



8 Resources to Help Your Loved One During the Coronavirus Pandemic

Suddenly we are all long-distance caregivers. If your loved one lives independently in his or her home, you may be unable to visit, and s/he may be unable or hesitant to get out to shop. There are still ways to make sure that essential supplies are available. From assessing what may be needed to getting it to your loved one, consider some of these options to help you manage your caregiving responsibilities.

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- 1 Get eyes on.** If you are concerned about your loved one's well being and are unable to reach him or her, don't hesitate to contact local safety personnel. Police, fire departments, and other town emergency officials can do wellness checks to make sure your loved one is ok.
- 2 Avoid scams** targeted at seniors. Let your loved one know to be suspicious of a COVID-19 testing scam where someone may offer COVID-19 testing in exchange for cash, a credit card, bank account information, or a Medicare number. Your health provider will determine and order any tests and treatments you need for a possible COVID-19 infection.
- 3 Check in with your local senior center.** Call or check your local center's website to ask about resources and support. Local grocery stores and pharmacies are also working to get food and supplies to seniors.
- 4 Explore curbside pick-up.** Many local retailers, including supermarkets, pet stores, bookstores, and big box stores are accepting online and phone orders for curbside pick-up. Stay six feet apart at both pick up/ drop off to your loved one. If possible, wipe down grocery items before delivering them.
- 5 Shop for groceries online.** Read the fine print, because minimum order sizes and delivery fees can apply. Six popular, online grocery retailers include:
 - Amazon (Whole Foods, Amazon Prime Now, & AmazonFresh)
 - Instacart
 - Boxed
 - Peapod
 - FreshDirect
 - Shipt
 - Thrive Market
- 6 Learn about local seniors-only shopping hours.** Some retailers are reserving certain days or hours of the day for seniors to shop. The idea is to help older people, who are at greater risk of developing a more serious case of COVID-19, stay out of the general population.
- 7 Change to mail order prescription service.** Most insurance carriers for prescription drugs offer mail order prescription delivery. Switch your loved one to mail order service and request a three-month supply.
- 8 Arrange for delivery of medical supplies and equipment.** If your loved one uses equipment, such as a CPAP or BiPAP machine or needs diabetes testing or care supplies, call the insurer to arrange for delivery of those items from an approved supplier. Many local pharmacies and other stores will also deliver related items that are not necessarily covered by insurance, such as gauze, iodine, bandaging materials for wound care, or even canes, walkers, or other assistive devices.