

COVID RESOURCES for SENIORS

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South Florida Geriatric Workforce Education Program

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HELPFUL TIPS DURING COVID

As a member of high-risk group for severe COVID illness, limit your time outside of your residence.

- Monitor your health – if you have primary symptoms (fever or chills, cough, shortness of breath) contact your health provider. In an emergency, call 9-1-1.
- Wash your hands often for 20 seconds when you visit public places and after you blow your nose, sneeze, or cough.

As a member of high-risk group for severe COVID illness, limit your time outside of your residence (continued)

- Avoid close contact with people – observe social distancing: stay 6 feet away from others.
- Wear a mask or cloth face covering (bandana or scarf) when in public.
- Cover coughs and sneezes.
- Clean and disinfect frequently touched surfaces daily.



COVID TESTING

BROWARD COUNTY: 954-357-9500

MIAMI-DADE COUNTY: 305-324-2400

PALM BEACH COUNTY: 866-779-6121

COVID TESTING FOR HOMEBOUND:

The elderly who are experiencing symptoms of COVID-19 and cannot leave their homes CALL FIRST for a pre-qualifying assessment!

BROWARD COUNTY: 954-357-9500

MIAMI-DADE COUNTY: 305-499-8767

PALM BEACH COUNTY: 561-712-6400



FREE AND REDUCED COST DENTAL CARE

BCHD DENTAL CARE SOUTH REGIONAL HEALTH

CENTER: 954-467-4700

NOVA SOUTHEASTERN UNIVERSITY-SPECIAL NEEDS

DENTAL CARE: 954-262-7394

General Treatment: 954-262-1795

FREE DENTAL CARE - CLEARING HOUSE WEBSITE

www.freedentalcare.us/st/florida



FOOD AND NUTRITION

SENIOR HEALTH NOW-FLIP ANY

954-636-2388

Meals will be delivered to your home.

MEALS FROM MEAL SITES OR SENIOR CENTERS

If you normally take meals at a congregate meal site or senior center, and that facility has closed, you will receive home-delivered meals until your regular facility reopens.

MEALS FROM MEAL SITES OR SENIOR CENTERS


SOUTH FLORIDA MEALS ON WHEELS: 954-731-8770

**AREA AGENCY ON AGING OF BROWARD ELDER HELPLINE:
954-745-9779**

**JEWISH COMMUNITY SERVICES: (provides Kosher meals)
305-576-6550**

Hearing Impaired: 786-709-9431

SOUTH FLORIDA HUNGER COALITION: 954-372-2007



IF ALL
ELSE FAILS,
HUG YOUR
DOG.

OR
KITTY

FREE FOOD FOR PETS

THE PET PROJECT: 954-568-5678

SOUTH FLORIDA MEALS ON WHEELS:

954-731-8770

If you already receive Meals on Wheels, you may also receive free food for your pet



AREA AGENCIES ON AGING (formerly ADRC)

A one-stop source of information regarding services for seniors, their families, and caregivers. Programs: meals & food assistance, health & wellness classes, legal help, caregiver support, home assistance, medicare/medicaid counseling, senior centers & adult day programs, transportation services, Alzheimer's disease services.

AREA AGENCY ON AGING

BROWARD: 954.745.9779

MIAMI-DADE: 305-670-HELP (4357)

PALM BEACH: 866-684-5885

2-1-1 BROWARD SENIOR TOUCHLINE

2-1-1 PALM BEACH SUNSHINE CALL

Free service to people 60+ that live alone. At a predetermined time each day, the senior receives a call from a 2-1-1 counselor for a wellness and safety check.

MIAMI-DADE: SENIORS NEVER ALONE PROGRAM (SNAP)

305-576-6550

Weekly telephone reassurance and safety checks,
crisis counseling and case management for seniors
65+ and living alone



EMOTIONAL SUPPORT SERVICES

BROWARD COUNTY ELDERLY AND VETERANS SERVICES

DIVISION:

954-357-6622 TTD: 954-357-5481 www.broward.org

Spanish, Italian, French, Creole, Portuguese, Hindi, Hindustani, Urdu,
Kannada, Malayalam, Romanian

M-F: 8:00am-5:00pm

SOUTH FLORIDA INSTITUTE ON AGING

954-484-7117



WHEN TO SEEK MEDICAL HELP

If you experience any of the following – contact your health care provider.

- **In an emergency – dial 9-1-1.**
- Primary COVID symptoms – fever or chills, cough, shortness of breath or difficulty breathing
- If your chronic health conditions change or become worse
- Any new illness or injury

NOTE:

People have died from non-COVID health concerns because they didn't seek medical attention!

NOTE:

**Please don't be that person who didn't
receive medical care because of worry of
COVID!**

NOTE:

**Hospitals are very careful to protect ALL
PATIENTS from COVID.**

REMEMBER:

As a member of high-risk group for severe COVID illness, limit your time outside of your residence.



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SURVEY:

<https://redcap.nova.edu/redcap/surveys/?s=JP4YM388>

FH



Presentation Title:

“2020 COVID Resources”

Please answer 6 questions