



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](#)

[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.

- **10 Warning Signs of Alzheimer's** – October 1, 11 am – 12:30 pm; October 5, 3 – 4 pm; October 28, 1-2 pm
- **Legal and Financial Planning for Alzheimer's** – October 5, 9 – 11:30 am
- **Understanding & Responding to Dementia-Related Behavior** – October 7, 12 – 1 pm; October 27, 9:30 – 11 am
- **Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning** – October 7, 3 - 4 pm
- **Understanding Alzheimer's and Dementia** – October 7, 12 – 1 pm; October 27, 9:30 – 11 am
- **Healthy Living for your Brain and Body: Tips from the Latest Research** – October 11; 12 – 1 pm
- **Effective Communication Strategies** – October 13, 1 – 2:30 pm; October 20, 3 – 4 pm
- **Living with Alzheimer's: For Younger-Onset Alzheimer's** - October 19, 12-1 pm
- **When Living at Home is No Longer an Option** – October 26, 3 - 4 pm

The following are other supportive services offered virtually....

- **Wellness Wednesday webinar series** The Alzheimer's Association is partnering with UW Memory & Brain Wellness to offer Wellness Wednesdays, a free webinar series for people living with memory loss and their families. More info by visiting alzwa.org/wellness.
- **Mood Boosters: Helpful Strategies to Support Your Mental Health | Presented by: George Dicks**
 - [Wednesday, Oct. 6, 2021 | 1-1:45 p.m. PT](#)
 - We all feel down from time to time, but what can we do about it? Join us as we hear from George Dicks, geriatric mental health specialist from Harborview Medical Center, on how to support your mental health. In this session, we will explore practical mental health strategies that can lift your spirits and help you thrive.
- **Reimagining Our Approach to Brain Health | Presented by: Thomas Grabowski, MD**
 - [Wednesday, Oct. 13, 2021 | 1-1:45 p.m. PT](#)
 - What does healthy brain aging mean and how can we help our brains age well? How can a strengths-based approach revolutionize dementia care, and how can threats to memory and brain health be prevented in the future? Join us as we hear from Thomas Grabowski, MD, neurologist and director, UW Memory and Brain Wellness Center, about how we can take healthy steps to improve brain health.
- **Your Healthy and Active Brain During COVID and Beyond | Presented by: Nicole Vienneau**
 - [Wednesday, Oct. 20, 2021 | 1-1:45 p.m. PT](#)
 - Your everyday habits and behaviors are important for overall health and well-being. These are known as lifestyle strategies. This webinar aims to have you gain power over your everyday behaviors so you feel strong and filled with vitality. We'll discuss two lifestyle strategies:
 - ✓ Nourish with real food: The foods you eat or don't eat can help your brain and body stay vital and strong. Learn tips to make healthy choices that affect you positively.
 - ✓ Stress less: Some stress is normal, but too much stress steals your vitality. Learn and practice simple tools to alleviate stress in your daily life.
- **Developing a Routine | Presented by: Maggie Christofferson**
 - [Wednesday, Oct. 27, 2021 | 1-1:45 p.m. PT](#)
 - Join us as we talk about how to create a daily routine for a person living with dementia and their care partner. A daily routine offers peace of mind and helps you spend less time trying to figure out what to do and more time on activities that provide meaning and enjoyment.

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 a list of current support groups](#).

- An LGBTQ caregiver support group is now being held online the third Thursday of each month from 6:30-8:00 p.m.

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.
- **Program Spotlight: [Weekly Connection Social Hour](#)**
Join us virtually for this small group social hour for people living with dementia and their care partners. The program will be held over Zoom, and we can provide assistance getting you set up. To register, call Julie Hooley at 509.412.2371.
- Residents of these counties are also invited to join us for [Physical Fitness at Home](#) or [Staying Connected](#), a program for people with early-stage memory loss and their care partners. [Learn more here.](#)

Washington State Chapter Website alzwa.org Alzheimer's Association, national 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 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.

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.
- October 5, 12, 19, 26

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.
- October 4, 11, 18, 25

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 every 2nd Thursday of the month.

- Upcoming Session: October 14, December 9
- [Register](#) two days in advance

Garden Discovery Walks - Offered Virtually (Video)

- 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.
 - **Garden Discovery Walk, October 2021 (Part 1)** [Bellevue Urban Garden](#)
Enjoy this visit to the magical tBUG: The Bellevue Urban Garden! tBUG is a 2.7 acre, volunteer-run farm in the Lake Hills Greenbelt that inspires and educates a diverse community on ways to grow nutritious food.
 - **Garden Discovery Walk Project, October 2021 (Part 2)** [Growing Your Own Lemon Tree](#).
Plant propagation is the process by which new plants grow from seeds, cuttings, and other plant parts. Follow along with horticultural therapist Peach Jack to learn about growing your own lemon tree.
 - **View prior Walks -** [View ALL virtual Garden Discovery Walks](#).
- 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 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 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 and programs

- New dementia-friendly sing-along program, "Patrick Sings," offered online every 2nd and 4th Friday of the month. More info [here](#).
- CDM Adult Day Center in Vancouver, WA offers free online activities for the community every weekday. Find a link to their activity calendar, [here](#).
- Lutheran Community Services Northwest in Pierce County offers virtual "Opening Minds through Art" program. More info [here](#).
- Seattle's Greenwood Senior Center continues two new online memory loss programs - "Brain Games" and "Memory Loss Cafe." View all programs [here](#), or sign up for the two new ones below with katief@phinneycenter.org:
 - [Brain Games](#), every 1st Monday, 1 - 2 p.m.
 - [Memory Loss Cafe](#) (social group), every 3rd Monday, 1:15 - 2 p.m.
- 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" and "Help! He's touching every surface" <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**.

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
- 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

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/>