



Caregiving during the COVID-19 Pandemic

As the Coronavirus disease (COVID-19) continues to impact the world, many of those caring for someone living with dementia are faced with extreme challenges and isolation. Fortunately, a number of organizations and individuals have developed tips and strategies to manage during this time of uncertainty and stress. Below is a list of helplines and websites that might be helpful.

Helplines available to assist caregivers:

- Alzheimer's Association: (800) 272-3900
Available 24 hours, 7 days a week, year round (bilingual staff or translation service available), plus online "Live Chat"
- Alzheimer's & Dementia Alliance of Wisconsin: (888) 308-6251
Available Monday through Friday 8:30am to 4:30pm; able to leave a voice mail during the other times.
- Alzheimer's Foundation of America (AFA): (866) 232-8484
Available Monday through Friday 8:00am to 8:00pm and week-ends 8:00am to 2pm; also has online "Chat" service

Websites with relevant information:

- **Center for Disease Control and Prevention (CDC)**
CDC's home page for COVID-19
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
CDC's page for older adults and caregiving
<https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/checklist.html>
- **Alzheimer's & Dementia Alliance of Wisconsin (ADAW)**
Coronavirus Information for Alzheimer's Caregivers (BLOG)
<https://www.alzisc.org/coronavirus-information-for-alzheimers-caregivers/>
Caregiver Resources & Tips in Handling COVID-19 (BLOG)
<https://www.alzisc.org/caregiver-resources-tips-in-handling-covid-19/>
- **American Association of Retired Persons (AARP)**
Caregivers and Coronavirus: Dealing with Forced Isolation
<https://www.aarp.org/caregiving/home-care/info-2020/caregiving-isolation-quarantine.html>
- **Activity Ideas for Alzheimer's/Dementia Residents (handout)**
<file:///D:/Major%20Publications/Activity%20Ideas%20for%20Someone%20Living%20with%20Dementia.pdf>
- **Alzheimer's Association**
Coronavirus (COVID-19): Tips for Dementia Caregivers
[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)
Caregiving (webpages are in English or Spanish)
<https://alz.org/help-support/caregiving>
Wandering
<https://www.alz.org/help-support/caregiving/stages-behaviors/wandering>
- **Alzheimer's Foundation of America (AFA)**
Coronavirus Prevention Tips for Alzheimer's Family Caregivers
<https://alzfdn.org/coronavirus-prevention-tips-alzheimers-family-caregivers-alzheimers-foundation-america-afa/>
- **Wisconsin Department of Health Services (DHS)**
Resources for Dementia and Family Caregiving
<https://www.dhs.wisconsin.gov/dementia/dementiareources.htm>
- **Family Caregiver Alliance®**
Relaxation for Caregivers Series; YouTube Videos
<https://www.caregiver.org/relaxation-caregivers-series-english>