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

Caring for People With Dementia in Long-Term Care Facilities During COVID-19 | Barb Lewis, LPN
July 1, 2020 | 10:30 - 11:30 a.m.
Window visits, Skype meetings and phone calls: having a loved one in a long-term care facility has changed drastically in the wake of COVID-19. Learn how to navigate your loved one’s care remotely and what to expect from long-term care facilities. | REGISTER

COVID-19 Guidance and Tips for Dementia Caregivers | Anita Chopra, MD
July 8, 2020 | 10:30-11:30 a.m.
How do I explain COVID-19 to my loved one with dementia? How do I keep them safe, healthy, and at home during the pandemic? Dr. Anita Chopra will address these questions and many more. | REGISTER

Handy Self-Care Tips for the Busy Dementia Caregiver| Maggie Christofferson BASW & April Scott MS, MPA
July 13, 2020 | 10:30-11:30 a.m.
Many dementia caregivers are in desperate need of self-care and struggle to make time for it. We have all heard mainstream self-care tips like getting a massage, getting your nails done, getting a facial...but most caregivers do not have that kind of time. Join us as we present useful and practical tips for how to take care of yourself. | REGISTER

Falls and Memory Loss | Victoria Panzer, PhD
July 23, 2020 | 10:30 – 11:30 a.m.
People living with memory loss and dementia have a higher risk of falling – which can often cause injury and complications, and could eventually lead to placement in a nursing facility. Dr. Victoria Panzer Ph.D. will discuss fall risk and prevention for those with dementia. | REGISTER

Long Term Care Planning During COVID-19 | Lisa Mayfield of Aging Wisdom
July 30, 2020 | 10:30 – 11:30 a.m.
“How do I know when it’s time to place my loved one in long term care?” or “What are some safety practices I can take when visiting my loved one?” | REGISTER
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](mailto:mbecker1@uw.edu) or (206) 744-2017.

**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. Space is limited; [sign up](#) by the day before.

- Every Tuesday, 10 - 11 a.m.
  - Tuesday, July 7, Tuesday, July 14, Tuesday, July 21, Tuesday, July 28
Virtual Caregiver Forums
Every Monday in April, 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. Space is limited to 20 participants; sign up by the day before. Join for just one session, or multiple.

- Every Monday, 10 - 11 a.m.
  - Monday, July 6, Monday, July 13, Monday, July 20, Monday, July 27

Virtual Community Wellness Talks
Join us for a brief presentation and Q&A from 1 - 1:45 p.m. on Wednesdays in July, 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, July 1:
  - “Safe and enjoyable physical fitness activities from home” with Cecilia Matta, senior fitness instructor and UW ADAPT program volunteer.
- Wednesday, July 8:
  - “Making art together at home” with Cal Dobrzynski, MDes, designer and UW MBWC volunteer.
- Wednesday, July 15:
  - “Capturing the moment: Using your camera to explore your COVID-19 experience” with Tom Grabowski, MD, director of UW MBWC and photo hobbyist.
- Wednesday, July 22:
  - “Musical activities you can do at home” with Shih-Yin Lin, MM, MPH, PhD, senior research scientist/project director, NYU Rory Meyers College of Nursing and former Music Therapist.
- Wednesday, July 29:
  - “Preventing falls in people with dementia: What can we do together?” with Yuanjin Zhou, MSW, PhD Candidate at UW School of Social Work

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 Sessions: June 11, July 9, August 13. View flyer. Register two days in advance.

**Garden Discovery Walks - Offered Virtually (Video)**
- A Virtual Walk through Bradner Gardens and Art Project is now available to watch at home.
- A Virtual Walk through the woods of Seward Park and a guided craft is now 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

**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.
- 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