## **COVID RESOURCES for SENIORS**

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South Florida Geriatric Workforce Education Program

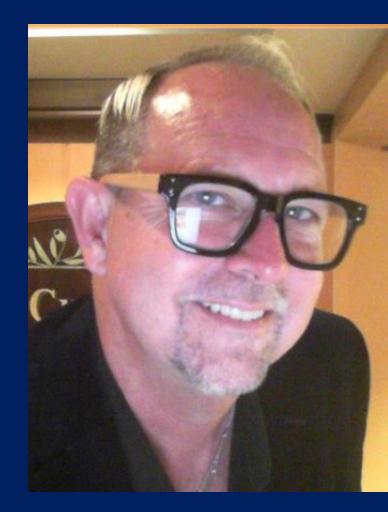
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# HELPFUL TIPS DURING COVID

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

• 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, <u>limit your time outside of your</u> <u>residence (continued)</u>

- 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.





#### 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 prequalifying 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-FLIPANY** 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.



SOUTH FLORIDA MEALS ON WHEELS: <u>954-731-8770</u> AREA AGENCY ON AGING OF BROWARD ELDER HELPLINE: <u>954-745-9779</u> JEWISH COMMUNITY SERVICES: (provides Kosher meals)

305-576-6550

Hearing Impaired: <u>786-709-9431</u>

SOUTH FLORIDA HUNGER COALITION: 954-372-2007





#### THE PET PROJECT: <u>954-568-5678</u>

#### **SOUTH FLORIDA MEALS ON WHEELS:** <u>954-731-8770</u>

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







Alliance for Aging, Inc. Answers on Aging.

# 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:

<u>954-357-6622</u> TTD: <u>954-357-5481</u> <u>www.broward.org</u>

Spanish, Italian, French, Creole, Portuguese, Hindi, Hindustani, Urdu, Kannada, Malayalam, Romanian <u>M-F: 8:00am-5:00pm</u>

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



# <u>People have died from non-COVID health</u> <u>concerns because they didn't seek medical</u> attention!



# <u>Please don't be that person who didn't</u> <u>receive medical care because of worry of</u> COVID!



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



# As a member of high-risk group for severe COVID illness, <u>limit your time outside of your</u> residence.





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



Presentation Title: "2020 COVID Resources" Please answer 6 questions