



Our Favorite Resources

Corona Virus and Caregiving

For tips and helpful information visit <https://www.aarp.org/health/?CON-HEALTH-COVID19-031220>.

Caring Across Generations from National Association for Caregiving

See our *Tips for Sandwich Caregivers in the Era of COVID-19* [HERE](#). This tip sheet can be helpful to all caregivers responsible for both the young and old.

Mental Health Association of NJ has opened their Disaster Mental Health Helpline to assist for those feeling stressed, anxious or depressed due to COVID-19. Please call (877)294- HELP(4357) for emotional support, guidance and mental health referrals as needed.

Medicare has temporarily expanded its coverage of [telehealth services](#) to respond to COVID-19.

If you have an existing healthcare appointment, or think you need to see your doctor, please call them first to see if your appointment can be conducted over a smartphone with video capability or any device using video technology, like a tablet or a laptop. For some appointments, a simple check-in over the phone without video capabilities may suffice.

Important: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as a cough or difficulty breathing, call your healthcare provider immediately.

For more information go to https://www.medicare.gov/medicare-coronavirus?utm_campaign=20200318_gmd_prv_gal&utm_content=english&utm_medium=email&utm_source=govdelivery. **Remember:** Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs.

Department of Human Services COVID-19 Resources <https://nj.gov/humanservices/coronavirus.html>

Eldercare Locator to Find Services for Seniors by Zip Code

Visit https://eldercare.acl.gov/Public/Search_Results.aspx or call 800-677-1116.

Alzheimer's NJ

Our Helpline 1-888-280-6055 is open 8 am – 5 pm. When you call you will be connected with a staff member who is well versed in Alzheimer's disease and other forms of dementia and can provide support, guidance, and resources. Please don't hesitate to call.

In addition, we have implemented **telephone support groups** starting Wednesday, March 18. [Learn more and register here](#).

Online Recovery Support Services

There are resources to tap into and find recovery online with applications and platforms to log into free of charge. Podcasts, apps and websites are prolific with recovery. Here are a few places online to access recovery meetings: different websites include: www.smartrecovery.org, www.womenforsobriety.org, www.intherooms.com, www.celebraterecovery.com. Then, there are many podcasts like "The Beyond Addiction Show, Recovery Radio Network, Recovery 2.0 Power Hour" and many more. Phone apps are plentiful in recovery information including Sober Time, Sober Grid and I am Sober.

Virtual Field Trips

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

Multiple Museums You Can Visit from Your Couch

<https://www.creativehouseculture.art/post/multiple-museums-you-can-visit-from-your-couch>

Make time for happiness <https://www.cnn.com/2020/03/23/health/yale-happiness-course-wellness/index.html>.

Federal Trade Commission (FTC) – COVID Scams

To learn how to avoid Coronavirus scams including e-mail phishing scams, report suspected fraud and learn what the FTC is doing related to COVID-19 visit <https://www.ftc.gov/>.