

Resources for Care Partners during COVID-19 Restrictions

Updated February 26, 2021

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- Research Opportunities

Crisis Hotlines - Call 911 for life-threatening emergencies!

National Suicide Prevention Lifeline

612-347-2222 or 1-800-273-8255 or Text MN to 741741
24/7 Free & Confidential

Adult Mental Health Crisis Lines

Ramsey County: 651-266-7900

Hennepin County: 612-596-1223

Washington County: 651-275-7400

Anoka County: 763-755-3801

Dakota County: 952-891-7171

Other MN counties and tribal crisis lines: [List of Crisis Lines](#)

Children's Mental Health Crisis Lines

Ramsey County: 651-266-7878

Hennepin County: 612-348-2233

Washington County: 651-275-7400

Anoka County: 763-755-3801

Dakota County: 952-891-7171

Other MN counties and tribal crisis lines: [Children's Mental Health Crisis Lines](#)

Crisis Text Line: Text MN to 741741

24/7 emergency service is available if you or someone you know is experiencing a psychiatric or mental health crisis.

Minnesota Day One Crisis Line

Domestic abuse/ sexual violence/ trafficking

Call: 1-866-223-1111

Text: 612-399-9995

24/7 365-day-a-year, toll-free, confidential, and multilingual hotline.

Help for people experiencing domestic violence, sexual violence or human trafficking or simply questioning aspects of your relationship.

Please call 911 in an emergency.

[Day One Services](#)
[Statewide Hotlines](#)

Trained advocates provide:

- **Support:** 24-hour crisis supportive services
- **Safety:** Getting and keeping you and your family safe
- **Housing:** Providing emergency shelter and safe housing
- **Resources:** Support groups, transitional housing, legal advocacy, culturally specific services and more

Crisis Counseling:

We can provide a variety of resources for those seeking information—including referrals to support groups, possible transitional housing in your area and options for legal advocacy. If you are questioning unhealthy aspects of your own relationship or are concerned about a loved one, we are here to listen.

Protection for Pets:

We know that approximately 71% of animal owners entering emergency shelters reported that their abusers had injured, maimed, killed or threatened family pets for revenge or psychological control. Abusers often threaten to hurt beloved family pets to prevent victims from leaving.

Minnesota Adult Abuse Reporting Center

Elder abuse – vulnerable adult abuse

1-844-880-1574

24/7 toll-free, confidential hotline.

If you are reporting an emergency that requires immediate assistance from the police, sheriff, fire department or an ambulance, call 911 first then call MAARC.

Disaster Distress Helpline

Substance Abuse and Mental Health Services Administration

1-800-985-5990

24/7 365-day-a-year, toll-free, confidential, multilingual hotline.

Deaf/Hard of Hearing

Text TalkWithUs to 66746 or use your preferred relay service to call the Disaster Distress Helpline at 1-800-985-5990. **TTY** 1-800-846-8517

National hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The Disaster Distress Helpline also answers calls and texts related to infectious disease outbreaks such as the Coronavirus pandemic, incidents of community unrest, and other traumatic events.

First Call for Help

24-7 / Confidential / multilingual services

Dial 2-1-1

Cell phone: 651.291.0211

Toll-free: 1.800.543.7709

Text 'MNCOVID' to 898211 or visit [211 United Way](#)

If you need assistance finding food, paying housing bills or other essential services, this database connects callers to thousands of resources throughout Minnesota. A Certified Community Resource Specialist will help to locate available resources in your area.

More than 90 percent of the United States has access to 2-1-1, along with several areas of Canada. For more information on the national 2-1-1, or visit [211 United Way](#).

Food Resources

Access to Free Food

Free home meal delivery available for people impacted by COVID-19

If you are a Ramsey County resident and have been impacted by the COVID-19 pandemic, you may be eligible to have up to 21 prepared meals delivered to your home for free each week. All meals are nutritionally balanced and are prepared by licensed food providers. Some providers offer meal options that accommodate specific dietary restrictions.

Eligibility

Meal delivery is available to residents who are confined to their homes due to health conditions, transportation barriers and other reasons related to the COVID-19 pandemic.

Providers

Please contact a provider to learn more, discuss your eligibility and arrange services.

[Ramsey County Free Meal Delivery](#)

CAPI Culturally-Specific Food Shelf

CAPI USA aka The Centre for Asian and Pacific Islanders
5930 Brooklyn Blvd., Brooklyn Center

Due to the COVID-19 crisis, the CAPI food shelf has new hours until further notice and is only available for curbside pickup and senior delivery. The food shelf is open to CAPI clients and anyone in need of food assistance.

OPEN: Tuesdays 1:00 pm – 4:00 pm; Wednesdays and Thursdays – 9:00 a.m.- 4:00 p.m.

- Upon arrival park in a designated parking spot marked by an orange cone
- **Remain in your car**
- If you are a food shelf client, please have your food shelf card ready
- A staff member/volunteer will collect your information
- A staff member/volunteer will load groceries into your vehicle (if you are on foot, you will be given bags)

[For more information contact us here.](#)

FRESH PRODUCE FRIDAYS

CAPI's Fresh Produce Fridays are back! Anyone is welcome to come for fresh produce. Check-in begins at 12:30 pm and distribution will start at 1:00 pm. Please wear a mask and practice social distancing.

Schedule: July 10, July 24, August 14, August 28, Sept. 11, Sept. 25, Oct. 9

Hours: 1:00 pm – 3:00 pm

Location: CAPI IOC – 5930 Brooklyn Blvd., Brooklyn Center

City of Roseville and Every Meal Partnership

The City of Roseville has teamed up with Every Meal, formerly The Sheridan Story, to provide free, nutritious food to families in the community to ensure that area youth have food during the COVID-19 (Coronavirus) pandemic.

Every Meal has provided the city with 330 five-pound food bags. Each food bag contains approximately four meals and is packaged and ready to go. This initial delivery comprises more than 1,260 meals and Every Meal will make sure supplies are replenished to meet the community's needs in the coming weeks.

The food is available to any Roseville resident or family that may be struggling with food insecurity. Food may be picked up 24 hours a day, seven days a week, beginning Friday, April 17 from the vestibule at the Roseville Fire Station.

Access to the Fire Station is available from the parking lot at Roseville City Hall, 2660 Civic Center Drive, near the corner of County Road C and Lexington Avenue.

The City of Roseville requests that all residents practice social distancing when picking up food.

The City of Roseville staff are working on some other ways we can get food to other people that may be in need and for whatever reason cannot get to the Fire Station. Stay tuned. Check the Roseville website: www.cityofroseville.com

To learn more about EveryMeal (formerly The Sheridan Story) services to fight hunger: [EveryMeal](#)

Open Arms Minnesota

If you're living with HIV/AIDS, cancer, MS, ALS, ESRD, CHF or COPD and would benefit from assistance with food, Open Arms can provide you delicious meals free of charge. We cook and deliver fresh, high-quality meals that sustain and nourish you.

To qualify for Open Arms' meal delivery service, you need to be diagnosed with a life-threatening illness such as cancer, HIV/AIDS, multiple sclerosis, ALS, COPD, ESRD or CHF AND one of the following: either physically unable to shop or cook for yourself OR have a compromised nutritional status. You must live in the Twin Cities metropolitan area to receive meal delivery service. We do not qualify individuals based on income status. [Open Arms Minnesota](#) or call 612-872-1152

Keystone Community Services Food Shelves

Call for hours and procedures during the pandemic

Midway
1916 University Avenue
St. Paul, MN 55104
651-917-3792

Rice Street
1459 Rice Street, Suite 3
St. Paul, MN 55117
651-487-2792

Access to Groceries

Statewide searchable list for grocery and drug delivery

[Groceries and Drug Delivery Services](#)

Online grocery shopping

A sample of stores and services in the Roseville area

Major local grocery stores and others offer online shopping with pick-up or delivery for a fee. There is usually a significant delay between placing your order and when it becomes available.

Cub Foods [Cub Foods Online Shopping](#)

Lunds & Byerlys [Lunds and Byerlys Online Shopping](#)

Walmart [Walmart Online Shopping](#)

Target [Target Online Shopping](#)

Aldi's [Aldi Online Shopping](#)

Schwan's Home Delivery [Schwans Online Shopping](#)

St. Anthony Park Area Seniors: Neighbors Serving Neighbors by Delivering Groceries!

Would you appreciate having someone else do your shopping these days? Well, you are in luck! We have many volunteers who are willing and ready to go to the store for you and bring your items back right to your door. If you are at least 60 years old, you qualify to have St. Anthony Park Area Seniors volunteers do your shopping at no charge.

You must live in St. Anthony Park, Lauderdale, or Falcon Heights west of Cleveland to qualify for this service.

Contact: **651-642-9052** Email: office@SAPASeniors.org [SAPASeniors Website](#)

Metro Mobility

Metro Mobility will deliver groceries and household items at No Cost to certified Metro Mobility customers.

To use this service, follow the steps below or contact the Metro Mobility Zone you are in:

1. The certified passenger places his/her order with the store using the store's online app, observing Metro Mobility's current four-bag limit. The passenger notifies the store (via the app) that Metro Mobility will be picking up his/her groceries. Once the transaction is complete, the passenger records the order number and the time that the order should be ready.
2. The passenger contacts his/her Metro Mobility Service provider to arrange for the delivery at the time that the order is scheduled to be ready. The delivery can be scheduled for the same day or in advance.
3. Metro Mobility will deliver the groceries within 60 minutes of the scheduled pick-up time. Drivers will verify the passenger's photo ID at drop-off.

[Metro Mobility Grocery Delivery](#)

Help at Your Door: Grocery Assistance

- Orders can be placed over the phone or online
- Delivery of grocery items and help with putting items away (Note: This may not be available during the pandemic. Call for details.)
- EBT payments/SNAP benefits are accepted

[Help at your Door](#)

Fare for All

Stretch your food dollars. Fare for All is The Food Group's cooperative purchasing program that offers affordable groceries and packages of produce and meat for up to 40% off retail prices. Fare for All works hard to offer value, variety, quality and nutrition in our food packages. From \$10 Produce Packs to \$11 Mini Meat Packs and \$20 Combo Packs—the choices are nutritional and affordable. Be sure to check out this month's Hot Buy and Produce Packs.

To find the monthly distribution sites, monthly specials, info about the warehouse, and more: [Fare For All](#)

Monthly pick up sites are suspended due to coronavirus. Fare for All is piloting a drive through grocery pick-up option. Check back to see if it is implemented in the Roseville area. Monthly local sales are currently cancelled.

Farmers Markets

This statement appears on the website referring to the St. Paul downtown farmers market on Saturday mornings: *The first hour (9-10am) of the Market day is reserved for elders and those with higher risk of infection.*

Check with the farmers market to determine the policy for other locations.

[St Paul Farmers Market](#)

Access to Prepared Meals

Searchable list for home-delivered meals

[Resource List for Home Delivered Meals](#)

Meals on Wheels – Roseville Area Senior Program

To sign up: [Meals on Wheels](#) or call 651-318-9091

If you are a Meals on Wheels client and have questions, please call us at **651-604-3524**.

Kosher and Halal Meals on Wheels Kosher/Halal meals delivered to your home

The cost is based on income. Many participants qualify for free meals through their health plan. There is NO age requirement for participation.

Contact: Jill Grover 651-315-9167 or email jgrover@jfssp.org

Open Arms Minnesota

If you're living with HIV/AIDS, cancer, MS, ALS, ESRD, CHF or COPD and would benefit from assistance with food, Open Arms can provide you delicious meals free of charge. We cook and deliver fresh, high-quality meals that sustain and nourish you.

To qualify for Open Arms' meal delivery service, you need to be diagnosed with a life-threatening illness such as cancer, HIV/AIDS, multiple sclerosis, ALS, COPD, ESRD or CHF AND one of the following: either physically unable to shop or cook for yourself OR have a compromised nutritional status. You must live in the Twin Cities metropolitan area to receive meal delivery service. We do not qualify individuals based on income status.

[Open Arms Minnesota](#) or call 612-872-1152

Keystone Community Services Food Shelves

Midway
1916 University Avenue
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Rice Street
1459 Rice Street, Suite 3
St. Paul, MN 55117
651-487-2792

Schwan's Home Delivery

[Schwan's Delivery](#)

Access to Food Assistance Programs

Supplemental Nutrition Assistance Program (SNAP) / Food Stamps

Second Harvest Heartland is working hard to register those eligible for SNAP to ensure that everyone who needs these benefits, which will be especially important during this time, can access them. To find out if you are eligible for SNAP benefits, use [our online screening tool](#) or the [Bridge to Benefits screening tool](#).

Eligibility is based on monthly income and household size.

You can also [contact an outreach specialist](#) or call **651-.209-7963** (toll-free 1-844-764-5513) to see if you are eligible for assistance.

Hunger Solutions

If you need additional food resources, please call the **Minnesota Food Help Line** at **1-888-711-1151**, Monday-Friday from 9 a.m.-5 p.m. or visit [Hunger Solutions](#)

If you have children, contact the school district in which you live to find out what nutrition resources are available. Most school districts will not require enrollment of your child in the district - help is available to all children who reside within a district's boundaries.

Searchable site and access to assistance. [Hunger Solutions - Find Help](#)

Access to Pet Food and Supplies

A sample of stores and services in the Roseville area

Chuck and Don's

Order online with curbside pickup or delivery: [Chuck and Don's](#)

Petco

Order online with curbside pickup

[Roseville Petco](#)

PetSmart

Order online with curbside pickup or delivery [Roseville PetSmart](#)

Minnesota Services during COVID-19 Restrictions

Essential caregivers allowed to visit residents in Minnesota long term care residences

Recognizing the critical role family members and other close, outside caregivers have in the care and support of residents, and recognizing how they advocate for the resident, it is strongly recommended LTC facilities develop a process to designate essential caregivers (EC) where appropriate. An EC could be an individual who was previously actively engaged with the resident or is committed to providing companionship and/or assistance with activities of daily living.

Essential caregivers will be able to visit and interact with their resident. Please see this statement by the MDH for more information.

[Essential Caregivers - MDH Guidelines](#)

This policy is not a requirement but a recommendation. If you consider yourself an essential caregiver for someone in a residence, please contact the residence to see what they plan to do with this recommendation.

New Visitation Guidance for Long Term Care residences!

This is in addition to the Essential Caregiver and Compassionate Care visits.

On Sept. 17, 2020, the federal government, specifically the Centers for Medicare and Medicaid Services (CMS), issued updated visitation guidance for nursing homes to allow for more visitation. On October 12, 2020, the Minnesota Department of Health revised their guidelines to accommodate these updates. If you are not in Minnesota, check to see how your state has adapted to these new Medicare recommendations.

In-person visits should be allowed when both of the following criteria are met:

- The facility has not had a COVID-19 exposure from a positive resident or employee in the last 14 days, AND
- The two-week county COVID-19 test-positivity rate is $\leq 10\%$, placing the facility in the low-risk or medium-risk category.

Only essential caregiver and compassionate care visits should be allowed when one or both of the following criteria are met:

- The two-week county COVID-19 test-positivity rate is $> 10\%$, placing the facility in the high-risk category, AND/OR
- The facility has had a COVID-19 exposure from a positive resident or staff in the last 14 days.

More details here:

[LTC Visitation and Activities – MDH Guidelines](#)

Minnesota also has issued guidance on essential caregiver and compassionate care visitations. While essential caregiver visits allow facilities the option to offer them, compassionate care visits are mandatory and can be for visits beyond just end-of-life care and even when there is an outbreak of the coronavirus in the facility.

If you have concerns about the health and safety of your loved one or are having problems visiting them in a facility, please contact the [Minnesota Long-Term Care Ombudsman](#) at 800-657-3591.

Residential Relief Program

There are three residential relief programs available to qualifying individuals.

[Roseville Relief Funds](#)

Households are eligible for relief of up to \$10,000, payable directly to your landlord or mortgage servicer. Funds will be disbursed on a first-come, first-served basis to Roseville households that meet the eligibility requirements. Roseville City Council approved the creation of the Residential Relief Program to use up to \$1 million of its federal CARES Act funds to assist residents facing difficulty paying their rent or mortgage due to reduced employment income/hours from the coronavirus pandemic.

[Ramsey County Emergency Assistance](#)

The County's program will fund families at or below 300% of the federal poverty level with past due rent or mortgage payments, past due utilities, damage deposits, or car repairs needed for work transportation.

[State of Minnesota COVID-19 Housing Assistance Program](#)

Minnesota Housing is administering the state program, which funds families at or below 300% of the federal poverty level (preference for those at or below 200%) with a variety of housing-related costs, past-due utilities, and more.

Amherst H. Wilder Foundation - Customized Living Services

Wilder brings supportive services to residents who live in two Saint Paul Public Housing apartment buildings: Hamline Hi-Rise and Ravoux Hi-Rise. These customized living services allow adults who need daily support and care to live independently and prevent or delay the need to move into a nursing home. Applicants must qualify for public housing.

[Learn More about Customized Living Services](#)

St. Anthony Park Area Seniors: Foot Care Available

Many seniors find it difficult to trim their toe nails because they are thick, hard to see, difficult to reach, or all of the above. We have two registered nurses who are making foot care (nail care) visits as independent contractors for our program. They will make appointments at your convenience to come to the comfort of your own home to trim your toe nails. They follow COVID-19 safety protocols and use the appropriate PPE.

Call the St. Anthony Park Area Seniors office at 651-642-9052 to get more details.

Need health care coverage?

Minnesota's public health care programs provide health care coverage to Minnesotans with low to no income. We encourage anyone who needs health care coverage to apply to see if you qualify for Medical Assistance or MinnesotaCare, including those Minnesotans who had work hours reduced, have been furloughed or who have lost their jobs.

Medical Assistance is Minnesota's Medicaid program. MinnesotaCare is a premium-based program for people who earn too much to qualify for Medical Assistance but make too little to pay for private insurance. Those who qualify for MinnesotaCare never pay more than \$80 a month per person for their premium. The programs have income and asset limits that depend on your age, who you live with, and whether you are pregnant, blind or have a disability. They offer comprehensive coverage, including dental benefits and vision and behavioral health services.

Details and assistance for applications: [MN Health Care Coverage](#)

Free COVID-19 Testing

If you're uninsured:

Many uninsured Minnesotans can get tested for COVID-19 at no cost to them during the federal public health emergency. To get free coverage for testing, you must:

- Be a resident of Minnesota
- Be a U.S. citizen, U.S. national or lawfully present noncitizen with an immigration status that qualifies for Medical Assistance.
- Provide your Social Security number unless you meet an exception for not having one.
- Not be enrolled in any other health insurance.

Ask the health care provider administering your COVID-19 test for an application to cover the cost of the test. The provider will submit your application, and you'll get a notice in the mail about whether it's approved or denied.

Or, go online and print the application yourself from [Application for COVID Testing](#) and fill it out.

You can also call the DHS Health Care Consumer Support team at 651-431-3994 or 800-366-5414 to request an application be mailed to you.

[Find COVID-19 Testing Locations](#)

Important Information About Reaching Social Security During the COVID-19 Pandemic

During the current coronavirus pandemic, the Social Security Administration will continue to provide help to beneficiaries. While offices are not providing walk-in services, Social Security will continue to provide ongoing benefits and vital services via telephone and online services. Individuals can speak with a representative by calling their local Social Security office or the National 800 Number, 1-800-772-1213. Local office phone numbers can be found online with the Social Security Office Locator.

Social Security has many secure and convenient online services at www.ssa.gov/onlineservices. Most of Social Security business can be done online, however, many people still rely on phone or in-person help. If beneficiaries have a critical situation a representative cannot help with via phone or online, individuals may be able to schedule an appointment.

Dementia education training module available for COVID testing and contact tracing teams.

Developed in partnership with the Alzheimer's Association a new training module is available for COVID testing and contact tracing teams. The training is free and can be accessed at the Alzheimer's Association, Minnesota-North Dakota Chapter YouTube channel: [Training Module](#)

Senior Linkage Line®

The Senior LinkAge Line® is a service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. It is a free service of the state of Minnesota that connects older Minnesotans and their families with the help they need.

Assistance is available for the following topics and more:

- Medicare
- Prescription Drug Expense Assistance for All Ages
- Care Transitions
- Housing Options
- Long-term Care Options Counseling
- Application and Forms Assistance
- Health Care Fraud and Abuse
- State Agency Related Questions
- Volunteer and Employment Resources

Call 800-333-2433 M–F, 8am-4:30pm or visit [Senior Linkage Line](#)

Resources for Older Adults During COVID-19

This resource list includes services offered across the state, including those provided to American Indian elders. This resource list is a service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. We will do our best to make it as complete and up-to-date as possible. If you don't find what you are looking for, call the Senior LinkAge Line at 1-800-333-2433 and we will help. Find additional resources at [Minnesota Help](#)

Searchable categories on this site include:

- Adult Day Services
- Care Coordination
- Caregiver Services
- Chores and Homemaker
- Community Centers
- Grocery and Prescription Delivery
- Health and Well-Being
- Home Care
- Home-Delivered Meals and To-Go Meals
- Legal/Tax Assistance
- Safety and Emergency Assistance
- Social Support
- Transportation

[Resources for Older Adults During COVID-19](#)

Make an Appointment for One-on-One Medicare Counseling

We are excited to make Medicare Counseling from the Senior LinkAge Line® more convenient than ever. **Now you can make an appointment** to talk with a specialist at a time that works for you. Medicare Open Enrollment—an opportunity for you to change your Medicare plan for coverage effective on January 1, 2021—ends December 7. Plans make changes every year so don't let open enrollment pass you by without reviewing your coverage and being sure it fits your current needs. Our Senior Linkage Line staff will provide free, unbiased assistance. Schedule an hour appointment for one-on-one counseling on your Medicare options. [Click here](#) for more information about Medicare Counseling. And, of course, you can still call the Senior LinkAge Line at 800-333-2433 at any time.

COVID-19 and Minnesota Housing

This webpage to provide a centralized location for all Minnesota Housing updates and information related to COVID-19.

- Executive Orders that Relate to Housing
- Lenders and Homeownership Partners Updates
- Multifamily Grant Programs Updates (FHPAP, HTF, Bridges)
- Multifamily Updates
- Resources for Renters and Homeowners
- Topics and Issues for Providers Serving People Experiencing Homelessness During COVID-19

[COVID-19 MNHousing](#)

Coronavirus (COVID-19) Information for Bankers and Consumers

[FDIC Guidance on Coronavirus](#)

COVID-19 (Coronavirus) and Unemployment Benefits

[MN Unemployment Benefits and COVID-19](#)

Disaster Mental/Behavioral Health and COVID-19

Mental health and behavioral health resources specific to COVID-19.
Additional regular [Disaster Mental/Behavioral Health](#) resources may also apply.

Crisis Lines
Responder Resources
Health Care Provider Resources
Community Resources
Child and Parent Resources
Family Resources
Mental Illness Support Resources

[MN Dept of Health Behavioral Health / COVID-19](#)

First Call for Help

24-7 / Confidential / multilingual services

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Text 'MNCOVID' to 898211 or www.211unitedway.org

If you need assistance finding food, paying housing bills or other essential services, this database connects callers to thousands of resources throughout Minnesota. A Certified Community Resource Specialist will help to locate available resources in your area. More than 90 percent of the United States has access to 2-1-1, along with several areas of Canada. For more information on the national 2-1-1, or visit [211](#) .

Emotional Support Resources

Minnesota Warmline

651-288-0400 or text "Support" to 85511

Are you an adult needing support? Talk to a specialist who has firsthand experience living with a mental health condition.

NAMI - Minnesota Peer Support Connection Warmline

Call or Text 844-739-6369

Minnesota Peer Support Connection Warmline operators are available seven nights a week from 5:00 p.m. to 9:00 a.m. **All are directly routed to Warmline operators.** All calls are confidential. [MN Peer Support Network](#)

Community Support Program

Participate in this new program from Jewish Family Service of St. Paul to help people feel more grounded and emotionally secure. This new program includes three 20-minute phone conversations with a mental health professional. The therapist will also discuss strategies for improving your sense of well-being. You can self-refer to this program.

Contact: Sara Wellington **651-230-4756** or email swellington@jfssp.org
The program is free, but donations are welcome.

Elder Friends – Phone Companions

Offering the power of friendship in today's environment

Elder Friends is a new program developed by Little Brothers Friends of the Elderly to reach out to isolated seniors and bridge the gap of social isolation.

- You can ask to be connected to someone who will be your phone companion. People who wish to receive calls complete an application and are referred to a caller.
- You can volunteer to become a phone companion. Volunteers are screened and given resource information.

Find out more: [Little Brothers Phone Companions](#) or call **612-746-0737**

St Anthony Park Community Council Neighbor Check

The St. Anthony Park Community Council is launching a SAP Neighbor Check program in response to the coronavirus pandemic. Healthy and active community members are encouraged to sign up at [SAPCC Neighbor Check](#) to be of service to our more vulnerable neighbors.

Those who may be in need of assistance are encouraged to hang a sign in their window with a plus (+) to indicate everything is okay or a minus (-) sign to indicate a need. This can be easily done in apartment buildings by just hanging them on your door and signing up for your floor. Visit the [SAPCC](#) website for more information and links to other resources.

Online Resources for Dementia Caregivers during COVID-19 Restrictions

Get a Free Virtual Memory Screening

Alzheimer's Foundation of America offers free, online memory screening Mondays and Wednesdays, 10 am to 4 pm (ET), Fridays 10 am to 2 pm (ET) by appointment.

Memory screenings are simple, quick and noninvasive, and consist of a series of questions to gauge memory, language, thinking skills and other intellectual functions. The memory screening takes approximately 10-15 minutes and is confidential. Memory screenings are similar to other routine health screenings, such as those for blood pressure, cholesterol and skin checks.

Results are not a diagnosis, but a memory screening can suggest if someone should see a physician for a full evaluation. Early detection is important because it can enable the person to begin medications sooner, participate in a clinical trial and take a more active role in developing their care plan.

Anyone wishing to get a free memory screening should call AFA at 866-232-8484 to schedule an appointment. Appointments are required and scheduled on a first-come, first served basis.

Alzheimer's Association Coronavirus (COVID-19): Tips for Dementia Caregivers

Most likely, dementia does not increase risk for COVID-19, like dementia does not increase risk for flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk.

Visit the link below to find tips for dementia caregivers at home, receiving home-based services, individuals in assisted living, and tips on staying healthy.

[Tips for Dementia Care during COVID-19](#)

Coronavirus Disease (COVID-19) Resources for Older Adults, Family Caregivers and Health Care Providers

[Resources for Older Adults, Family Caregivers & Health Care Providers](#)

Alzheimer's Speaks

A wealth of resources from and about people living with dementia.
Access to Alzheimer's Speaks Radio and webinars.

[Alzheimer's Speaks](#)

Dementia: Caring & Coping

Dementia: Caring & Coping is a speaker series presented by Roseville Alzheimer's & Dementia Community Action Team (RSVL A/D) and the Ramsey County Library. In-person presentations have been suspended due to the COVID-19 pandemic. See **Dementia: Caring & Coping during the Pandemic** for information about our new virtual series.

Presentation materials and links to the videos from past RSVL A/D events are available on the Dementia: Caring & Coping Presentations page. These presentations cover a wide variety of topics such as getting a correct diagnosis, utilizing caregiving resources, dealing with legal concerns, and living well with dementia. We invite you to take a look at our past events and to watch for information about future presentations.

[Dementia: Caring & Coping Presentations](#)

RSVL A/D partnered with CTV North Suburbs to produce videos of selected presentations from the series. To go directly to presentations that were recorded, visit the RSVL A/D Video page.

[Dementia: Caring & Coping Presentation Videos](#)

Dementia: Caring & Coping during the Pandemic

Roseville Alzheimer's & Dementia Community Action Team and Alzheimer's Speaks announce a new series of virtual presentations entitled **Dementia: Caring & Coping during the Pandemic**.

The purpose of this series is to highlight how current programs and services for people living with dementia and their care partners have changed due to COVID-19 and the creative ways that various organizations have come up with to provide services despite the challenges they face. These solutions will have a lasting effect on how providers reach out and continue to interact with care partners who cannot leave home or need support and assistance at times there are no classes or activities scheduled.

Lori La Bey will interview eight different organizations serving persons living with dementia and their care partners. You can watch or listen to these broadcasts on [Alzheimer's Speaks](#).

Individual links to each show will be posted on the [Alzheimer's Speaks](#) website for on-demand viewing or listening after the initial broadcast of each show. Information and links to

broadcast recordings will also be available on the Roseville Alzheimer's & Dementia Community Action Team's [Facebook page](#).

The presentations will be broadcast every Wednesday at 1:00pm CST starting on January 6. The series will kick off with an interview with Sara Barsel and Paula Rice Biever from the Roseville Alzheimer's & Dementia Community Action Team, who will talk about the upcoming series and other projects the action team is involved in.

Broadcast Schedule

All episodes are now available for on-demand viewing on this [YouTube Playlist](#).

Wednesday, January 6 at 1:00pm

Introduction to the series: Dementia: Caring & Coping during the Pandemic Roseville Alzheimer's & Dementia Community Action Team

Sara Barsel, Co-founder of the Roseville Alzheimer's & Dementia Community Action Team
Paula Rice Biever, Member, Roseville Alzheimer's & Dementia Community Action Team

Wednesday, January 13 at 1:00pm

Lyngblomsten / 2nd Half with Lyngblomsten

Carolyn Klaver, RN, Community Dementia Care Specialist/Gathering Site Coordinator - 2nd Half with Lyngblomsten
Andrea Lewandoski, Director of Lifelong Learning and the Arts - Lyngblomsten

Wednesday, January 20 at 1:00pm

St Anthony Park Area Seniors and Embracing Journeys

Katharine Tondra, Program Director, St. Anthony Park Area Seniors (At Home Network)
Krisie Barron, Embracing Journeys, Care Partner Specialist

Wednesday, January 27 at 1:00pm

FamilyMeans

Jenny West, Caregiving and Aging Community Educator

Wednesday, February 3 at 1:00pm

Ted Bowman

Caregiver Stress, Ambiguity & Resiliency During a Pandemic

Wednesday, February 10 at 1:00pm

Brookdale Senior Living

Tresa Vaudreuil, Divisional Dementia Care Manager, Brookdale Senior Living
Denise Olson, Executive Director of Brookdale North Oaks

Wednesday, February 17 at 1:00pm

Amherst H. Wilder Foundation

Cassandra Harvey, MBA - Program Manager, Healthy Aging & Caregiving Supports

Wednesday, February 24 at 1:00pm
Jewish Family Service of St Paul
 Bonnie Jaffe RN. Case Management

This project is a collaboration of **Alzheimer's Speaks** and **Rsvl A/D**, which includes some of your Roseville neighbors and staff from the City of Roseville, the Ramsey County Library, and other senior housing & service organizations.

We plan on presenting a second series of monthly Dementia: Caring & Coping during the Pandemic broadcasts starting in March 2021. Check our Facebook Page – [Roseville MN Dementia Info](#) and [Alzheimer's Speaks](#) for details. These shows will be about a variety of dementia care topics.

Insights from Arthurs

Deb Nygaard, Director of Development at Arthur's Residential Care, narrates short one-to-three-minute videos that give some insightful tips on how you can interact more successfully with your loved ones who have dementia or Alzheimer's.

29 short videos provide information and resolutions for particular dementia behaviors.

[Insights from Arthurs](#)

Teepa Snow YouTube videos

Examples of videos on YouTube by Teepa Snow and Positive Approach® to Care Team

- **Alzheimer's & Vision Loss** - with Teepa Snow of Positive Approach® to Care
[Teepa Snow Vision Loss and Alzheimer's](#)
- **How to talk to your family member who is locked in AND living with dementia**
 Watch Corrie (mom) and Beth (daughter) struggle through the "normal" conversation that is happening with COVID-19 quarantine and lock-downs. Teepa offers insight and the Positive Approach® and Beth and Corrie demonstrate how things could be different for all involved.
[Communicating with COVID-19 Restrictions](#)

End-of-Life Decisions During COVID-19 Restrictions

Healthcare Directives / Advance Care Directives

Tools and resources to help you develop an Advance Care Directive for yourself and for a loved one with dementia.

[How to Start](#)

Ellen Goodman Talks Dementia and Alzheimer's Disease

Ellen Goodman and her mother spoke about everything except one thing: how her mother wanted to live at the end of her life. Watch this moving video where Ellen shares her personal experience of caring for her mom who had dementia.

“I didn't know how important it was to have these conversations early...”

[Conversation Project](#)

Conversation Starter Kits for Healthcare Directives

Conversation Starter Kit for Families and Loved Ones of People with Alzheimer's Disease or Other Forms of Dementia

[Dementia Family Starter Kit](#)

Your Conversation Starter Kit

[Conversation Starter Kit](#)

Who Will Speak for You?

How to choose and be a Health Care Proxy

[Health Care Proxy](#)

Go Wish cards

Go Wish cards is a simple tool to help anyone articulate their end-of-life wishes enabling easy, trusting, “what do I want” discussions at any stage of life. Working together, we help you overcome this tough, but most necessary conversation -- making it simple for you to make sure that your families, professionals and caretakers honor your wishes and help you embrace the life you want.

Play the [Go Wish On-line Interactive Version](#) for FREE

Playing the solitaire version on-line is exactly like playing with the actual cards. The cards help you find words to talk about what is important if you were to be living a life that may be shortened by serious illness. We've added sound so that you can hear the contents of each card.

The Role of Palliative Care in a COVID-19 Pandemic

Palliative Care Strengths Such as Communication, Advance Care Planning, and Symptom Management, Needed Now More Than Ever

Blog post by the Executive Director of the California State University Shiley Institute for Palliative Care.

[Palliative Care and COVID-19](#)

POLST (Physician/Provider Orders for Life-Sustaining Treatment)

Minnesota POLST and COVID 19

Basic discussion about the value of a POLST during the pandemic.

[MN POLST and COVID-19](#)

POLST Basics - An Overview of Important Treatment Decisions

This video is an overview of the Indiana POLST form, which is very similar in content to the Minnesota POLST form. Patients and families are encouraged to watch this video to understand the basics of the POLST form. The video is designed for people with advanced illness or frailty and their family members. It provides an overview of important treatment decisions in order to prepare a patient for a for POST (Physician Orders for Scope of Treatment) discussion with his or her medical provider. [POLST Basics](#)

POLST (Provider Orders for Life-Sustaining Treatment)

Link to Minnesota POLST form

[MN POLST Form](#)

POLST Minnesota: Information for Patients and Family Members

[MN POLST Info for Patients and Families](#)

POLST Fundamentals

Overview and links to information about the POLST and its use.

[National POLST program overview and links](#)

POLST Minnesota: Frequently Asked Questions

[MN POLST Frequently Asked Questions](#)

COVID-19 Pandemic Resources for Families Facing End of Life

[MN Death Collaborative COVID-19 Resources](#)

What is an End-of-Life Doula?

Also known as a death doula or death midwife, end-of-life doulas provide care and support to those transitioning through the dying process. For the dying patient, they may provide emotional, physical, and spiritual support and help address the patient's wants and needs during the final days of life. They may also assist with logistical tasks, not limited to creating a death plan, planning a memorial service, and organizing a legacy project for future generations. An end-of-life doula may also offer support for family members during their loved one's dying process and offer grief support afterwards.

[End of Care Doula](#)

End-of-Life Doula Hotline

1-888-351-8999 Free & Confidential

COVID-19 has put issues of life and death front and center in our lives, leaving many shocked and struggling. The Minnesota Death Collaborative launched this hotline to connect you with experienced, trained end-of-life doulas who can listen compassionately and equip you with resources,

Call if you are:

- Feeling anxious about a sick or dying loved one
- Worrying about completing important end of life plans
- Supporting a loved one facing serious illness or death in a home, hospital or facility
- Wanting to honor and celebrate the life of a loved one who has died
- Struggling with feelings of grief over the loss of a loved one

COVID-19 Scams and the Elderly

COVID-19 Fraud Prevention Resources

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults are at greater risk for serious illness from COVID-19, they may target older populations.

The Senior Medicare Patrol (SMP) has updated their COVID-19 Fraud Prevention resources with the information you need to protect yourself from Medicare fraud, errors, and abuse; detect potential fraud, errors, and abuse; and report your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations.

[Click here](#) for more information.

AARP Minnesota's Scams and Fraud Info

[Scams and Frauds](#)

Tips to Avoid Coronavirus Scams and Protect Your Money

[Avoid COVID-19 Scams and Frauds](#)

Senior Fraud Toolkit

[MN Dept of Commerce - Anti-Fraud Toolkit](#)

Crucial Scam Prevention Strategies

Minnesota Dept. of Commerce

[MN Dept of Commerce Scam Prevention Strategies](#)

Trusted Contact Authorization Form[Trusted Contact Authorization Form](#)**Sample 2020 Census Form**[Sample 2020 Census Form](#)**COVID-19 General Resources****Minnesota Dept of Health**

Coronavirus Disease 2019 (COVID-19)

[MN Dept of Health Coronavirus Info](#)**Centers for Disease Control and Prevention**

Coronavirus Disease Homepage

[Center for Disease Control CDC](#)**Ramsey County**

Health Information on COVID-19 - Collected Resources

[Ramsey County COVID-19 Resources](#)**City of Roseville**

Collected Resources

[City of Roseville COVID-19 Resources](#)

Webinars, Conferences, and Classes on Health, Aging, and Dementia-related Topics

Webinars

Therapeutic Activities for Older Adults: Lessons Learned from the Global Pandemic

Minnesota Gerontological Society
March 10, Noon - 1:00 CST

Pamela Hayle, ACC, SFPT, Director of Safety and Quality Support, Cassia Care, Edina, MN

- Discuss key challenges to the provision of Activity Services during the Covid-19 Pandemic.
- Understand how Covid restrictions have affected meaningful activities and social engagement in both negative and positive ways.
- Implement practice adaptations from pandemic leanings.
- Create Activity Services Recovery Plans and practice improvements for the future.

Earn 1 CEU, pre-approved for Social Workers; self-submit other disciplines.
CEUs are free for MGS members and \$15 for non-members.
Webcast is free to the public

[Details and Registration](#)

Mainstreaming Long Term Care

Minnesota Gerontological Society - Robert L. Kane Memorial Lecture
May 6, 2021, 3-4:30PM CT

Keynote Speaker: Debra Saliba, MD, MPH

Director, The Anna & Harry Borun Center for Gerontological Research, UCLA Division of Geriatrics

Despite the large and increasing number of adults who are vulnerable to functional decline, the need for long term care has been excluded from traditional conceptions of community health care. Moreover, many care settings do not employ principles of geriatrics and gerontology. Health services research can help to remedy these shortcomings by using scholarship to identify and encourage better and more targeted care across the care continuum for these populations. Dr. Saliba will provide examples of research that has used data and science to effect such changes in long-term care policy, programs, and clinical practice.

[Webinar Registration](#)

Medicare Basics

During the COVID-19 pandemic, the Metropolitan Area Agency on Aging is offering these presentations using the Zoom video platform. **Check [here](#) for dates and free registration.**

Medicare 101: Selecting the Right Plan for You

Medicare can be complicated. We'll help demystify it and help you select the plan that works best for you. Learn about programs that could help you lessen your costs. You'll get non-biased advice; we don't sell, endorse or promote any insurance products.

Medicare Updates for 2021

Learn about the changes in Medicare benefits and coverage for 2021, and how these changes affect you.

How the Senior LinkAge Line Can Help You

You have questions about housing, services that help you live safely in your home, financial support and more. We'll answer your questions and help you know about valuable resources and supports to keep you or a loved one living independently as you age.

Health Care Directives

This presentation will discuss what advance care planning is and what health care directives can do. We will not complete health care directives as part of this presentation, but attendees will be equipped with the knowledge, resources, and where to go for help to complete their directive. We explain who can be a health care agent and the responsibilities of that role. Examples of health care directives and important considerations will be shared.

Health Care Fraud: Preventing Medicare Fraud and Avoiding Scams

Learn to detect Medicare fraud and what to do if you suspect fraud. We discuss the top scams currently being directed towards older adults and how to avoid them.

If you don't find a presentation that works for you, call the Senior LinkAge Line at 800-333-2433 for help.

Minnesota Brain Injury Alliance 2021

[Lunch and Learn](#) seminars for social workers and social service providers.

National Alzheimer's and Dementia Resource Center Series

[Alzheimer's Resource Center Series](#)

Parkinson's Foundation Expert Briefings Web Seminar Series

[Parkinson's Expert Briefings](#)

Minnesota Gerontological Society

[MGS Conferences and Seminars](#)

American Society on Aging

[American Society of Aging Web Seminars](#)

Alzheimer's Foundation of America

[Alzheimer's Foundation Webinars](#)

Conferences

Caring for People with Memory Loss - Virtual Conference

University of Minnesota, School of Public Health

Saturday, June 5, 2021 8:00 AM - 4:30 PM CST (Online)

The goal of this conference is to provide information, support, and education for adult children, spouses, parents, health and community care providers, and others concerned with caring for people with memory loss. The conference is free for those not seeking contact hours but pre-registration is required.

Join experts in a lively, informative discussion related to memory loss, caregiving tips, and what you can do to help.

[Session and Registration Information](#) for this Free Conference for Caregivers

Keeping the Spirit Alive: A conference for caregivers supporting a loved one with Alzheimer's or dementia

Keeping the Spirit Alive, the conference for caregivers supporting a loved one with Alzheimer's or dementia is designed to support caregivers and let them know that they are not alone on their journey.

This free conference for caregivers, family members, lay leaders, clergy and professionals provides practical approaches for caregiving, tactics to take care of the caregiver, plus educational and research updates about dementia, through a Jewish lens. The conference also provides information about community resources that are available. JFCS, in partnership with Jewish Family Service of St. Paul, hosts the bi-annual conference.

Virtual on Sunday, May 2
Watch for more details to come.

Sponsor: [Jewish Family and Children's Service of Minneapolis](#)

MGS 45th Virtual Conference

Minnesota Gerontological Society

Pre-Conference April 28, 2021 - Gerontology Research Day

10 am - Noon

Conference April 29 - 30, 2021 - Aging in Minnesota: Forging a New Narrative

Two-Day, Interactive, E-Learning Experience

8:30 am - 2:30 pm

[EARLY-BIRD REGISTRATION NOW OPEN](#)

EARN CEUs: Pre-Conference = 2; Conference Each Day = 4.5; All Events = 11

April 29 Morning Keynote: Long Term Care Lessons Learned: Loss and Fear in the Time of COVID

Toni Miles, MD, PhD,
Professor of Epidemiology & Biostatistics,
College of Public Health, University of Georgia

April 30 Closing Session: An Inside Look at National and Local COVID-19 Preparedness

Michael Osterholm, PhD, MPH, Director, Center for Infectious Disease Research and Policy, University of Minnesota

General Session Panel Presentations

April 29 - Age-Friendly Minnesota

April 30 - COVID Response: Transforming Service and Organizations Across Minnesota

Sixteen Interactive Breakout Sessions

Mindfulness-Reflection; Care Management; Managing & Embracing Change; Understanding Aging; End of Life Care; Technology & Art; Diversity-Equity-Inclusion; Aging Processes

[CONFERENCE DETAILS - REGISTRATION - FEES](#)

Classes

Struthers Caregiving Skill-building Classes

Wilder Foundation is excited to join with Struthers Parkinson's Center and sponsor a series of classes, designed to build the skill of caregivers of people living with Parkinson's.

These virtual classes will take place monthly (the third Tuesday) from 1:30 to 2:30 PM.

- **March 16, 2021:** The ABC's of Medication Management – Sarah Donley RN BSN
- **April 20, 2021:** Discussing Transitions with Your Loved One - Joan Hlas LISW
- **May 18, 2021:** So, What Does "Self- Care" Mean to You? - Heather Boeser LISCW

To join these free sessions, email spc@parknicollet.com with your name and email address, and you will be sent the meeting link.

Senior LinkAge Line® Free Online Presentations

Registration: [Upcoming Presentations](#)

Improving Health and Quality of Life: Juniper's Evidence-Based Programs

Juniper provides evidence-based health management programs through a large number of regional partnerships across Minnesota.

Evidence-based programs are proven to promote health and prevent disease among adults with chronic health conditions. Juniper programs have been developed using rigorous research and demonstrate reliable and consistently positive changes in important health-related outcomes among participants.

You can participate through Zoom. Programs are free.

[Check all the courses and dates/times they are offered.](#)

Aging Mastery Program

The Aging Mastery Program® (AMP) informs, encourages, and supports you in taking steps to improve your life and engage in your community. The program empowers you to make and maintain small but impactful changes. It incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to build skills and tools to manage your health, maintain economic security, and contribute in society. AMP offers 10 core sessions, each 90 minutes in length. Developed by the National Council on Aging.

All participants must have audio and visual technology capability. This could be a laptop or a tablet with a camera and a microphone, or a smartphone.

Diabetes Prevention Program

National Diabetes Prevention Program (NDPP) is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. It is based on the Centers for Disease Control and Prevention's curriculum and National Diabetes Prevention Recognition standards. Hundreds of in-person and online lifestyle change programs nationwide teach participants to make lasting lifestyle changes, like eating healthier, adding physical activity into their daily routine, and improving coping skills.

This is a yearlong program that meets weekly for 8 weeks, twice a month for 4 months, and then once a month for the remainder of the year. You will have the support of your class leader and group participants to eat healthier, increase your activity.

Living Well with Chronic Conditions

Living Well with Chronic Conditions is designed to improve the self-management skills of people living with ongoing health issues. Conditions like arthritis, mental health conditions, chronic pain, cancer, or diabetes can cause those affected to lose physical conditioning and suffer health problems over many years. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with a chronic health condition.

This is a virtual class that will use Zoom for each session. All participants must have audio and visual technology capabilities. This could be a laptop or tablet with a camera and microphone, or a smart phone.

Living Well with Chronic Pain

Chronic Pain Self-Management is a group class designed to help participants live a healthy life with chronic pain by managing their symptoms. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with chronic pain. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

This "virtual" class will be held via Zoom. Don't know how to use Zoom? Don't worry, we will help you! All participants must have a computer or tablet (with a camera and microphone) or a smartphone.

Living Well with Diabetes

People with type 2 diabetes attend the class in groups of 12-16. Classes are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with diabetes themselves. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians, diabetes educators, dietitians, and other health professionals both at Stanford and in the community, have reviewed all materials in the class.

This "virtual" class will be held via Zoom. If you're not familiar with Zoom, don't worry we will help you! All participants must have a computer or tablet (with a camera and microphone) or a smartphone.

Struthers Caregiving Skill-building Classes

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To join these free sessions, email spc@parknicollet.com with your name and email address, and you will be sent the meeting link.

Research Opportunities

Opportunity for Input: Stanford University Survey for Caregivers During Pandemic

Dr. Ranak Trivedi from Stanford University is conducting a research study to understand the experience of caregivers during the COVID19 pandemic. This is an international, anonymous, online survey that will help us understand the unique needs of caregivers. We can then use this information to provide better support.

[Complete the survey to make sure your voice is heard!](#)

CarFreeMe

CarFreeMe is a research study conducted by the University of Minnesota School of Public Health.

CarFreeMe is a program for people with memory loss living in Minnesota who are considering retiring from driving or are acclimating to driving retirement. The program enrolls them and their supportive family member(s).

CarFreeMe is studying the effects of a coaching and educational program to support people who have memory concerns and are considering retiring from driving or are adjusting to driving retirement. The study provides telephone or video conference coaching sessions for the individual with memory loss, together with their supportive family member, as they prepare for or acclimate to driving retirement. The CarFreeMe intervention aims to share strategies for decision-making and information on alternate transportation options for adapting to driving retirement in order to promote independence and well-being.

For more information and to complete the survey: [CarFreeMe](#)

Rural Dementia Caregiver Project - UCSF University of California, San Francisco

We are offering a free online workshop to caregivers who care for people with dementia and live in rural communities throughout the US. Our workshop is different from other caregiver programs because it can be accessed anytime (day or night), there are no set meeting times, and caregivers do not need to meet in-person or leave their care partner alone to participate, important during COVID. Also, caregivers can do the workshop using a smartphone, tablet, or computer—Zoom and video are not required to participate. We think online programs like this workshop are a big asset during these challenging times.

The workshop is called Building Better Caregivers, and it lasts 6 weeks. There is no cost to caregivers because we have a grant from the National Institute on Aging to pay for it.

Caregivers may be eligible if they:

- Live in a rural area of the United States
- Give care at least 10 hours a week for a family member or friend with memory problems (by care we mean give help with dressing, meals, transportation, medications, appointments, or similar support).
- Are 18 years of age or older
- Have internet access

The workshop teaches caregivers how to reduce their stress, take better care of themselves, and manage the difficult behaviors of the family member or friend they are caring for. Caregivers also get to talk with and learn from other caregivers and two trained facilitators.

Because this is a study, caregivers will be randomly assigned to one of two groups by a computer. Half of the caregivers will receive the Building Better Caregivers workshop right away. The other half will have to wait 12 months. Caregivers who have to wait will receive a free caregiver handbook on tips and resources and support phone calls from our trained staff. All caregivers will be asked to complete four surveys on their caregiving experiences and will receive up to \$80 in cash for doing so.

We hope this program will help rural caregivers of people with memory loss improve their health and caregiving skills.

If you would like more information, please visit our website at <https://caregiverproject.ucsf.edu>.

Giselle Aguayo Ramirez
Assistant Project Coordinator