

Resources and Services during COVID-19 outbreak

Health and General Information

***If you think you or a family member may have been exposed and have symptoms of COVID-19, such as a cough, difficulty breathing, or a fever, contact your primary care physician, urgent care, or emergency department, calling ahead helps healthcare practitioners direct you to the most appropriate care.

***If you are facing a life-threatening emergency, call **9-1-1**

*** We will be telecommuting during this time. For more information you can call the Shiley-Marcos Alzheimer's Disease Research Center at **(858) 822-4800** and leave a message on our voicemail asking for a social work consultation. We will call you back. You can also email Tracey Truscott, LCSW at truscott@health.ucsd.edu or Ivonne Arias, MSW (Spanish/English bilingual) at imarias@health.ucsd.edu.

***Disclaimer: The UCSD Alzheimer's Disease Research Center does not directly or indirectly endorse any program or service that is listed on the resource list. Please note that the information provided may be subject to change.

***Para información en español, por favor comuníquese con el Centro Shiley-Marcos de investigación de la enfermedad de Alzheimer, a través de WhatsApp +1510-606-0185 ¡Gracias!

General resources during COVID-19

Topic	Helpful Link
Additional important COVID-19 resource lists	<p><u>UCSD Alzheimer's Disease Research Center additional resource and activities list</u> Visit: http://adrc.ucsd.edu/2020/COVID19/ADRC-%20Resource%20List%20and%20Activities.pdf Links other resources: http://adrc.ucsd.edu/COVID-19.html</p> <p><u>St. Paul Senior Services Resource List</u> https://www.stpaulseniors.org/pdf/cv/Community_Resources_COVID19_updated_4_23.pdf</p> <p><u>Alzheimer's San Diego Resource List</u> https://www.alzsd.org/coronavirus-san-diego-community-emergency-resources/</p> <p><u>National Alliance on Mental Illness (NAMI)</u> https://www.nami.org/covid-19-guide</p>

Beware of Scams during COVID-19	For information on general scams visit: https://www.fcc.gov/covid-scams For scams directed to older adults visit: https://www.alzsd.org/coronavirus-scams-targeting-the-elderly/
Pharmacies offering free delivery on prescribed medications and selected OTCs	Please call your pharmacy for more details. For CVS pharmacy visit: https://www.cvs.com/content/refill?icid=rxdelivery-hero-fillrx For Walgreens pharmacy visit: https://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp For the pharmacy at Walmart visit: https://www.walmart.com/cp/pharmacy-home-delivery/1042239 For discounts on medication visit: https://www.goodrx.com/how-goodrx-works
What to do if you are sick	Visit: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html
Health Care Options during COVID-19	Health care options and FAQ regarding COVID-19 https://covid19.ca.gov/healthcare/ Health care options if unemployed and health center finder https://www.healthcare.gov/unemployed/coverage/ https://www.goodrx.com/blog/covid-19-unemployed-health-insurance-options/ https://findahealthcenter.hrsa.gov/
Manage Anxiety and Stress due to the COVID-19	Visit: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html Visit: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/covid19_resources.html Guide: Living with worry and anxiety amidst global uncertainty Visit: https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf
Telemedicine for Counseling or Behavioral Health	<u>Counseling Services</u> Visit: https://www.doctorondemand.com/what-we-treat/behavioral-health Visit: https://lp.talkspace.com/try Visit: https://www.betterhelp.com/ ***Please see a list of free helplines on page 7.
Resources for home-Household ready checklist	Visit: https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html
Centers for Disease Control	Visit: https://www.cdc.gov/coronavirus/2019-ncov/index.html?utm_source=NIA+Main&utm_campaign=a6dca21fc6-20200311_COVID19&utm_medium=email&utm_term=0_ffe42fdac3-a6dca21fc6-7501797
Finances during COVID-19	Businesses and employers Visit: https://covid19.ca.gov/business-and-employers/

	<p>Some internet providers are offering discounts during COVID-19 visit: http://adrc.ucsd.edu/2020/COVID19/low%20cost%20internet.pdf</p> <p>City of San Diego Temporary Ban on Evictions https://www.gov.ca.gov/2020/03/27/governor-newsom-takes-executive-action-to-establish-a-statewide-moratorium-on-evictions/</p> <p>Sample letter for tenants https://www.sdhc.org/wp-content/uploads/2020/03/COVID-Letter_FINAL.pdf</p> <p>Information on qualification or status of the stimulus check https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments</p>
Legal rights and economic stability	<p>Legal Aid Society of San Diego Call: (877) 534-2524 Visit: https://www.lassd.org/</p>
Education	<p>Visit: https://covid19.ca.gov/education/</p>

Food and Groceries

Type of Resource	Resource and description
Safe Grocery Shopping	<p>The following grocery stores will have specific hours for seniors and people with disabilities to shop.</p> <ul style="list-style-type: none"> -Costco Wholesale 8:00 am-9:00 am, Tuesdays and Thursdays -Northgate Market 7:00 am-8:00 am -Vallarta 7:00 am-8:00 am -Stater Bros Markets 7:45 am-8:00 am -Smart & Final 7:30am-8:00 am -Target 8:00 am-9:00 am, Wednesday mornings only -Whole Foods 7:00 am-8:00 am -Barons Markets 9:00 am-10:00 am -Big Saver Foods (Long Beach and Santa Ana) 7:30-8:00 am -Gelson's Market 7:00 am-8:00 am -Food For Less, please call the store for more information as hours differ based on store location -Trader Joe's, please call the store for more information as hours differ based on store location
Neighborhood Distribution Program	<p>San Diego and North County Food Bank Call: 1-866-350-3663 Visit:</p>

	<p>https://sandiegofoodbank.org/ and http://sandiegofoodbank.org/wp-content/uploads/2017/10/2020-Neighborhood-Distributions-By-Region-SDFB-and-NCFB-ENGLISH.pdf</p>
Feeding America	<p>Local Foodbank finder Visit: https://www.feedingamerica.org/find-your-local-foodbank</p>
Food Resources in San Diego	<p>Food Finder Visit: https://foodfinder.us/</p> <p>Catholic Charities Call: 619-323-2841 Visit: https://ccdsd.org/efdn/</p>
Meals on Wheels	<p>Deliver meals Mon-Friday from 11:00am-1:30pm 60+ years of age/disabled veterans of any age Cost \$35 to begin Lunch and dinner, plus beverage -\$7.00 per day Lunch only, plus beverage -\$4.00 per day Lunch only with roll, plus beverage -\$4.00 per day Extra beverage \$0.50 Call: (619) 260-6110 https://www.meals-on-wheels.org/meals</p>
Uber Eats	<p>Offering a \$0 delivery fee for orders placed to local restaurants Visit: https://www.ubereats.com/</p>
Instacart	<p>Online grocery delivery service at your door Visit: https://www.instacart.com/</p>
Postmates	<p>Online grocery delivery service at your door Visit: https://postmates.com/</p>
CalFresh (food stamps) for low income families	<p>CalFresh (food stamps/SNAP) To apply by phone call: 2-1-1 or 1-866-262-9881 Visit to apply online: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/food_stamps.html Note: Individuals who are currently receiving Supplemental Security Income (SSI) are now eligible for CalFresh (SNAP)</p>
Jewish Family Services (JFS)	<p>Foodmobile-food delivery services JFS Migrant Family Shelter Note: *you do not need to identify as Jewish to access services Call: (858) 637-3210 Visit: https://www.jfssd.org/healthupdate/</p>

Dementia Caregivers and Senior Services

Type of Resource	Resource and description
Alzheimer's Association	Services free of charge include and are not limited to: -Over-the-phone support groups -Social Work support over the phone -Virtual education programs Call: 1-800-272-3900 or 619-678-8322 Visit: https://www.alz.org/ Information on fact sheets for all topics in dementia care Visit: https://www.alz.org/help-support/resources/publications
Alzheimer's San Diego	Services free of charge include and are not limited to: -Social Work support over the phone -Virtual family meetings -Virtual support groups - Virtual education programs Call: 858-492-4400 Visit: https://www.alzsd.org/
Southern Caregiver Resource Center (SCRC)	Services free of charge include and are not limited to: -Online education programs -Low cost respite care -Free over-the-phone consultations Call: 1-800-827-1008 Visit: https://www.caregivercenter.org/
The Glenner Alzheimer's Family Center	Services Include and are not limited to: -GLENNERCARE™ concierge-style care coordination and navigation Call: (619) 543-4700 Visit: https://glenner.org/ For GLENNERCARE™ Call 1-833-770-2273
St. Paul's PACE Program	All-inclusive care for seniors Call: 1-833-PACE NOW (1-833-722-3669) Visit: https://www.stpaulspace.org/
Elderhelp	Services during COVID-19 include grocery shopping, essential rides for seniors, friendly phone check-in calls, and housing assistance. Call: (619) 284-9281 Visit: https://www.elderhelpofsandiego.org/elderhelp/

<p>Dementia-safe activities at home</p>	<p>Comprehensive activities list Visit: http://adrc.ucsd.edu/2020/COVID19/ADRC-%20Resource%20List%20and%20Activities.pdf</p> <p>Dementia friendly activities Visit: https://www.alzsd.org/dementia-caregiving-coronavirus-how-to-plan-at-home-activities-while-socially-isolating/</p> <p>Tips when engaging in activities Visit: https://www.alz.org/help-support/caregiving/daily-care/activities</p> <p>Twenty amazing places to visit from the comfort of your home Visit: https://www.travelzoo.com/blog/20-amazing-places-you-can-visit-without-leaving-home/</p>
<p>Dementia Care Videos</p>	<p>Teepa Snow, one of the world's leading educators on dementia care presents multiple videos on dementia care during COVID-19 Visit: http://adrc.ucsd.edu/MeaningfulActivities.html</p>

General Resources

Type of Resource	Resource and description
<p>General Resource Finder</p>	<p>Call: 2-1-1 Visit: https://myemail.constantcontact.com/2-1-1-San-Diego-Response-to-COVID-19.html?soid=1123164019785&aid=OaiqBVax9Bc</p>
<p>Sick or Quarantined workers paid disability</p>	<p>If you are unable to work due to having or being exposed COVID-19, you can file a Disability Insurance (DI) claim. https://www.edd.ca.gov/about_edd/coronavirus-2019.htm</p>
<p>Resource for low income families</p>	<p>Cash assistance, food nutrition, and adult services Visit: https://www.cdss.ca.gov/benefits-services and https://www.fns.usda.gov/disaster/pandemic/covid-19</p> <p>Medi-Cal application and eligibility Call: 1-855-295-2023 or 211 https://www.coveredca.com/ https://www.dhcs.ca.gov/services/medi-cal/Pages/default.aspx and https://www.disabilityrightsca.org/post/coronavirus-medi-cal-applications-and-eligibility-during-the-covid-19-public-emergency</p>

	In-Home Supportive Services (IHSS) Call: 1-800-339-4661 Visit: https://www.sandiegocounty.gov/hhsa/programs/ais/inhome_supportive_services/
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24/7 Helplines/Hotlines

Type of Resource	Helpline/Hotline
COVID-19 Hotline	Call: 833-544-2374
Alzheimer's Association Helpline	Call: 1-800-272-3900 *available 24/7 Visit: https://www.alz.org/
Adult Protective Services	Call: 1-800-510-2020 Call if outside San Diego: 800-339-4661 Visit: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/adult_protective_services.html
National Domestic Violence Hotline	Call: 1-800-799-7233 TTY 1-800-787-3224 Chat: www.thehotline.org
National Sexual Assault Hotline	Call: 1-800-656-4673 Visit: https://www.rainn.org/
San Diego County Access and Crisis Line	For mental health emergencies Call: 1-888-724-7240 Visit: https://up2sd.org/resources/mental-health-local/
Substance Abuse and Mental Health Services Administration (SAMHSA)	24/7 Disaster distress helpline for those experiencing emotional distress related to natural or human-caused disaster. Call: 1-800-985-5990 Visit: https://www.samhsa.gov/find-help/disaster-distress-helpline
National Suicide Prevention Lifeline	Call: 1-800-273-8255 Visit: https://suicidepreventionlifeline.org/
National Alliance on Mental Illness (NAMI)	San Diego helpline for resources Call: 619-543-1434 Visit: https://namisandiego.org/helpline/
Alcoholics Anonymous	Virtual AA meetings Call: (619) 265-8762 Visit: http://www.aasandiego.org/