

# CARING FOR THE ELDERLY DURING COVID-19

## **If your parent/elder is out of state:**

- Contact the **County Area Agency on Aging** where your parent resides to find out about resources like meals on wheels, transportation and caregiver services
- Contact a **Geriatric Care Manager** in the elder's area for resource assistance. (Geriatric Care Managers are private pay)

## **If you have not heard from your parent/elder:**

- Contact the local police department for a welfare check

## **For prescriptions and groceries:**

- Look into a delivery service for them

## **If you need to see your parent/elder:**

- Remember to abide by social distancing, and hand washing

## **If your parent/elder is in the hospital or nursing home:**

- Maintain contact with the facility
- If possible, set up a check in time with a staff member

