Respite Resources from the Lifespan Respite Network in the Time of COVID-19

March 25, 2020
Resources from National Caregiving Groups

- Rosalyn Carter Institute for Caregiving - Caregiving During COVID-19
  www.rosalynncarter.org/caregivers-covid-19

- Family Caregiver Alliance - Coronavirus (COVID-19) Resources and Articles for Family Caregivers

- National Alliance for Caregiving - Tips for Sandwich Generation Caregivers in the Era of COVID-19

- Caregiver Action Network – Caregiver Help Desk - Call 855-227-3640 or visit caregiveraction.org

- Elizabeth Dole Foundation – COVID-19 – Tips for Military and Veteran Caregivers
  hiddenheroes.org/news/covid-19-tips-for-military-and-veteran-caregivers/

Government Resources

• ACL – COVID 19 - What do Older Adults and People with Disabilities Need to Know? acl.gov/COVID-19


• CDC - Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html


• Veterans Affairs – Building Better Caregivers Online Course at signup.buildingbettercaregivers.org/enroll/ and Caregiver Support Line at 855-260-3274
National Aging and Disability Organizations

• AARP Weekly Live Q&A Event and Teletown Hall: The Coronavirus  

• AARP - Caregivers and Coronavirus: Dealing With Forced Isolation  
  www.aarp.org/caregiving/home-care/info-2020/caregiving-isolation-quarantine.html

• The Arc of the US - COVID-19 Resources for People With Disabilities, Families, and Service Providers -  thearc.org/covid/


• Family Voices – Coronavirus Resources from Trusted Sources  familyvoices.org/coronavirus/
Resources from the Lifespan Respite Network

- Colorado Respite Coalition/Easterseals CO spreadsheet of resources for family caregivers. [www.coloradorespitecoalition.org](http://www.coloradorespitecoalition.org)
- Respite Care Association of Wisconsin - Webinar Series [respitecarewi.org](http://respitecarewi.org)
- New York State Caregiving and Respite Coalition COVID-19 Resources for Caregivers [www.nyscrc.org](http://www.nyscrc.org)
- Virginia Navigator
Introduction

Need help identifying informal community, relationship or technology supports that might provide some respite opportunities or respite enhancements? Do you need help finding formal respite services? If you answered yes to either of these questions, this is for you. The options listed below are just a few examples of resources and supports for launching your journey towards an improved respite experience.

We arranged resources using categories from the Integrated Supports Strategy in the My LifeCourse Respite Portfolio as described in Charting the LifeCourse Respite Guide. As you explore these respite opportunities and options, you may notice that some resources fall into more than one category. For example, social media could be considered to be both relationship-based and technology focused. For brevity, we did not duplicate resources that might well fit in multiple categories. We hope you’ll find this list useful as you add to and diversify your respite support network.

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<tr>
<th>RELATIONSHIP-BASED</th>
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<td>Family, friends, neighbors, and others who might be able to help caregivers take a break. By giving your personal network of friends and family opportunities to help, you’re harnessing the power of social capital.</td>
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- **AARP Family Caregiving Resource Center** provides tips and advice for caregivers at all stages, including articles, discussion boards for caregivers to connect, and links to resources. [aarp.org/caregiving](http://aarp.org/caregiving)

- **Caregiving Blogs and Podcasts** offer a way to connect with other caregivers and find out how they are getting support and respite breaks. Check out [player.fm/podcasts/Caregivers](http://player.fm/podcasts/Caregivers) and [blog.feedspot.com/caregiver_blogs](http://blog.feedspot.com/caregiver_blogs)

- **Big Brothers Big Sisters of America** provides mentorship opportunities that foster mentoring relationships between adults and children, youth with disabilities, and children needing support and guidance. [bbbs.org/become-a-big](http://bbbs.org/become-a-big)

- **Community Gardens** and gardening provide benefits for children with special needs and their parents, and for older adults, including those experiencing dementia. Gardening offers opportunities for physical activity and social engagement and can provide respite for caregivers. [seniorliving.org/life/activities/gardening](http://seniorliving.org/life/activities/gardening) and [sewwhat123.org/about-us](http://sewwhat123.org/about-us)

- **Daughterhood Circles** offer opportunities to get together in small groups to relax, support, and help navigate caring for aging parents. Find circles at [daugherhood.org/circles](http://daughtershord.org/circles)

- **Family Caregiver Alliance** FCA Online Support Groups at [caregiver.org/support-groups](http://caregiver.org/support-groups). Learn about other FCA support options including:
  - The **Caregiver-online support group**, an unmoderated group for caregivers of adults with conditions such as Alzheimer’s, stroke, brain injury, and other chronic health issues. The group offers a safe place to discuss stresses, challenges, and rewards of providing care for a loved one. [Read the FAQ](http://caregiver.org/support-groups). Subscribe to Caregiver online here.
  - The **LGBT Community Support: Caregiving for our Families and Friends** offers a place for lesbian, gay, bisexual, and transgender caregivers of adults with chronic health conditions to discuss the unique issues of caring for their loved ones. [Read the FAQ](http://caregiver.org/support-groups). Subscribe to LGBT Community Support here.