family Caregiver Alliance Webinars- <https://www.caregiver.org/fca-webinars>

Smart Patients for Caregivers Community- <https://www.smartpatients.com/partners/fca>

National Alliance on Mentally Illness (NAMI)- <https://www.nami.org/covid-19>

National Alliance on Mentally Illness (NAMI)- <https://nami.zendesk.com/hc/en-us/articles/360024615074-Are-there-any-online-resources-for-therapy-support-groups-or-mental-health-apps->

Parkinson's Foundation- <https://www.parkinson.org/understanding-parkinsons/coronavirus/PD-health-at-home>

GRANDPARENTS RAISING GRANDCHILDREN-

Grandparents Raising Grandchildren in MA- www.massgrg.com

Generations United- <https://www.gu.org/app/uploads/2020/03/COVID-19-Fact-Sheet-3-17-20.pdf>