

Issue 2: COVID-19 eNews & Resources

brought to you by the Council on Aging - Southern California

This is a special edition eNewsletter connecting you to information and resources during the COVID-19 pandemic.

FOOD RESOURCES

[Meals on Wheels OC](#)

714-823-3294

[Alzheimer's OC Food & Pharmacy List](#)

844-435-7259

[Age Well](#)

949-855-8033

[Office on Aging Orange County](#)

800-510-2020

[Office on Aging Riverside](#)

951-867-3800

[San Bernardino Department of Aging and](#)

[Adult Services \(DAAS\)](#)

909-891-3900

MENTAL HEALTH

[ReConnect EISOA Program](#)

714-352-8822

[OC Links Referral Line](#)

855-OC-LINKS

[National Alliance of Mental Illness \(NAMI\)](#)

714-991-6412

[Mental Health America](#)

800-273-8255

[American Foundation for Suicide](#)

[Prevention](#) **800-273-TALK**

DOMESTIC VIOLENCE

[Human Options](#)

877-854-3594

[Laura's House](#)

866-498-1511

COVID-19 HEALTH UPDATES

[OC Healthcare Agency](#)

833-426-6411

[San Bernardino Public Health](#)

909-387-3911

[Riverside Public Health](#)

800-945-6171

[California COVID-19 Hotline](#)

833-544-2374

[Information about COVID-19 in the United](#)

[States](#)

[Coronavirus Self Checker](#)



Geriatric Care Management During a Crisis

If you are overwhelmed with decisions surrounding the health and safety of a loved one, consider advice from a Geriatric Registered Nurse (RN) Care Manager. With the uncertainty surrounding the COVID-19 outbreak, it is a stressful time for individuals and families struggling to care for older adults living close by or living far away.

Geriatric RN Care Managers are specialists in addressing your concerns. They can provide expert guidance to help you solve complex issues during this pandemic. As a Registered Nurse, they also provide geriatric expertise and emotional support to prevent or mitigate a crisis, while coordinating in-home needs and or medical services.

Older adults have a significantly greater risk of catching COVID-19, specifically those who reside in nursing homes. Some families are grappling with the decision whether to bring a loved one home, and also worry how to appropriately care for them.

[READ MORE](#)

Stay Home. Save Lives. Check In.



The Role of Ombudsmen for Long-Term Care Residents during COVID-19

In the wake of the COVID-19 Coronavirus, our Ombudsman Program remains committed to the well-being of residents in long-term care facilities.

Every resident, by law, has the right to access support from a Long-Term Care Ombudsman by telephone. Facility staff must facilitate this contact if the resident does not have his or her own telephone.

[READ MORE](#)



Building Resiliency - A Message from OC Health Care Agency

During the COVID-19 crisis, as we face disruption to our lives, uncertainty, isolation, financial worries and concern for our health and the health of our loved ones, here is a message of hope and some simple things you can do to cope. It is so important to take care of yourself and each other as we are all in this together.

The [Orange County Health Care Agency](#) is here for you, providing telephonic and telehealth services throughout our continuum of behavioral healthcare as well as crisis services. In addition, extended hours of support are available and community resources are provided here to support all OC residents at this time.

[WATCH VIDEO NOW](#)



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(714) 479-0107

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