

Resources available during Covid-19

Dementia Focused Programs/Services offered by the Alzheimer Society of Toronto (AST)

Amid the COVID-19 pandemic, AST recognizes that physical distancing is a necessary protocol to contain the spread of Covid-19 in long-term care (LTC) homes. These protocols, however, can be extremely challenging for those who have a family member or friend in LTC. If you are concerned about someone living in a LTC home, we encourage you to connect with AST for support during these difficult times. This is how we can help:

Music Project

Apply for a personalized music player which we will mail to you free of charge. Learn more and apply at <https://musicproject.ca>. For questions, please contact Nadia at naftab@alz.to or 416-640-6305

Covid-19 Workshop/Educational opportunities

We are regularly holding an online workshop for caregivers related to the Covid-19 pandemic, in addition to our usual educational sessions. Click the following link to see a calendar of upcoming events/workshops:

<https://alz.to/events/?tribe-bar-date=2020-04-20>

Drop-In General Caregiver Support Group (ONLINE)

We have virtual drop-in caregiver support groups taking place on Tuesdays at 1pm. To register for the group, please visit our events calendar and select a date that works for you: <https://alz.to/events/?tribe-bar-date=2020-04-20>

One-on-One Counselling (via Phone)

Social Workers are available to anyone who may require emotional support during this time. If you or someone you know may benefit from this resource, please contact AST @ 416-322-6560 OR fill out a form at the link below:

<https://alzheimerstoronto.wufoo.com/forms/contact-an-intake-coordinator/>

e-newsletter

We have created an e-newsletter that highlights resources and support available to PLWD and caregivers during the pandemic, sign up for the newsletter at the following link:

https://on.alz.to/site/SPageServer/?pagename=AST_Connections_that_Matter#ZOOM

Long-Term Care - Covid-19 Q&A

I can't visit the person I support in LTC. How can I stay in touch and/or help keep them busy?

- 1. Try to connect with the individual over the phone OR via Skype/FaceTime.**
 - Reminisce about previous life events, activities, and occasions.
 - Sing songs, read favourite stories/poems, show pictures from the past.
 - If the individual in LTC does not have a personal phone or tablet, speak to a staff member at the facility about how they can help.
- 2. If the individual you care for cannot use a phone or Tablet:**
 - Ask a staff member how they can keep you updated
 - See if any activities can be set-up in the individual's room (e.g. colouring, music player, books, etc.) to help keep them busy.

I am thinking about moving the person I support out of LTC. What should I do?

- 1. Ask the healthcare staff at the facility questions about the care needs of the person you support.**
 - Ensure that you have the resources (time, space, equipment, medical supplies, etc.) necessary to safely meet their needs.
 - Use checklists, like in the link below, to help clarify your decision:
decisionaid.ohri.ca/docs/das/COVID-MoveFromLongTermCare.pdf
- 2. Speak to a social worker at the Alzheimer Society of Toronto (AST).**

A social worker at AST can help you process your choices and work with you on creating a plan of action.

If I'm feeling stressed or anxious, what can I do for myself?

- 1. Take part in self-care activities.**
 - Walk, bake, exercise, read, practice breathing exercises, etc.
- 2. Reach out for Support if needed.**
 - Talk to friends, family, or a Professional (e.g. AST Social Worker).