



## Virtual and Web-based Resources for Family Caregivers of People Living with Dementia during the COVID-19 Outbreak

### Enjoy learning by Podcast?

The **Diversity Within Dementia** Podcast hosted by Gentle Generations explores different facets of Alzheimer's and dementia with experts from many different fields. The Gentle Generations team partnered with the Dementia Action Collaborative in producing this series intended to reach out to a younger demographic. Listen to one or more of the six different episodes where you can learn about Alzheimer's, dementia and unique perspectives on memory loss and dementia from local clinicians, social workers, and members of varied ethnic and cultural communities.

The podcast is accessible on Anchor via: <https://anchor.fm/gentle-generations>. The episodes are now also available on: Spotify, Apple Podcast, Google Podcast and Amazon music.

### Alzheimer's Association - Tips for Dementia Care

- [Coronavirus \(COVID-19\): Tips for Dementia Caregivers](#)
  - Find information on the following - Vaccines, Caregivers at home, Long-term care settings, In-home care services, Community-based care services, In the hospital
- [COVID-19 Vaccine: Answers for Dementia Caregivers and People Living with Alzheimer's](#)

### Upcoming webinars –

#### Community education programs are now online!

Learn from the comfort and safety of your own home. Each free webinar is held live with time for Q&A. Full program descriptions and registration is [available on their website](#). Or call 800.272.3900.

- **Understanding & Responding to Dementia-Related Behavior** – Feb 1, 6 – 7 pm; Feb 28, 2 – 3:30 pm
- **Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning** – Feb 6, 9 – 10:30 am; Feb 14, 11 am – 12:30 pm
- **Healthy Living for your Brain and Body: Tips from the Latest Research** – Feb 7, 11 am – 12:30 pm
- **Advancing the Science: The Latest in Alzheimer's and Dementia Research** - Feb 8, 12 – 1:30 pm
- **Understanding Alzheimer's and Dementia** – Feb 14, 10 – 11:30 am
- **Living with Alzheimer's: Younger Onset Alzheimer's** – Feb 15, 12 – 1:30 pm
- **10 Warning Signs of Alzheimer's (Spanish)** – Feb 21, 11 am – 12:30 pm
- **Effective Communication Strategies** – Feb 23, 1 – 2:30 pm

If these times don't work for you, check out the 'on-demand' education available in [English](#) and [Spanish](#).

### Local/Virtual Support Groups

- Some support groups have gone back to an 'in person' format, but many are still virtual. Interested people can contact facilitators directly to learn how specific groups will be held. Click here for a [list of support groups and their facilitators](#).

### Southeast Washington Opportunities

- We offer unique opportunities for social engagement funded by Southeast Washington Aging & Long-Term Care, especially for residents of Asotin, Benton, Columbia, Franklin, Garfield, Kittitas, Walla Walla and Yakima counties. For more information and updates about these programs, please contact Julie Hooley at [jmhooley@alz.org](mailto:jmhooley@alz.org) or 509.392.8571 or 509.412.2371.
  - **Physical Fitness at Home:** Join us for a series presented via a webinar call catering to people living with Early-Stage Memory Loss and their care partners. These sessions are 30-45 minutes long and feature three different ability levels. Pre-registration required. Call Aging and Disability Resource Center at 855.567.0252.
  - **Weekly Connection Social Hour:** Join us for a virtual social hour for people in early-stage memory loss and their loved ones. Make new friends and connect with others. A smart phone, tablet, or computer/laptop with a microphone and speakers is required. Weekly on Wednesdays at 10 am. To register call Julie Hooley 509.412.2371.
  - **Staying Connected:** A health promotion and social support program that consists of four weekly 90-minute sessions for people living with memory loss and a companion or care partner. Sessions include a topic discussion, time for socializing and a pleasant homework assignment. The program is designed to benefit the health, mood and cognitive function of adults living with memory loss. Virtual meetings held over Zoom. Pre-registration required. Call Aging and Disability Resource Center at 855.567.0252.
  - **Powerful Tools for Caregivers:** A free six-week educational series for family caregivers. Join us to learn about identifying and reducing personal stress, communication types and strategies, taking care of you, making tough caregiving decisions and family meetings. Several series being held throughout the year. Virtual presentation. Registration required. Call Aging and Disability Resource Center at 855.567.0252.
  - **Star-C Program** – STAR-C is a program for family caregivers who are caring for and living with someone with dementia. Developed by the University of Washington, this six-week program has been shown to reduce depression in caregivers and decrease unwanted behaviors in the person with dementia. Originally designed to be offered in the caregiver's home, during the pandemic it is being made available virtually. For more information, call Aging and Disability Resource Center at 855.567.0252.

## Wellness Wednesdays

The Alzheimer's Association and UW Memory and Brain Wellness Center are pleased to offer Wellness Wednesdays, a free weekly webinar series for people with memory loss and their families. Join online and enjoy dynamic speakers exploring topics and resources to help you thrive on your memory loss journey. Check prior recorded talks or see what's coming soon through links below. (April was not yet posted at the publication of this document).

- [View recorded talks](#)
- See full schedule for Wellness Wednesdays [available at the WA State Alzheimer's Association](#)

**Washington State Chapter Website** [alzwa.org](http://alzwa.org) **Alzheimer's Association, national** [alz.org](http://alz.org)

- [Summary of current resources at AlzWA Blog](#): our blog post summarizes what the Alzheimer's Association is currently doing to support people in Washington state.
- [6 Ways to Help a Dementia Caregiver Through COVID-19](#)
- [Self-Care Tips for Dementia Caregivers](#)

The Alzheimer's Association [24/7 Helpline](#) is open anytime, day or night. Call **1 (800) 272-3900**.

## UW Memory and Brain Wellness Center

### Community Events & Programs

As part of our mission to promote the well-being of persons living with memory loss and their families, the Memory & Brain Wellness Center offers a variety of community events and programs. Note that in-person events are temporarily on hold during the COVID-19 outbreak. We have adapted some of our programs to take place virtually (online, phone or video). We also offer a new menu of virtual support, education and engagement opportunities especially tailored to living well with memory loss/dementia, or caregiving, in the midst of the COVID-19 outbreak. Please see below. For more information, please contact program manager Marigrace Becker at [mbecker1@uw.edu](mailto:mbecker1@uw.edu) or (206) 744-2190.

### *Virtual Support, Education & Engagement in the time of COVID-19*

#### **Virtual Coffee Chat for persons with memory loss/dementia**

Make a cup of coffee or tea and come together for an informal social time with others living with memory loss or dementia. Share how you're coping in the midst of COVID-19, and reflect on a different theme each week. Participate online or by phone, with a free application called "Zoom." Facilitated by program manager Marigrace Becker.

- Every Tuesday, 10 - 11 am - Space is limited; [sign up](#) here by the day before.

### Virtual Caregiver Forums

Every Monday, 10 - 11 a.m., come together with other family caregivers to discuss caring for a loved one in this time of COVID-19. Make meaningful connections, offer mutual support, and discover strategies that work for others. Participate online or by phone, with a free application called "Zoom." Facilitated by clinic social worker Karen Clay and program manager Marigrace Becker. Join for just one session, or multiple.

- Every Monday, 10 - 11 am – Space is limited; [sign up](#) by the day before.

### Wellness Wednesdays – listed above with the Alzheimer's Association

We will co-present, with the Alzheimer's Association, this free weekly webinar series, from 1 - 1:45 p.m. on Wednesdays. By working together, we aim to diversify the speakers and topics, and reach more people with valuable information on living well with memory loss or caregiving.

- Please register for each talk you would like to attend.
- Note that your first time registering, you will be prompted to create an account on the Alzheimer's Association website. You can use this account every time after that. After you register, you will promptly receive a confirmation email with Zoom link.

Join online and enjoy dynamic speakers exploring topics and resources to help you thrive on your memory loss journey...for more information, go [here](#), or call 1.800.272.3900.

View past Community Wellness Talks on UW YouTube channel, [here](#).

### UW Memory & Brain Wellness Center - Community Programs

#### Memory Loss: A Guide to Next Steps - Offered Virtually (Online or Phone)

Have you recently been diagnosed with mild cognitive impairment or dementia? Join us for this introductory class. Get your questions answered by an expert panel including peer mentors who share strategies for living well with memory loss, and a medical provider from the UW Memory & Brain Wellness Center.

Learn more about the resources in our handbook, Living with Memory Loss, and some helpful websites. You'll leave feeling encouraged and more confident for the road ahead. A free program; offered online or by phone via Zoom. 2 - 3:15 pm every 2nd Thursday of the month.

- Upcoming Session: Feb 9, 2023; March 9, 2023, April 13, 2023, May 11, 2023, June 8, 2023
- [Register](#) two days in advance

#### Garden Discovery Walks - Offered Virtually (Video)

- Virtual Garden Discovery Walks has been an online adaptation of an in-person monthly tour of a garden or park, followed by a nature inspired art craft led by Laura Rumpf, HTR, Registered Horticultural Therapist. This program is offered by Seattle Parks and Recreation & UW Memory and Brain Wellness Center, with support from Family Resource Home Care.

- Explore the 2020 – 2021 monthly garden walks and nature crafts [available to watch at home](#).
- Staying Active & Bringing the Outdoors Inside! Resource List: Virtual Tours, Nature Apps, Home-based Exercise, Live Streams ([PDF](#))

## Frye Art Museum – Frye from Home

The Frye comes into your home with digital Creative Aging resources. Have you seen these videos?

- Caroline Byrd, Education Coordinator, leads **three artwork discussions** that explore the theme of “Community: In This Together” featuring compelling works by [Helmi Juvonen](#), [Jane Wong](#), and [Cauleen Smith](#), each of which was chosen to evoke responses to what community means to you.
- Enjoy a summer walk with a family member or friend to collect flowers, bark, or other organic materials for your [Tracking Down Texture art-making project](#) with teaching artist Janet Fagan.
- Join the deer and the antelope out on the range with musician Carmen Ficarra in a [singalong of western songs](#)—certain to be a rousing good time!
- While designed for adults living with dementia and their care partners, these short videos can be enjoyed by all ages. Visit the [Frye from Home](#) page to find more ways to engage with the Museum while our doors remain closed, and receive updates about our ongoing plans.
- The Frye Art Museum's [YouTube channel](#) offers arts engagement for persons with dementia and caregivers, such as new guided art discussions.

## Other community organizations offer online activities/programs

- "Out & About" - a neighborhood walking group for people with memory loss and care partners offered by Seattle Parks and Recreation - is back! Join the group from 10:30 a.m. - 12:30 p.m. every 2nd and 4th Friday. Rotating locations/routes in Seattle. More info [here](#).
- HOPE Dementia Support – a program of CDM Caregiving Services offers programs and supports online. While this organization is in Vancouver, during to ongoing pandemic concerns some programs are virtual and open to people from other areas, and available at no charge. Anyone who would like to attend just has to contact the facilitator listed for the specific day and time.
  - You can view their programming and other educational materials (on their YouTube Channel) at: [www.HOPEdementiasupport.org](http://www.HOPEdementiasupport.org).
- Dementia-friendly sing-along program, "Patrick Sings," offered online every 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month. More info [here](#).
- Greenwood Senior Center “All Present Song Circle” – 1<sup>st</sup> and 3<sup>rd</sup> Thursdays, 1 pm Online. To register: [arielb@phinneycenter.org](mailto:arielb@phinneycenter.org)
- Greenwood Senior Center also has several support groups for caregivers of people with dementia which are all currently online. **Please check for updates [online here](#)** and/or to sign up for these, email Carin Mack at [socialwkr@comcast.net](mailto:socialwkr@comcast.net)
  - **Advanced Dementia Spousal Caregiver Support Group**, 3rd Wednesday of each month, 1-3 pm
  - **Parkinson’s Spouses**, 3rd Monday of each month, 1-2:30 pm.
  - **Early-Stage Memory Loss (ESML)**, 1st Tuesday of the month, 10:30 am-noon.

- **ESML Caregiver Support Group:** Spouses, 3rd Tuesday of each month. 10:30 am-12 pm.
- **Mid-Stage Memory Loss Caregiver Support Group:** Spouses, 4th Tuesday of each month. 10:30 am-12 pm.
- All of these are free except the Gathering Place program above, which is \$20/session.
- Taproot Theatre continues with its monthly "[Z-Improv](#)" (Zoom-based Improv) workshops for people with memory loss and care partners to enjoy the moment together.

## More Information for Family Caregivers

- University of Pennsylvania Memory Center "[COVID-19 Stay-At-Home Survival Guide](#)" for dementia caregivers includes resources for stress reduction, activities and a sample daily routine.
- National Caregiver Action Network offers a Caregiver Help Desk **855-227-3640** and [COVID-19 and Family Caregiving](#) tips and information.
- Teepa Snow's Tips for Dementia Caregivers During Covid-19: Roundtables - "[Handwashing](#)," "[Surviving Isolation](#)". More tips on caregiving in general can be found at: <https://teepasnow.com/>

## Washington's Family Caregiver Support Program

- Do you know about Washington's [Family Caregiver Support Program](#)? Staff at local offices throughout Washington are available to help unpaid caregivers of adults who need care. They can give you practical information and advice and connect you to local resources and services.
- Find your local office at this link: [Community Living Connections/Area Agency on Aging or Home and Community Services Office](#) OR by calling **1-855-567-0252**.

## Memorylossinfowa.org

- Caregivers of people living with dementia have many questions and may want guidance on steps to take, available resources for services and assistance and educational opportunities either virtually or in their areas – this and more is available at [www.memorylossinfowa.org](http://www.memorylossinfowa.org).
- This website is dedicated to linking you to personalized care and support options. It is part of Washington State's Community Living Connections (CLC) website and can link you to resources and services in your local area. It also offers help, guidance, information and planning tools which are particularly important if you or a loved one are facing memory loss, Alzheimer's or dementia.

## Resources for staying active, connected and calm while at home

- [Staying Active & Bringing the Outdoors Inside](#) by UW's Dr. Carolyn Parsey offers links to exercise programs, plus livestream from zoo and aquariums, and virtual tours of national parks
- Online [museum exhibits](#) including MOMA, Musee d'Orsay, Van Gogh and more
- TimeSlips "[Creativity Center](#)" offers at-home arts activities for persons with dementia
- [Alzheimer's Poetry Project](#) offers a poem a day, a piece of art, plus a discussion prompt
- [Relaxation video series](#) from Family Caregiver Alliance

## **Dementia Support Northwest**

- HEAD Talks via Zoom (Health Education About Dementia) – to find out more: <https://dementiasupportnw.org/>
- Virtual support groups for caregivers via Zoom – Thursdays, 1-3 pm
  - Call (360) 671-3316 or email: [alz@dementiasupportnw.org](mailto:alz@dementiasupportnw.org)

## **Centers for Disease Control (CDC) – Information on COVID-19 and keeping yourself healthy**

- CDC Website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

## **Washington State Department of Health (DOH) – Information on 2019 Novel Coronavirus Outbreak (COVID-19)**

- DOH Website: <https://www.doh.wa.gov/Emergencies/Coronavirus>

## **King County Crisis Connections**

- Warm line offers peer support for people with emotional and mental health challenges.
- Call 866-427-4747

## **Hearing Loss and Covid-19 Resources**

- Hearing Loss Association Website: <https://www.hearingloss.org/coronavirus-covid-19-resources/>

If you find any broken links or outdated information, please email [Lynne.Korte@dshs.wa.gov](mailto:Lynne.Korte@dshs.wa.gov)