

FINDING RESOURCES (FOOD, MEDICATION, FINANCIAL ASSISTANCE, TOILET PAPER, AND INCONTINENCE SUPPLIES) - APRIL 15, 2020 WEBINAR

Family Caregiver Webinar presented by Amanda Li, LCSW, and Jennifer Merrilees, RN, Ph.D., from the University of California, San Francisco's Memory and Aging Center.

WEBINAR SUMMARY - Resources

**Please note that this is not an exhaustive list – resources can change by day and by location*

FOOD

Consumer reports has a nice article outlining safe practices while shopping:

www.consumerreports.org/food-shopping/how-to-protect-yourself-from-coronavirus-when-grocery-shopping

Tips for handing groceries once home: www.npr.org/sections/health-shots/2020/04/12/832269202/no-you-dont-need-to-disinfect-your-groceries-but-here-s-to-shop-safely

Alternatives to going into the grocery store

Curbside Pick-Up:

- Raley's Senior Essential Bags: www.raleys.com/senior-essentials-bag
- Ralphs Curbside Pick-Up: www.ralphs.com/i/ways-to-shop/pickup
- Sam's Club (must have membership): www.samsclub.com/content/club-pickup
- Target Drive-Up Service: www.target.com/c/drive-up/-/N-9d42z
- Walmart Same-Day Pick-Up: grocery.walmart.com

Can someone else shop for you?

- NextDoor: neighborhood hubs and networks: nextdoor.com
- Mon Ami: matches a volunteer with a senior: www.monami.io
- Shanti: a variety of supportive programs: www.shanti.org
- Neighborhood programs such as Oakland at Risk Match: www.oaklandatrisk.com

Food delivery options:

- Instacart: delivers from your local store: <https://www.instacart.com>
- Meals on Wheels: meal delivery to residents experiencing difficulty leaving home: www.mowsf.org
- Project Open Hand: offers meals and grocery delivery in San Francisco and Oakland: www.openhand.org
- Meal Delivery Applications such as UberEats, Caviar, Postmates, DoorDash

Alternatives to grocery stores:

- Food banks or pantries
 - Offer free groceries – search by your state/county: www.foodpantries.org
- Community Sponsored Agriculture (CSA)
 - Buy directly from local farmers
 - Delivery typically a drop-off in your neighborhood
 - Find a CSA farm in your area: www.localharvest.org/csa
 - USDA local food directories: www.ams.usda.gov/services/local-regional/food-directories

SUPPLIES

Household items:

- Cleaning and disinfecting your home: consider the supplies you need to keep your hands and home clean: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- Tips on mask safety and making your own: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Incontinence products (ordering online)

- Online retailers that specialize in adult incontinence supplies
 - www.amazon.com
 - northshorecare.com
 - hdis.com
 - liveanew.com

MEDICATION

Mail delivery for medications

Order over the phone or through the company's website and have your medications delivered to your door.

- Amazon Pill-Pack: 888-332-1688
www.amazon.com/stores/page/5C6C0A16-CE60-4998-B799-A746AE18E19B
- CVS: Free packing, Free delivery 800-753-0596 cvs.com/content/multidose
- Express Scripts: can take a few weeks to establish delivery:
www.express-scripts.com/covid19/index.html
- Safeway: Free packing, \$10.50 for delivery safeway.medrefill.com/swweb/#/refill
- Walgreens: Free packing, \$5 delivery www.walgreens.com/topic/pharmacy/prescription-delivery.jsp

FINANCES

Financial concerns regarding employment

- Social security disability (SDI): if you're sick or quarantined
[edd.ca.gov/Disability/How to File a DI Claim in SDI Online.htm](http://edd.ca.gov/Disability/How%20to%20File%20a%20DI%20Claim%20in%20SDI%20Online.htm)
- Paid Family Leave (PFL): if you're unable to work because you're caring for a loved one who is sick or quarantined: [edd.ca.gov/Disability/How to File a PFL Claim in SDI Online.htm](http://edd.ca.gov/Disability/How%20to%20File%20a%20PFL%20Claim%20in%20SDI%20Online.htm)
- Unemployment: reduced hours or laid off [edd.ca.gov/Unemployment/Filing a Claim.htm](http://edd.ca.gov/Unemployment/Filing%20a%20Claim.htm)
Speak with your employer to see if they offer administrative leave
- Economic Impact Check/Stimulus Checks
www.irs.gov/coronavirus/economic-impact-payment-information-center

Banking

- www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/

SUPPORT

Supportive resources

Social Support:

- Covia: covia.org/services/well-connected
- Memory Café: 877-797-7299
- Institute on Aging 24-hour Helpline: 800-971-0016 or 415-750-4111

Helplines for Caregivers:

- Alzheimer's Association 24/7 Helpline: 800-272-3900
- Family Caregiver Alliance (online support groups): 800-445-8106 or 415-434-3388

National Disaster Distress Helpline:

- 1-800-985-5990 (English and Español)
- SMS: In English – Text "TalkWithUS" to 66746; In Español – Text "Hablamos" al 66746
- TTY: 1-800-846-8517

Tips for Caregivers:

- Tips from Alzheimer's Association:
[alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](http://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)