



RESOURCES FOR CAREGIVERS OF OLDER ADULTS DURING COVID-19 AND BEYOND

- **Find Help**
(<https://findhelp.org/>)
Find assistance for food, help paying bills, and other free or reduced cost programs, including new programs for the COVID-19 pandemic
- **Fresh Direct**
(https://www.freshdirect.com/browse.jsp?id=wgd_5_borough_food_drive)
Fresh Direct, a home-delivery grocery service, is helping New Yorkers in need during this uncertain time, working with local organizations and businesses to give away boxes of groceries. Check with your borough president for eligibility.
- **Invisible Hands**
(<https://invisiblehandsdeliver.org/about-us>)
Volunteers from communities at the least risk for severe COVID-19 reactions work to bring groceries and supplies to those in high-risk demographics.
- **New York City Department for the Aging (DFTA)**
(<https://www1.nyc.gov/site/dfta/index.page>)
Supports caregivers through service, advocacy, and education
 - **Senior Center Meals**
DFTA's clients: Receive direct delivery of meals, which includes a five-meal package delivered to each older adult every week.
 - Connect directly with a local senior center.
 - Call 311
 - Call DFTA's Aging Connect at 212-244-6469
 - **Homebound older adults:** If already receiving home-delivered meals through DFTA's case management agencies will continue as usual.
To find out if you are eligible and to sign up:
 - Call DFTA's Aging Connect at 212-244-6469
 - Call 311
- **New York City Department of Finance – Housing Payment Exemptions**
(<https://www1.nyc.gov/site/finance/index.page>)
Eligible senior citizens and individuals with disabilities can enroll with the New York City Department of Finance to participate in the Rent Freeze and Homeowner Tax Exemption Programs.
 - **NYC Rent Freeze**

(<https://www1.nyc.gov/site/rentfreeze/index.page>)

Call the Rent Freeze hotline at 929-252-7242 Tuesdays through Saturdays 10:30 am to 6:30 pm for more information

- **Impact of COVID-19**

- (<https://www1.nyc.gov/site/rentfreeze/help/covid-19-frequently-asked-questions.page>)

- o **NYC Homeowner Tax Exemption**

- (<https://www1.nyc.gov/site/finance/benefits/landlords-sche.page>)

- Call 311 or send an [email](#) for more information

- **New York Legal Assistance Group (NYLAG)**

- (<https://www.nylag.org/>)

- o **COVID-19 Hotline**

- (<https://www.nylag.org/hotline/>)

- Call Monday through Friday 929-356-9582 and leave a message

- o **Medicaid, Personal and Homecare Services in NYC**

- **Fact Sheet:** on applying for Immediate Need in NYC

- **Home Care Changes:** due to Coronavirus

- **New York State Office of Mental Health**

- (<https://omh.ny.gov/>)

- For free and confidential crisis counseling and emotional support, call 844-863-9314

- o **Downloadable tips** for managing anxiety and other mental health concerns provided by the New York State Office of Mental Health (OMH)

- (<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>)

- **PSS Circle of Care**

- (<https://pssusa.org/caregivers/>)

- o Caring for an adult who is chronically ill, frail or has memory loss, call 866-665-1713 or [email careinfo@pssusa.org](mailto:careinfo@pssusa.org)

- o Grandparents taking care of a grandchild, call Gavin at 917-801-4488 ext. 25 or [email gcaster@pssusa.org](mailto:gcaster@pssusa.org)

- **Self-Help Virtual Senior Center (VSC)**

- (<http://vscm.selfhelp.net/service>)

- Connects families with isolated older loved ones using video experiences and by providing technical support at home, on the phone or remotely

- **Senior Planet**

- (<https://seniorplanet.org/>)

- Courses, programs, and activities to help seniors learn new skills and make new friends while aging “with attitude”

- o **COVID-19 Resource Guide**

- (<https://seniorplanet.org/coronavirus/>)

- Tech basics, events, at home guides, virtual socializing, health, and wellness for seniors