

## Resources and Services during COVID-19 outbreak

### Health and General Information

\*\*\*If you think you or a family member may have been exposed and have symptoms of COVID-19, such as a cough, difficulty breathing, or a fever, contact your primary care physician, urgent care, or emergency department, calling ahead helps healthcare practitioners direct you to the most appropriate care.

\*\*\*If you are facing a life threatening emergency, call **9-1-1**

\*\*\* We will be telecommuting during this time. For more information you can call the Shiley-Marcos Alzheimer's Disease Research Center at **(858) 822-4800** and leave a message on our voicemail asking for a social work consultation. We will call you back. You can also email Tracey Truscott, LCSW at [ttruscott@ucsd.edu](mailto:ttruscott@ucsd.edu) or Ivonne Arias, MSW (Spanish/English bilingual) at [imarias@ucsd.edu](mailto:imarias@ucsd.edu).

\*\*\*Para información en español, por favor comuníquese con el Centro Shiley-Marcos de investigación de la enfermedad de Alzheimer, a través de WhatsApp +1510-606-0185 ¡Gracias!

Topic	Helpful Link
What to do if you are sick	Visit: <a href="https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html">https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html</a>
Manage Anxiety and Stress due to the COVID-19	Visit: <a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</a>
Resources for home-Household ready checklist	Visit: <a href="https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html">https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html</a>
Centers for Disease Control	Visit: <a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html?utm_source=NIA+Main&amp;utm_campaign=a6dca21fc6-20200311_COVID19&amp;utm_medium=email&amp;utm_term=0_ffe42fdac3-a6dca21fc6-7501797">https://www.cdc.gov/coronavirus/2019-ncov/index.html?utm_source=NIA+Main&amp;utm_campaign=a6dca21fc6-20200311_COVID19&amp;utm_medium=email&amp;utm_term=0_ffe42fdac3-a6dca21fc6-7501797</a>

**Food and Groceries**

Type of Resource	Resource and description
Safe Grocery Shopping	<p>The following grocery stores will have specific hours for seniors and people with disabilities to shop.</p> <ul style="list-style-type: none"> <li>-Northgate Market 7:00 am-8:00 am</li> <li>-Vallarta 7:00 am-8:00 am</li> <li>-Stater Bros Markets 7:45 am-8:00 am</li> <li>-Smart &amp; Final 7:30am-8:00 am</li> <li>-Target Wednesday mornings only 8:00 am-9:00 am</li> <li>-Whole Foods 7:00 am-8:00 am</li> <li>-Barons Markets 9:00 am-10:00 am</li> <li>-Big Saver Foods (Long Beach and Santa Ana) 7:30-8:00 am</li> </ul>
Neighborhood Distribution Program	<p>San Diego and North County Food Bank Call: <b>1-866-350-3663</b> Visit: <a href="http://sandiegofoodbank.org/wp-content/uploads/2017/10/2020-Neighborhood-Distributions-By-Region-SDFB-and-NCFB-ENGLISH.pdf">http://sandiegofoodbank.org/wp-content/uploads/2017/10/2020-Neighborhood-Distributions-By-Region-SDFB-and-NCFB-ENGLISH.pdf</a></p>
Feeding America	<p>Local Foodbank finder Visit: <a href="https://www.feedingamerica.org/find-your-local-foodbank">https://www.feedingamerica.org/find-your-local-foodbank</a></p>
Meals on Wheels	<p>Deliver meals Mon-Friday from 11:00am-1:30pm 60+ years of age/disabled veterans of any age Cost \$35 to begin Lunch and dinner, plus beverage -\$7.00 per day Lunch only, plus beverage -\$4.00 per day Lunch only with roll, plus beverage -\$4.00 per day Extra beverage \$0.50 Call: <b>(619) 260-6110</b> <a href="https://www.meals-on-wheels.org/meals">https://www.meals-on-wheels.org/meals</a></p>
Food Stamps	<p>Individuals who are currently receiving Supplemental Security Income (SSI) are now eligible for food stamps (SNAP) Call: <b>2-1-1</b> to apply</p>
Jewish Family Services (JFS)	<p>Foodmobile-food delivery services JFS Migrant Family Shelter Note: *you do not need to identify as Jewish to access services Call: <b>(858) 637-3210</b> Visit: <a href="https://www.jfssd.org/healthupdate/">https://www.jfssd.org/healthupdate/</a></p>

**Dementia Caregivers**

Type of Resource	Resource and description
Alzheimer's Association	Services Include and are not limited to: -Over-the-phone support groups -Social Work support over the phone -Virtual education programs Call: <b>1-800-272-3900</b> or <b>619-678-8322</b> Visit: <a href="https://www.alz.org/">https://www.alz.org/</a>
Alzheimer's San Diego	Services Include and are not limited to: -Social Work support over the phone -Virtual family meetings -Virtual support groups - Virtual education programs Call: <b>858-492-4400</b> Visit: <a href="https://www.alzsd.org/">https://www.alzsd.org/</a>
Southern Caregiver Resource Center	Services Include and are not limited to: -Online education programs -Over-the-phone consultations Call: <b>1-800-827-1008</b> Visit: <a href="https://www.caregivercenter.org/">https://www.caregivercenter.org/</a>
Dementia-safe activities at home	Visit: <a href="https://www.alzsd.org/dementia-caregiving-coronavirus-how-to-plan-at-home-activities-while-socially-isolating/">https://www.alzsd.org/dementia-caregiving-coronavirus-how-to-plan-at-home-activities-while-socially-isolating/</a>  Visit: <a href="https://www.alz.org/help-support/caregiving/daily-care/activities">https://www.alz.org/help-support/caregiving/daily-care/activities</a>

**General Resources**

Type of Resource	Resource and description
General Resource Finder	Call: <b>2-1-1</b> Visit: <a href="https://myemail.constantcontact.com/2-1-1-San-Diego-Response-to-COVID-19.html?soid=1123164019785&amp;aid=OaiqBVax9Bc">https://myemail.constantcontact.com/2-1-1-San-Diego-Response-to-COVID-19.html?soid=1123164019785&amp;aid=OaiqBVax9Bc</a>
Sick or Quarantined workers paid disability	If you are unable to work due to having or being exposed COVID-19, you can file a Disability Insurance (DI) claim. <a href="https://www.edd.ca.gov/about_edd/coronavirus-2019.htm">https://www.edd.ca.gov/about_edd/coronavirus-2019.htm</a>

**24/7 Helplines/Hotlines**

Type of Resource	Resource and description
Alzheimer's Association Helpline	Call: <b>1-800-272-3900</b> Visit: <a href="https://www.alz.org/">https://www.alz.org/</a>
Adult Protective Services	Call: <b>1-800-510-2020</b> Call if outside San Diego: <b>800-339-4661</b>
National Domestic Violence Hotline	Call: <b>1-800-799-7233</b> <b>TTY 1-800-787-3224</b> Chat: <a href="http://www.thehotline.org">www.thehotline.org</a>
National Sexual Assault Hotline	Call: <b>1-800-656-4673</b> Visit: <a href="https://www.rainn.org/">https://www.rainn.org/</a>