

STAYING INFORMED WHILE STAYING AT HOME



For general AARP coronavirus information:

<https://aarp.org/coronavirus> or <https://aarp.org/elcoronavirus> (Spanish).



Alzheimer's Association

The Alzheimer's Association offers webinar support groups and education. Information about these opportunities can be found at:

<https://alz.org/events>

Opportunities include:

Community Webinars: No one should face Alzheimer's alone. Register for one of our free virtual support groups where people living with Alzheimer's, caregivers, family and friends can ask questions, get advice and find support.

Emergency Preparedness: Caring for persons living with dementia in a long-term or community-based care setting

Understanding Alzheimer's and Dementia

10 Warning Signs of Alzheimer's

Effective Communication Strategies

Healthy Living for Your Brain and Body

Join the Alzheimer's Association for a series of three 30-minute livecasts on May 18 and 19. Public health professionals will quickly learn about challenges posed by dementia in these settings, immediate steps to better protect health and safety for this population, and resources their departments can use. These short web presentations will feature speakers from the Centers for Disease Control and Prevention and highlight new tip sheets for each setting. Please register for each session separately.

- Register for: [Dementia Challenges in Homes and Around the Community](#) — **Monday, May 18 from 1:00-1:30 p.m. ET**
- Register for: [Dementia Challenges in Emergency Departments and Hospitals](#) — **Monday, May 18 from 2:00-2:30 p.m. ET**
- Register for: [Dementia Challenges in Long-Term Care Settings](#) — **Tuesday, May 19 from 3:00-3:30 p.m. ET**

Find each tip sheet on alz.org/publichealth-covid19, which highlights dementia-specific COVID-19 challenges, distinct public health action, and facts and resources to guide the response. Stay up-to-date with the latest developments from the Alzheimer's Association at alz.org/covid19help.



Education

Also remember that caregivers may be home alone without much support during the Stay Home order. The Idaho Commission on Aging has 11 free, online Dementia Training Modules on our website to help family caregivers and other direct care workers to positively manage communication and behaviors of people with dementia.

Here's the link: <https://aging.idaho.gov/stay-educated/dementia-skills/>

The Idaho Commission on Aging also offers online education for those who care for older adults.

Here is the link to those resources: <https://www.mmlearn.org>