



ONLINE RESOURCES

CAREGIVING IN THE AGE OF COVID-19

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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.nhpco.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/>

CAREGIVING – GENERAL INFORMATION

- 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
- Interacting with Older Adults During COVID-19.
<https://www.specialtouchhomecare.com/home-health-aide/coronavirus-senior-care-questions-and-answers/>

EVALUATING IN-HOME CARE SERVICES

- California Department of Social Services Home Care Aide Registry
<https://www.ccl.dss.ca.gov/hcsregistry/about.aspx>
Locate a Home Care Aide (HCA) who has completed the criminal background check process administered by the California Department of Social Services. Also allows Home Care Aides to submit an online application to be listed on the Home Care Aide Registry and to renew their registration.
- Medicare Home Health Compare
<https://www.medicare.gov/homehealthcompare/search.html>
Assistance in evaluating and choosing a quality home health agency.
- Hope Hospice Blog, June 15, 2020
Mistake #2: Not hiring in-home help.
<https://hopehospice.com/blog/top-family-caregiver-mistakes-part-1-5-not-having-healthcare-financial-and-legal-affairs-in-order/>

FACILITY PLACEMENT INFORMATION

- Alameda County Department of Health – COVID Info for Skilled Nursing and Residential Care Facilities
<http://www.acphd.org/2019-ncov/providers/skilled-nursing-residential-care-facilities.aspx>
- How and where to get help about COVID-19 Concerns
<http://www.acphd.org/media/576171/acphd-covid-19-snf-resources-ombudsman.pdf>
- Ombudsman Services – Contra Costa, Solano, and Alameda Counties
<https://www.ccsombudsman.org/resources/coronavirus-covid-19-resources/>

SELF-CARE

- From Camping to Dining Out: Here's how experts rate summer activities
https://apple.news/A3sFlnt-HTmarQljgatkd_w
- How to Deal with the Psychological Impact of Re-entering Quarantine
<https://www.wellandgood.com/good-advice/states-reclosing-mental-health/>
- 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>
- How to Make Stress Your Friend
<https://www.youtube.com/watch?v=RcGyVTAoXEU>
TED Talk by Kelly McGonigal, Ph.D., Health Psychologist – Stanford University
- Three Science-backed Tips for Fighting Your Social Distancing Fatigue
<https://www.fastcompany.com/90524674/3-science-backed-tips-for-fighting-your-social-distancing-fatigue>
- Twelve Self-care Ideas that Take 5 Minutes or Less
<http://janetravis.com/self-care-ideas/>
- Want to Be Happy Today? A Top Psychologist Says We Should Stop 'Social Distancing,' and Do This Surprising Thing Instead
https://apple.news/AmmaCyrZmSca_QZH8JsLSvA