



## CAREGIVER RESOURCE CENTER AT THE OFFICE FOR THE AGING

Our Services are still available during COVID-19

We are providing support to family caregivers remotely during this time.

- **Caregiver Chat Sessions**—we will be hosting routine chat sessions to outline current resources and handle caregiver concerns through Q&A. Please call or email us using the info below to obtain a link to the next call.
- **Powerful Tools for Caregivers Classes**—we will be hosting a virtual six-week course soon!
- **Caregiver Workshops**—previously scheduled workshops with the Alzheimer’s Association have been changed to an online format.
- **Caregiver Support Group**—we will be holding a remote caregiver support group and welcome any family caregiver to join us.

For more information about these services please contact the  
Caregiver Resource Center at the Tompkins County  
Office for the Aging, we’ll be glad to help you!

Phone: 607-274-5491

Email: [rmaine@tomkins-co.org](mailto:rmaine@tomkins-co.org)

Visit our website for COVID-19 resources:  
<https://tomkinscountyny.gov/cofa/cofa-COVID>

## Local Assistance for Caregivers

For local information and statistics regarding COVID-19, please contact the Tompkins County Health Department at (607) 274-6600 or visit their website: <https://tompkinscountyny.gov/health>

### Grocery and Shopping Services

- The Office for the Aging has a list of Grocery shopping and delivery services in Tompkins County, please give us a call at (607) 274-5482.
- The Human Services Coalition has a list of Volunteers in Tompkins County for shopping &/or delivery: Call 2-1-1 or (877)211-8667, or visit their website <https://hsctc.org/211tompkins/>

### Masks

- The Office for the Aging has cloth masks available and can be mailed to those in need. Call (607) 274-5482.

### Meal Delivery

- Foodnet Meals on Wheels is continuing to offer meal delivery to older adults during this time. Give Foodnet a call at (607)266-9553.
- For emergency or regular Food Delivery, you can also call 2-1-1.

### Mental Health Services

- Family & Children's Service is providing tele-mental health services (counseling and psychiatry) to clients remotely through both telephone and video chat platforms. Please call (607) 273-7494 for all requests and someone will return your call as soon as possible.
- Tompkins County Mental Health is conducting counseling and other services by phone and by video using Zoom. Their website is <https://tompkinscountyny.gov/mh> or contact by phone at (607) 274-6200.



## Prescription Delivery

- Talk to your pharmacist about waiving fees for prescription delivery. You can also sign up for CVS or Green Street prescription delivery and save a trip to the pharmacy.

## Regional, State and National COVID-19 Caregiver Tips and Resources

- Administration for Community Living Coronavirus Guidance: <https://acl.gov/COVID-19>
- Association on Aging in New York - CDC and New York State Dept. of Health Links: <https://www.agingny.org/covid-19-information.html>
- Family Caregiver Alliance - COVID-19 Articles and Resources: <https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>
- New York State Caregiving and Respite Coalition (NYSCRC) - [www.nyscrc.org](http://www.nyscrc.org) *Resources for caregivers during COVID-19*
- National Alliance for Caregiving - [www.caregiving.org](http://www.caregiving.org) *Tips and resources for caregivers to help manage during COVID-19*
- Rosalynn Carter Institute for Caregiving - <http://www.rosalynncarter.org/programs/covid-caregiving/> *Resources to help caregivers prepare during COVID-19*
- ARCH National Respite Network - [www.archrespite.org](http://www.archrespite.org) *Respite and caregiving resources during COVID-19*
- Family Caregiver Alliance - [www.caregiver.org](http://www.caregiver.org) *COVID-19 Resources and articles for family caregivers*
- Caregiver Action Network: Caregiver Resources, Tips and Help Desk - <https://caregiveraction.org/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](http://www.cdc.gov) *Up-to-date information on COVID-19*
- The Elder Care Locator - 800-677-1116 *National number for information on local aging services.*
- Grief groups: [Grief.com](http://Grief.com)

## Preventing Social Isolation

- 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.*
- Office of Mental Health 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.*
- 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.*

- [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:
- [Memory Well](#) - Offering free interactive digital timelines to help promote connection between family members through videos, pictures, audio, letters, and notes.

## LGBTQ resources

- [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.



## Recreational, Health, and Wellness Activities

- The Y website for online classes: [Click here for the Y web site](#)
- Cornell Live Web Cam at Sapsucker Woods: [Click here for the webcam](#)
- Memory Maker Project: [Memory Maker at Home](#)
- Ebooks & Audiobooks from TC Public Library: Borrow ebooks, audiobooks, and magazines to read on your phone or tablet using the Libby app by Overdrive. You can even send and read your borrowed ebooks to your Kindle Ereader! It's FREE and easy to get started for new users and a streamlined experience for current OverDrive app users. [Click here for digital magazines](#)

[Click here for audiobooks](#)

- Eight stunning virtual garden tours around the world: [Click here to tour](#)
- Broadway shows on line: [Click here for shows](#)
- Yellowstone Tours: [Click here for tour information](#)
- 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](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/#](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>

- Wheelchair accessible trails in New York -  
<https://www.traillink.com/stateactivity/ny-wheelchair-accessible-trails/>
- 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





- [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](#).

## Transportation

- Gadabout is still offering normal service and has a no-fare policy in place. Riders are required to wear a mask or face covering. For more information, contact Gadabout at (607) 273-1878.
- TCAT has a no-fare policy in place until May 23<sup>rd</sup> to limit contact between drivers and riders. Each bus is limited to 20 occupants and while in transit riders are urged to sit as far apart as possible. Some routes have been reduced and service is subject to change suddenly. For more information, contact TCAT at (607) 277-RIDE (607) 277-7433).



# CAREGIVERS SUPPORT

**CAREGIVERS**  
Resources are available to provide caregivers with the information and support they need to provide quality care to an older or disabled person and make informed decisions. We can help you.

 TOMPKINS COUNTY  
OFFICE FOR THE AGING  
*Aging Better, Together*

214 W. Martin Luther King/State St.  
(607) 274-5482  
[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)