



IOWA DEPARTMENT ON AGING

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[www.iowaaging.gov](http://www.iowaaging.gov)

Taking care of Iowa's family Caregivers is critical during this national crisis. We have compiled a list of national and state resources to help Caregivers find necessary supports to stay healthy, find balance and maintain their caregiving role.

### Take Care of YOU

Self-Care for Family Caregivers

<https://www.caregiver.org/Taking-care-you-self-care-family-caregivers>

<https://www.aarp.org/caregiving/home-care/info-2020/caregiving-isolation-quarantine.html>

The National Alliance on Caregiving offers a series of relaxation techniques for Caregivers, including deep breathing, meditation, mindfulness and muscle relaxation.

<https://www.caregiver.org/relaxation-caregivers-series-english>

An archived, interactive webinar that will provide tools for developing a greater sense of peace and well-being.

<https://www.caregiver.org/pilotIntegration/indexPersistent.html?uri=%2Fgenuine-resilience-closer-and-easier-you-may-think-0>

Technology Can Help

<https://www.caregiveraction.org/tech>

Ask Alexa. <https://thehelpinghome.com/alexa-for-seniors-21-extremely-practical-ways-older-adults-can-use-amazon-echo/>

Stay Safe! Stay Active!

Maintain gains in strength, balance, and flexibility that reduce fall risk, strengthen the immune system, and improve quality of life.

<https://www.ncoa.org/blog/encouraging-older-adults-to-stay-active-and-safe-during-the-coronavirus-pandemic/>

<https://go4life.nia.nih.gov/workout-videos/>

### Reach Out, Stay Connected

Alzheimer's Association offers a toll-free, 24/7 helpline.

1-800-272-3900

AlzConnected: A free, on-line community for everyone affected by Alzheimer's or another dementia.

<https://www.alzconnected.org/>

The Caregiver Teleconnection program has one-hour conference calls, at no cost.. These sessions cover a wide range of topics and you can get expert advice, ask questions and talk to other people who are also providing care.

<https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/>

### **VA Caregiver Support Line (toll free 8 a.m. to 8 p.m. ET)**

The support line provides information regarding caregiver benefits, referrals to local caregiver support coordinators as well as emotional support to those concerned with their ability to provide care to loved ones who are Veterans.  
1-855-269-3274

### **AARP Caregiving Resources**

<https://www.aarp.org/caregiving/> or

Contact via a toll-free support line for caregivers (7AM to 11PM EST) at 1-877-333-5885

\*Also available in Spanish at 1-888-971-2013

### **Iowa State University Extension and Outreach offers *Iowa Concern* a free service connecting Iowans with information to help them navigate through a variety of life circumstances.**

Call 1-800-447-1985

- Language interpretation is available

<https://www.extension.iastate.edu/video/when-life-gets-tough-iowa-concern-can-help>

### **Just for fun!!**

Briangle: Puzzles, trivia, games, brain teasers

<https://www.briangle.com/>

Contact your local library for home delivery and/or pick-up options. Many on-line resources available with your local library card for eBooks, movies, magazines, music and more! Here are just a few options:

<https://www.hoopladigital.com/>

<https://bridges.overdrive.com/>

Enjoy live concerts from the comfort of home. All genres: folk, jazz, country/Americana, classical and pop!

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

For crosswords, anagrams, solitaire, Soduku puzzles and more!

<https://games.aarp.org/category/puzzles>

Search the National Archives to research your ancestry, military and land records and America's founding documents.

<https://www.archives.gov/research>

Explore the Smithsonian – virtually. Research art & design, history & culture, science and nature from the comfort of home.

<https://www.si.edu/learn-explore>

Roll the Dice!

<https://funattic.com/dice-games/>