

Resources for Older Adults & Those Who Care for Them ***Last updated 5/12/2020***

During this challenging time, a team of community organizations and agencies have come together to help identify services and resources to help older adults in Buncombe County. The following is a list of resources, information, tips, and tools that we have checked to make sure is up to date and from reliable sources.

If you don't see the information you need, please call 211.

Resources for Older Adults

The following programs are particularly relevant to Older Adults during our Stay Home, Stay Safe order. However, Council on Aging Service Coordinators may identify additional services that could be helpful once an in-home assessment has been completed. All services are being provided online or over the phone. This includes benefits enrollment, SNAP applications, Caregiver Support, Elder Justice Navigation, ACA Navigation, Information & Assistance. For a full list of services, visit **Council on Aging Service Coordination** to find out more.

- **Homebound Food Delivery, Council on Aging** **Updated**
Council on Aging of Buncombe County is encouraging low-income adults age 60 and over to stay at home and stay safe. The Homebound Food Delivery service has been expanded and is accepting new clients. Staff & volunteers deliver a food bag to a client's door with shelf-stable items that make up 4-6 meals each week. In addition, the client will receive a reminder call ahead of the delivery. Ideas and information about wellness at home will be delivered in each bag. Call **828-277-8288** for a brief eligibility screening.
- **Local Pharmacies Services**
Many pharmacies have implemented steps to help you safely access your prescriptions at this time through delivery and curbside pick-up. A few also have special hours for older adults.
- **Corona Community - Connecting You With Your Neighbors**
Seniors & at-risk individuals can request delivery of meals, food, pet supplies, and medicines as well as wellness checks statewide. Vetted volunteer organizations will respond to these requests locally where possible.

Click on "Corona Community" above to register online and be connected to help. If you are not able to connect online, you can call 919-459-5681.

Corona Community is a service of Crisis Clean-up, a national disaster response program and this information is being shared through the NC Division of Aging and Adult Services.

- **Health Care Documents for Older Adults**

This resource page is in response to the concern from many of you about how to make sure that choices made about health and healthcare are clear. There are lots of questions about how to get Wills, Healthcare Power of Attorneys (HCPOA) and Power of Attorneys (POA) in place.

We also know that there have been questions about Do Not Resuscitate (DNR) orders and Medical Order for Scope of Treatment (MOST) forms. And there have been requests by some to have help in filling out these forms.

- **Protecting Yourself from Scams during COVID-19**

We know that older adults are often the target of scams designed to take their money and get access to private information. The North Carolina Attorney General's office has prepared this 5-point guide on how to **Protect Yourself from Coronavirus Scams**.

They also have provided a phone number to report scams to, call 1-(877) 5-NO-SCAM. And, since households with older adults often include children and teens, there is a guide for **Keeping Your Family Safe Online**.

Resources for Caregivers

- **The Caregiver Action Network** has a well-developed website to support those caring for an older adult during the COVID-19 response. Their **COVID-19 AND FAMILY CAREGIVING** page provides tips and guidance for a range of topics on how to prepare, medication needs, reporting symptoms and more. It also provides links to trusted resources such as the CDC. The network also **offers a call-in help desk** for managing complex issues.
- The National Respite Network and Resource Center has a well-developed listing of **Respite and Caregiving Resources in the Time of COVID-19** from many national and government organizations.
- **Council on Aging offers Caregiver Support Services** including Caregiver Respite and Care Navigation. Contact Caregiver Support Specialist Juanita Igo at **juanitai@coabc.org**.
- **Land of Sky Resources:**
 - **Nursing home/long term care resident complaints** - Long Term Care Ombudsmen can advocate for the rights of residents in long-term care communities. Contact: Cori Search, **cori@landofsky.org** or (828) 251-7433 or Telle King, **telle@landofsky.org** or (828) 251-7430.
 - **The Family Caregiver Support Program** provides information, assistance, and support to these family members and friends who are caring for a frail, elderly person, or someone with Alzheimer's disease.

Grandparents and older relatives age 55 and older who are raising a child are also eligible for assistance.

Limited funds for cleaning supplies, PPEs, incontinent supplies, wipes, etc. Contact: Ruth Price, **ruth@landofsky.org**, (828) 251-7441

- Project C.A.R.E. ("Caregiver Alternatives to Running on Empty") can assist caregivers of people with dementia by providing a Family Consultant to help resolve caregiving issues.

The Family Consultant can also connect caregivers with community resources and arrange funding (currently very limited) to help pay for respite.

Limited funds for inconvenient supplies. Contact: Nancy Hogan, nancy@landofksy.org, (828) 251-7432

- **MemoryCare** is a community-based out-patient clinic serving those with cognitive impairment and their families. Change can be a challenge for those with dementia and having a resource for guidance about safety concerns, activities, and managing the challenges through the COVID pandemic can make all the difference. Our clinical program works closely with the client's primary care physician to coordinate care needs and can assist with advance care planning.

Other services available to anyone with need include:

- **MemoryCaregivers Network** offers support groups three times per month for caregivers of people with dementia. The groups are now meeting via Zoom with support available between sessions when needed. Click the link above for more information.
- **The Caregiver Network News** is an electronic newsletter with a wealth of information about caregiving and local resources/events. You can read the latest publication and/or subscribe at the link above.
- **Educational Programs** available online featuring a range of topics and speakers.

Resources for Supporting Each Other

- **AARP Mutual Aid:** AARP has just launched an online platform to help individuals stay connected, share ideas, and help those most affected by the Coronavirus through mutual aid groups. This website provided information and tools to help start a group, find a group, or get assistance yourself. Individuals can also sign up for a friendly phone call if feeling socially isolated. Check it out and share with others as you see relevant: <https://aarpcommunityconnections.org/>
- **Behavioral Health during COVID-19 - Helping Our Older Population**
Micah Krempasky, MD, and Richard Zenn, MD, psychiatrists with Mission Hospital Behavioral Health, talk about dealing with your emotions and feelings around COVID-19, as well as methods to communicate in a healthy way with older adults. Other topics include: Coping with Social Distancing, Caring for Yourself, and Dealing with Depression and Anxiety.

[Click here to access the series](#)

- **Living Healthy with Chronic Conditions- program for older adults**
With so much outside of our control right now, it's important for older adults to stay vigilant in managing chronic conditions. By keeping healthy and active at home older adults can reduce unnecessary medical appointments and feel more in control of their lives and well-being. The Area Agency on Aging at Land of Sky Regional Council has a program, modified for at-home participation. Participants are mailed tool kits for a self-led chronic disease education program and participate in weekly coaching calls with a group of up to four other participants. The tool kit includes a resource book, an exercise CD, and a stress reduction and relaxation CD.

If you are interested in learning more about this free program, please call or email Stephanie Stewart at (828) 251-7438 or stephanie@landofsky.org.