

Caregiving during the Coronavirus (COVID-19) Pandemic

Organization	Webpage Title	Webpage Link	Overall Summary / Some Specifics
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)*	Home page for Coronavirus on CDC website	https://www.cdc.gov/coronavirus/2019-ncov/index.html	Home page that has links to all the main categories of webpages: i.e. What you need to know, older adults and medical conditions, travel, community and faith-based organizations, businesses and employers... the President's Coronavirus Guidelines for America – 15 Days to Slow the Spread of Coronavirus (COVID-19) is at the top of the page.
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)*	Coronavirus Disease 2019 (COVID-19) Checklist: Older Persons	https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/checklist.html	Information is directly on the website, there are topic areas that you click on they open up with additional information: i.e. Protect Yourself, Caregivers get ready...
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	Plan Ahead and Be Ready: get your home ready, create a household plan of action	https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers	Information is directly on the website, there are multiple links embedded to take you to additional website pages. On the bottom of the page it a list of readiness resources that include links and print resources.
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	Checklist to Get Your Household Ready, take preventive steps, watch for symptoms, if someone in your home is sick...	https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklist-household-ready.html	Information is directly on the website, there are multiple links embedded to take you to additional website pages.
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	FAQ for Individuals and Families	https://www.cdc.gov/coronavirus/2019-ncov/prepare/faq.html	Has a series of questions that open up to the answer; i.e. <i>What should I do if someone in my house gets sick with COVID-19? What steps can my family take to reduce our risk of getting COVID-19?</i>
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	Disinfecting Your Home if Someone is Sick	https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html	Website page breaks down cleaning supplies to use and the various mediums that need cleaning: i.e. Laundry, hard surfaces, soft surfaces, food, trash. Additional resource links are on the bottom of the page.
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	What to Do if You are Sick: steps on how to help prevent the spread of COVID-19, monitor symptoms, how to discontinue home isolation	https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html	Information is directly on the website with additional links to the general population and healthcare providers.
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	Are You at Higher Risk for Severe Illness?	https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html	Multiple links for the high risk groups: Older Adults, People with HIV, People with Asthma, Pregnant Women, Steps to Prevent Getting Sick

Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	Older Adults: what you can do, stress and coping (things you can do to support yourself), older adult death rate for COVID-19	https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications/older-adults.html	Website page is laid out well with information; also has multiple links to additional relevant information and a list of resources on the bottom of the page.
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	Clean and Disinfect: background, purpose, general recommendations and how to clean and disinfect	https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronaviruses%2F2019-ncov%2Fcommunity%2Fhome%2Fcleaning-disinfection.html	Website page is laid out well with information; also has multiple links to additional relevant information and a list of resources on the bottom of the page.
Alzheimer's & Dementia Alliance of Wisconsin*	Coronavirus Information for Alzheimer's Caregivers (BLOG)	https://www.alzwise.org/coronavirus-information-for-alzheimers-caregivers/	Has general ADAW Caregiver tips and links. A section on more home engagement opportunities. A section with their staff listing and how to reach them.
Alzheimer's & Dementia Alliance of Wisconsin*	Caregiver Resources & Tips in Handling COVID-19 (BLOG)	https://www.alzwise.org/caregiver-resources-tips-in-handling-covid-19/	Has a list of COVID-19 Resources that include: <ul style="list-style-type: none"> • CDC • Wisconsin Department of Health Services • Alzheimer's Foundation of America (AFA) • Caregiving in a time of Coronavirus • A list of On-line Caregiver Support Groups • Recommended Home-Base Activities for Caregiver and Person with Dementia • Their staff list and how to reach them
Alzheimer's Association*	Coronavirus (COVID-19): Tips for Dementia Caregivers	https://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care	Has 3 main sections: <ul style="list-style-type: none"> • Tips for dementia caregivers at home • Tips for caregivers of individuals in assisted living • Staying health
Alzheimer's Association*	Caregiving (webpages are in English or Spanish)	https://alz.org/help-support/caregiving	This Caregiving page they have a Live Chat feature Links and sections include: <ul style="list-style-type: none"> • Coronavirus: Tips for Caregivers • Join Our Community • Wandering • Early-Stage Caregiving • Late-Stage Caregiving • Middle-Stage Caregiving • Stages and Behaviors • Care Training Resources • Caregiver Health • Planning ahead for Legal Matters • Find Your Local Chapter • Support Group / Message Boards / Online community • Activities • Communication and Alzheimer's • Daily Care Plan • Safety • In-Home Care • Planning for Care Costs Residential Care

Alzheimer's Association	50 Activities	https://www.alz.org/help-support/resources/kids-teens/50-activities	Webpages breakdown activities into 5 major categories: <ul style="list-style-type: none"> • Outdoor activities • Indoor activities • Personal activities • Kitchen activities • Family traditions
Alzheimer's Association*	Wandering	https://www.alz.org/help-support/caregiving/stages-behaviors/wandering	Webpage sections: Who is at risk of wandering? Tips to prevent wandering Make a plan
Wisconsin Department of Health Services	Resources for Dementia and Family Caregiving; the website has numerous resource listings/links that are standard for their site (not specifically set up due to the COVID-19)	https://www.dhs.wisconsin.gov/dementia/dementiareources.htm	Links include (not all listed below): <ul style="list-style-type: none"> • Alzheimer's Association Wisconsin Chapters • Alzheimer's and Dementia Alliance of WI • ADEAR • Alzheimer's Foundation of America • Aging and Disability Resource Centers • AARP Caregiving Resource Center
Alzheimer's Foundation of America (AFA)*	Coronavirus Prevention Tips for Alzheimer's Family Caregivers from the Alzheimer's Foundation of America (AFA)	https://alzfdn.org/coronavirus-prevention-tips-alzheimers-family-caregivers-alzheimers-foundation-america-afa/	Has tips and ideas; plus you contact a social worker through a national toll-free helpline, email link, and chat feature.
"This article is made available through The Activity Director's Office: http://www.theactivitydirectoroffice.com " *	Activity Ideas for Alzheimer's/Dementia Residents (handout)	file:///D:/Major%20Publications/Activity%20Ideas%20for%20Someone%20Living%20with%20Dementia.pdf	This is a pdf. A very comprehensive list of ideas.
Family Caregiver Alliance®	General information and various links to other organizations (see last column)	https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers	Has a printer-friendly version for the page. Has links to: <ul style="list-style-type: none"> • CDC's numerous webpages • John A. Hartford Foundation • AARP • Self-Care (caregivers)
Family Caregiver Alliance®	Taking Care of You: Self-Care for Family Caregivers. This is there standard (pre-COVID-19) webpage.	https://www.caregiver.org/Taking-care-you-self-care-family-caregivers	Has a printer-friendly version for the page. Topics include: First, Care for Yourself, Effects of Caregiving on Health and Well-being, Taking Responsibility for Your Own Care, Identifying Personal Barriers, Moving Forward, Tool #1: Reducing Personal Stress, Tool #2: Setting Goals, Tool #3: Seeking Solutions, Tool #4: Communicating Constructively, Tool #5: Asking for and Accepting Help, Tool

			#6: Talking to the Physician, Tool #7: Starting to Exercise, Tool #8: Learning from Our Emotions. Other organizations and links are at the bottom of the page; also recommended reading list.
Family Caregiver Alliance®*	Relaxation for Caregivers Series; YouTube Videos. The introduction video is 2 hours and 30 minutes; however the technique videos are 3 to 12 minutes.	https://www.caregiver.org/relaxation-caregivers-series-english	Links to the following YouTube Videos: 1. Introduction (2 hours and 31 minutes) 2. Deep Breathing (5 minutes and 3 seconds) 3. Triangle Breathing (3 minutes) 4. Muscle Relaxation (7 minutes and 9 seconds) 5. Imagery Meditation (12 minutes 52 seconds) 6. Guided Imagery (7 minutes 12 seconds) 7. Mindfulness Meditation (7 minutes 35 seconds) 8. Breathing Mindfulness (same as #7)
The John A. Hartford Foundation: Dedicated to Improving the Care of Older Adults	General information and various links to other organizations (see last column)	https://www.johnahartford.org/dissemination-center/view/coronavirus-disease-covid-19-resources-for-older-adults-family-caregivers-and-health-care-providers	Has a printer-friendly version for the page. Has links to: <ul style="list-style-type: none"> • CDC's numerous webpages • Administration for Community Living (ACL) • National Foundation for Infectious Diseases • AARP • Alzheimer's Association Also has links for Long-Term Providers and Healthcare Professional
AARP	Practical Tips for Caregivers Concerned about Coronavirus	https://www.aarp.org/caregiving/basics/info-2020/coronavirus-tips-for-caregivers.html	General, overall information; page has a lot of advertisements and pitches to join AARP.
AARP*	Caregivers and Coronavirus: Dealing with Forced Isolation	https://www.aarp.org/caregiving/home-care/info-2020/caregiving-isolation-quarantine.html	Includes general information plus "Don't play the shame game", "Create areas of separation", "Share moments of mutual enjoyment and meaning", "Maintain your lifelines"
UCLA Health	UCLA Alzheimer's and Dementia Care Program Caregiving Videos	https://www.uclahealth.org/dementia/caregiver-education-videos	This is their standard caregiver videos; they are very popular
National Institute on Aging (NIH); Alzheimer's Disease and Related Dementias (ADEAR)	Alzheimer's Caregiving with links to CDC and NIH webpages.	https://www.nia.nih.gov/health/alzheimers/caregiving https://www.nia.nih.gov/health/about-adear-center	General Alzheimer's caregiving information, plus links to CDC and NHI updates.
Senior Link	Helpful Daily Activities for Dementia Patients (BLOG)	https://www.seniorlink.com/blog/helpful-daily-activities-for-dementia-patients-50-expert-tips-and-suggestions-to-keep-your-loved-one-engaged	Has a list of activities include board games ideas, chair exercise, gardening, and music and art activities, stringing beads... Plus it has a section on Day-to-Da Routines

* = Key websites