



Resources for Family Caregivers of People with Dementia during the COVID-19 Outbreak

Alzheimer's Association - Tips for Dementia Care

- [Tips for dementia caregivers at home](#)
- [Residential facility has an incidence of COVID-19](#)
- [Tips for individuals receiving home-based services](#)
- [Staying healthy](#)
- [Tips for caregivers of individuals in a residential care setting](#)

More info available at: [Covid-19 Tips for Dementia Care](#)

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 [available on their website](#).

To learn more or to register, call 800.272.3900 or visit online at https://www.alz.org/alzwa/helping_you/education

- **10 Warning Signs of Alzheimer's** – October 1, 10 – 11:30; October 6, 3 – 4:30
- **COVID-19 and Dementia Caregiving** – October 27, 10 – 11:30 am
- **Dementia Conversations** – October 20, 10 – 11:30 am
- **Effective Communication Strategies** – October 2, 3 – 4:30; October 28, 2 – 3:30 pm
- **Healthy Living for Your Brain and Body** – October 13, 12 – 1:30 pm; October 21, 11:30 am – 1 pm
- **Legal and Financial Planning** - October 7, 1 – 3:30 pm
- **Living with Alzheimer's: For Caregivers-Middle Stage** – Part 1: 10 am – 12:30 pm; Part 2: October 12, 10 am – 12:30 pm
- **Understanding Alzheimer's and Dementia** – October 19, 9 – 11:30 am; October 22, 11 am – 12:30 pm
- **Understanding and Responding to Dementia-Related Behavior** – October 26, 20 – 11:30 am

Dementia Caregiving & COVID-19 – October Webinar Series

To learn more or to register, call 800.272.3900 or visit online at <https://www.alzwa.org/covidcare>

- **Intimate Connection and Sexuality in the Context of Dementia**
Dr. Regina Knapp, Board-Certified Clinical Psychologist
October 7, 2020 | 11 a.m. - 12 p.m.
People with dementia experience a decline in functioning, but often maintain a need for intimate connection. This presentation will review risks and benefits of intimacy, complicating factors and the role values play when determining appropriateness of intimate connections. Special attention will be paid to ways in which COVID may influence sexual behavior in the context of dementia.
- **Musical Activities for Older Adults With Dementia and Their Caregivers**
Katy Weber, Music Therapist
October 14, 2020 | 11 a.m. - 12 p.m.
Music can support a higher quality of life for individuals with dementia and their caregivers, providing opportunities for emotional and spiritual connection. In this presentation, a music therapist will discuss and share musical activities to help support caregivers during the pandemic.
- **Coronasomnia in Individuals With Cognitive Impairment and Caregivers**
Dr. Sue McCurry, Licensed Clinical Psychologist
October 21, 2020 | 11 a.m. - 12 p.m.
The onset of the novel coronavirus has had a profound worldwide impact on people's sleep, including individuals with cognitive impairment and their family caregivers. This presentation will discuss modifiable factors that increase risk for sleep deficiency, and non-pharmacological strategies for a better night's sleep.
- **Alcoholism and Addiction in the Time of COVID**
Chris Manley, Chemical Dependency Specialist, Certified Interventionist
October 28, 2020 | 11 a.m. - 12 p.m.
Join us as we hear from an addiction specialist on recognizing alcohol and drug issues in older adults. Learn intervention strategies and receive resources on how to access community support.

The following are other supportive services offered virtually.

- **Local Virtual Support Groups**
Many support groups are now meeting over the phone or online. Interested people can contact facilitators directly to learn how specific groups will be held. Click for the [SCHEDULE](#). A chapter-wide [telephone support group](#) is being held on the **fourth Tuesday of each month** from 10-11 am.
- **Online Support Community** [ALZ Connected](#)
- **Washington State Chapter Website** [alzwa.org](#) **Alzheimer's Association** [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](#)
 - [Self-Care Tips for Dementia Caregivers](#)

The Alzheimer's Association [24/7 Helpline](#) is open to all callers 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 or (206) 744-2190.

****NEW* 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 a.m. – October 6, 13, 20, 27
- Space is limited; [sign up](#) 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 a.m. – October 5, 12, 19, 26
- Space is limited; [sign up](#) by the day before.

Virtual Community Wellness Talks

Join us for a brief presentation and Q&A from **1 - 1:45 p.m. on Wednesdays**, on various topics related to “living well” in the midst of the COVID-19 outbreak. These talks are for people with memory loss, family caregivers, and the general public, and feature MBWC providers. Participate online or by phone, with a free application called “Zoom.” Join for just one session, or multiple.

[Sign up](#) by the day before. Session topics are below.

- **Wednesday, October 7:** “Staying Connected With Loved Ones in Memory Care” with Washington State Long-Term Care Ombuds Patricia Hunter, MSW.
- **Wednesday, October 14:** “Social Engagement During COVID: An Innovative Approach” with Laurelynn Brooks, family caregiver.
- **Wednesday, October 21:** Film Screening & Discussion: “Living with Memory Loss: In Our Own Words” by members of the Gathering Place program at Greenwood Senior Center.
- **Wednesday, October 28:** Film Screening & Discussion: “GAPS,” an exploration of Alzheimer's in Asian American communities, by producer Peter Trinh.

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 every 2nd Thursday of the month.

Upcoming Session: October 8. View [flyer](#). [Register](#) two days in advance.

Garden Discovery Walks - Offered Virtually (Video)

- Enjoy virtual walks through Bradner Gardens and Seward Park, followed by guided art crafts. The Virtual Garden Discovery Walks is 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 spring 2020 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](#))
- [The Importance of Nature in Times of Social Distancing](#) by Dr. Carolyn Parsey, PhD, neuropsychologist

Frye Art Museum – Frye From Home

The Frye is coming into your home with our 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 may mean 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.

Then 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.

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” and “Help! He’s touching every surface” <https://teepasnow.com/>

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
- YMCA [Health and Fitness videos](#)
- Online [museum exhibits](#) including MOMA, Musee d'Orsay, Van Gogh and more
- Free [classical music](#) performances by the Metropolitan Opera, Berlin Philharmonic 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) – For information, call **(360) 671-3316** or email: alz@dementiasupportnw.org

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 that meet your needs.
- 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**.

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>

Hearing Loss and Covid-19 Resources

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

King County Crisis Connections

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