**Summary – Finding Resources**

**April 15, 2020**

\*Please note that this is not an exhaustive list – resources can change day by day

**Food**

Consumer reports has a nice article outlining safe practices while shopping:
[www.consumerreports.org/food-shopping/how-to-protect-yourself-from-coronavirus-when-grocery-shopping](http://www.consumerreports.org/food-shopping/how-to-protect-yourself-from-coronavirus-when-grocery-shopping)

Tips for handing groceries once home: [www.npr.org/sections/health-shots/2020/04/12/832269202/no-you-dont-need-to-disinfect-your-groceries-but-here-s-to-shop-safely](http://www.npr.org/sections/health-shots/2020/04/12/832269202/no-you-dont-need-to-disinfect-your-groceries-but-here-s-to-shop-safely)

**Alternatives to going into the grocery store**

Curbside Pick-Up**:**

* + Raley’s Senior Essential Bags: [www.raleys.com/senior-essentials-bag](http://www.raleys.com/senior-essentials-bag)
	+ Ralphs Curbside Pick-Up: [www.ralphs.com/i/ways-to-shop/pickup](http://www.ralphs.com/i/ways-to-shop/pickup)
	+ Sam’s Club (must have membership): [www.samsclub.com/content/club-pickup](http://www.samsclub.com/content/club-pickup)
	+ Target Drive-Up Service: [www.target.com/c/drive-up/-/N-9d42z](http://www.target.com/c/drive-up/-/N-9d42z)
	+ Walmart Same-Day Pick-Up: [grocery.walmart.com](https://grocery.walmart.com/)

Can someone else shop for you?

* NextDoor: neighborhood hubs and networks: [nextdoor.com](https://nextdoor.com)
* Mon Ami: matches a volunteer with a senior: [www.monami.io](http://www.monami.io)
* Shanti: a variety of supportive programs: [www.shanti.org](http://www.shanti.org)
* Neighborhood programs such as Oakland at Risk Match: [www.oaklandatrisk.com](http://www.oaklandatrisk.com/)

Food delivery options:

* Instacart: delivers from your local store: [https://www.instacart.com](https://www.instacart.com)/)
* Meals on Wheels: meal delivery to residents experiencing difficulty leaving home: [www.mowsf.org](http://www.mowsf.org/)
* Project Open Hand: offers meals and grocery delivery in San Francisco and Oakland: www.openhand.org
* Meal Delivery Applicationssuch as UberEats, Caviar, Postmates, DoorDash

Alternatives to grocery stores:

* Food banks or pantries
	+ Offer free groceries – search by your state/county: [www.foodpantries.org](http://www.foodpantries.org)
* Community Sponsored Agriculture (CSA)
	+ Buy directly from local farmers
	+ Delivery typically a drop-off in your neighborhood
	+ Find a CSA farm in your area: [www.localharvest.org/csa](http://www.localharvest.org/csa/)
	+ USDA local food directories: [www.ams.usda.gov/services/local-regional/food-directories](http://www.ams.usda.gov/services/local-regional/food-directories)

**Household items:**

* Cleaning and disinfecting your home: consider the supplies you need to keep your hands and home clean: [https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting sick/disinfecting-your-home.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)
* Tips on mask safety and making your own: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

**Incontinence products (ordering online)**

* Online retailers that specialize in adult incontinence supplies
	+ [www.amazon.com](http://www.amazon.com)
	+ [northshorecare.com](https://www.northshorecare.com/)
	+ [hdis.com](https://www.hdis.com/)
	+ [liveanew.com](https://www.liveanew.com/)

**Mail delivery for medications**

Order over the phone or through the company’s website and have your medications delivered

to your door.

* + Amazon Pill-Pack: 888-332-1688
	[www.amazon.com/stores/page/5C6C0A16-CE60-4998-B799-A746AE18E19B](http://www.amazon.com/stores/page/5C6C0A16-CE60-4998-B799-A746AE18E19B)
	+ CVS: Free packing, Free delivery 800-753-0596 [cvs.com/content/multidose](https://www.cvs.com/content/multidose)
	+ Express Scripts: can take a few weeks to establish delivery:  [www.express-scripts.com/covid19/index.html](http://www.express-scripts.com/covid19/index.html)
	+ Safeway: Free packing, $10.50 for delivery [safeway.medrefill.com/swweb/#/refill](https://safeway.medrefill.com/swweb/#/refill)
	+ Walgreens: Free packing, $5 delivery [www.walgreens.com/topic/pharmacy/prescription-delivery.jsp](http://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp)

**Financial concerns regarding employment**

Social security disability (SDI): if you’re sick or quarantined [edd.ca.gov/Disability/How\_to\_File\_a\_DI\_Claim\_in\_SDI\_Online.htm](https://edd.ca.gov/Disability/How_to_File_a_DI_Claim_in_SDI_Online.htm)

Paid Family Leave (PFL): if you’re unable to work because you’re caring for a loved one who is sick or quarantined: [edd.ca.gov/Disability/How\_to\_File\_a\_PFL\_Claim\_in\_SDI\_Online.htm](https://edd.ca.gov/Disability/How_to_File_a_PFL_Claim_in_SDI_Online.htm)

Unemployment: reduced hours or laid off [edd.ca.gov/Unemployment/Filing\_a\_Claim.htm](https://edd.ca.gov/Unemployment/Filing_a_Claim.htm)
Speak with your employer to see if they offer administrative leave

Economic Impact Check/Stimulus Checks
[www.irs.gov/coronavirus/economic-impact-payment-information-center](http://www.irs.gov/coronavirus/economic-impact-payment-information-center)

**Banking**

* + [www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/](http://www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/)

**Supportive resources**

Social Support:

* + Covia: [covia.org/services/well-connected](https://covia.org/services/well-connected/)
	+ Memory Café: 877-797-7299
	+ Institute on Aging 24-hour Helpline: 800-971-0016 or 415-750-4111

Helplines for Caregivers:

* + Alzheimer’s Association 24/7 Helpline: 800-272-3900
	+ Family Caregiver Alliance (online support groups): 800-445-8106 or 415-434-3388

National Disaster Distress Helpline:

* + 1-800-985-5990 (English and Español)
	+ SMS: In English – Text “TalkWithUS” to 66746; In Español – Text “Hablanos” al 66746
	+ TTY: 1-800-846-8517

Tips for Caregivers:

* + Tips from Alzheimer’s Association:  [alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care](https://alz.org/help-support/caregiving/coronavirus-%28covid-19%29-tips-for-dementia-care)