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**Resources for Older Adults**

**Senior Living Facilities:** When people are living in close quarters such as nursing facilities or assisted living facilities, they are more likely to become sick from person to person contact.

* Please continue to stay in contact with your loved one’s via telephone or online resources, if that is available to them.

**Friendly Caller Programs:** Having someone check on you or a loved one on a regular basis can provide peace of mind. Friendly Caller programs are an opportunity to have a volunteer call and check in a couple of times a week to everyday depending on the program.

* Jewish Family Services- 804-282-5644 ext. 265
* Commonwealth Catholic Charities: 804-545-5916
* Senior Connections- Telebridges: 804-343- 3000

**Visiting Physicians:** If you or someone you know has a comprised immune system or are primarily homebound switching to a visiting physician can be a great opportunity to cut down on interactions with individuals who are sick.

* Visiting Physicians Association: 804-767-4441
* Bon Secours Senior Services:804-893-8627
* VCU Center for Advanced Health Management: 804-254-3500

**Prescription Delivery:** Many places are currently offering free prescription delivery for eligible prescriptions. Pharmacies, such as CVS and Walgreens have waived these costs for prescription refills. You may also receive your medications in the mail. Contact your Medicare Part D provider for more information on mail order pharmacy options.

**Upcoming Medical/ Dental Appointments:** If you have any medical/ dentist appointments that are considered “non-essential,” such as a yearly physical or dental cleaning you may want to reschedule it for a later date. If you need to come into the medical office for a prescription refill, contact your physician’s office before your appointment to ensure you need to be seen.

**Telehealth:** Medicare covers virtual check-ins so you can connect with your doctor by phone or video or even through an online patient portal. If you’re concerned about an illness and are potentially contagious, this may offer an easy way to remain at home. For any questions, contact your Medicare Part B (office visit) provider or Original Medicare.

**Tracking the Coronavirus (COVID-19) and State/Federal Information:**

**Virginia Department of Health:** <http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus/>

**Centers for Disease Control (CDC):** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

* **Guidelines for Older Adults and Caregivers:** <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

**For additional resources or information contact:**

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