

COVID-19 Resource Guide

This resource guide was created after our initial virtual information about the virus and its particular impact on older adults and persons with chronic conditions. We will continue to add resources to this guide after our upcoming weekly sessions.

Join the UofL Trager Institute for our **Virtual Info Sessions** on COVID-19

Held Every Other Tuesday from 10:00 am - 11:00 am

Join our free sessions on zoom
at: <https://us02web.zoom.us/j/88463597324>

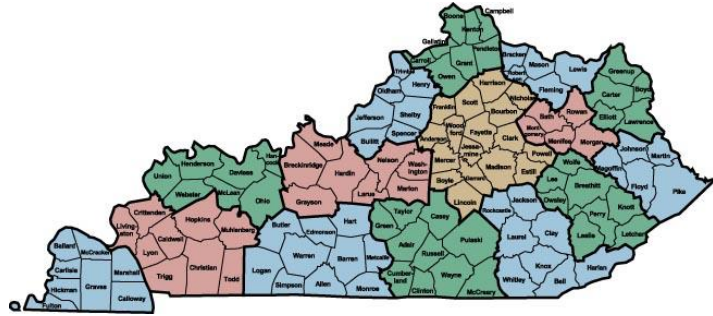
Sources for Up-to-Date, Reliable Information

- Kentucky Governor Daily Address (daily at 5:00 pm). Watch the live streamed event [here](#).
- [Kentucky Department for Public Health](#)
 - Kentucky COVID-19 Hotline: **(800) 722-5725**
 - [Guidance by topic](#)
- Centers for Disease Control & Prevention
 - [High Risk Population Resources](#)
 - [Video outline information for older adult](#)
 - [Pregnancy Information](#)
 - ["What To Do if You are Sick"](#)
 - [CDC FAQ page](#)
- University of Louisville Weekly Virtual Information Sessions
- Tuesdays at 10:00 am, Zoom link: <https://us02web.zoom.us/j/88463597324>
- AARP Weekly Call-In Informational Sessions
 - Thursdays at 1:00 pm. [Learn more here](#)
- [University of Louisville COVID-19 Resource Page](#)
- [UofL Health Resource Page](#)

see next page for community resources

Other Resources & Supports

- State-by-state models & projections: <http://covid19.healthdata.org/projections>
- General support for older adult services: [Area Agency on Aging](#)
 - [KIPDA AAA](#) – (502) 266-5571
 - [Barren River AAA](#) - (270) 781-2381
 - [Big Sandy AAA](#) – (606) 886-2374
 - [Bluegrass AAA](#) – (859) 266-1116
 - [Buffalo Trace AAA](#) – (606) 564-7084
 - [Cumberland Valley AAA](#) – (606) 864-7391
 - [FIVCO AAA](#) – (606) 929-1366
 - [Gateway AAA](#) – (855) 882-5307
 - [Green River AAA](#) – (270) 926-4433
 - [Kentucky River AAA](#) – (606) 436-3158
 - [Lake Cumberland AAA](#) – (270) 866-4200
 - [Lincoln Trail AAA](#) – (270) 769-2393
 - [Northern Kentucky AAA](#) – (859) 692-2480
 - [Pennyriple AAA](#) – (270) 886-9484
 - [Purchase AAA](#) – (270) 247-9426
- [The Co-Immunity Project: A Battle We Can Win – Together – Louisville Healthcare CEO Council](#)
- Find Area Agency on Aging across the U.S.: eldercare.acl.gov, phone: 1 (800) 677- 1116\
- Elder abuse for state of Kentucky:
 - Steve Sparrow, Kentucky Injury and Prevention Research Center
 - <http://www.mc.uky.edu/kiprc/>
- Numbers to call for reports of elder abuse in Louisville:
 - 502-574-2278 (Emergency)
 - 502-574-4661 (Non-Emergency)
- Age-friendly Louisville elder abuse resources: <https://www.agefriendlylou.com/social-resources>
- [Community Action Agencies in Kentucky](#)
- A Path Forward for Louisville
 - <https://apathforward4lou.org>
- KY Governor Long-Term Care Task Force Resources
 - [COVID-19 PPE Request Fact Sheet](#)
 - [E-Kit Executive Order](#)



- [KY 2019 Coronavirus Healthcare Public Health Webinar #6](#)
- [Long-Term Care Facility Admissions and Transfers](#)
- [Regional Non-Congregate Shelter Sites Fact Sheet](#)

- Kentucky Policies: LTC & Reopening
 - [KY Long-Term Care Policy](#)
 - [KY Phase I Health Services Reopening](#)

- Established COVID-19 Testing Sites
 - <https://govstatus.egov.com/kycovid19>

- Drive-Through Testing Sites
 - [KY COVID-19 Drive-Thru Testing Locations and Information](#)

- Facemask Resources
 - [How to make a facemask without a sewing machine](#)
 - [CDC guidelines and recommendations on facemasks](#)

- Kentucky Ombudsman Resources
 - [Consumer Voice: CMS Waived Regulations](#)
 - [More Ombudsman COVID-19 Resources](#)
 - Long-Term Care Ombudsman Statewide Toll-free Hotline: [1-800-372-2991](tel:1-800-372-2991)
 - Long-Term Care Ombudsman Office Number: 502-637-9786
 - Aging Disability Resource Hotline: 877-925-0037

- TRIAD: Monthly meeting, 2nd Tuesday, effort to distribute information related to older adults
 - [National TRIAD](#)
 - [Louisville TRIAD](#)

- [SeniorCare Experts](#)
 - SeniorCare Experts Cara Montgomery
 - Phone: 502-896-2316

- Caregiver Support Resources:
 - [Caregiving Advice During Coronavirus](#)
 - [UofL Trager Institute Caregiver 101 Support Group](#)
 - [Alzheimer's Support Group](#)
 - [Jewish Family Career Services Group](#)
 - [Hosparus Group](#)
 - [AARP's 6 Ms of Caregiver Self Care](#)

- In-Home Supports:
 - [Senior Helpers](#)
 - [Senior Home Transitions](#)

- [Age Transitions](#)
- [SeniorCare Experts](#)

- Food Support for Older Adults:
 - [Senior Care Experts](#): hosting [emergency food dirve](#) for homebound seniors 502-896-2316
 - KIPDA [Meals on Wheels](#)
 - **Metro March for Meals for Seniors**: [Food program for older adults](#) with Louisville Metro Government's Office of Resilience & Community:
 - Starting Tuesday, March 17, the Metro March for Meals program will distribute up to 1,000 frozen meal packs per day to people 60 years of age and older at six locations throughout the community on a rotating schedule. Meals will be available on a first-come, first-served basis from 10 a.m. until noon and are limited to one box per person and to five frozen meals per week. Older adults in need are advised to go to the center closest to their homes for assistance.
 - **Call the hotline for updated locations & dates: 502-574-5223.**

- AARP Community Connections site allows people to find or start a mutual aid group in their community or request a call from a Friendly Voice Volunteer: <https://aarpcommunityconnections.org/> or by calling 1-888-281-0145

- Volunteering Options: [Louisville COVID-19 High Risk Match Program](#) (please note: this is an initiative run by private citizens and it not a formal program with Metro Louisville).

- Mental Health Resources
 - [AcuBalance](#) is offering telemedicine including guided meditations, breathing and relaxation exercises, and herbal pick-up/deliveries (note: AcuBalance is an official service partner of the Republic Bank Foundation Optimal Aging Clinic at the UofL Trager Institute)
 - UofL Trager Institute Weekly [Virtual Meditation Sessions](#)

- Activity Resources
 - [UofL Music Therapy Clinic: Telehealth Music Therapy for Senior Adults and Facilities](#)

- [Kentucky General Scam Alert](#)

- [Kentucky Unemployment Benefits](#)

- Advance Care Planning Resources:
 - [Conversation Starter](#)
 - [KY Living Will](#)
 - [KY MOST form](#)

- Kentucky Voices for Health Public Assistance Program Resources During COVID-19:

- [What Kentuckians Need to Know About COVID-19](#)
- [Help for Kentuckians During COVID-19](#)
- Childcare Resources
 - [Family Tree Caregivers](#)
- Social Media Resources for Individual and Organizations
 - Navigating “Fake New” and Misinformation on Social Media for Individuals:
 - NPR Article: [Identifying Fake News Check List](#)
 - [Understanding bots and the role they play in spreading misinformation](#)
 - [University of San Fransisco Fake News Guide](#) (what it is, how to identify, fact checking resources)
 - Crisis Communication & Social Media Organizations & Providers:
 - [Talk Walk COVID-19 Report](#)
 - [Hootsuite COVID-19 Resources for Public Sector](#)
 - [Social Media Introduction](#)
 - [Crisis Ready by Melissa Agnes](#)
- [UofL Kornhouser Library Resource Guide](#) (electronic resource guide that has a good mix of consumer health and provider level information resources)
 - For academics & researchers: creating a PubMed alters

“You can set up PubMed alerts to receive emails as new articles are published that meet your search criteria. Just click "Create alert" under the search bar, and fill out your preferences for delivery. You will need a My NCBI account, which are free to set up and not tied to your UofL affiliation status. Here’s the strategy I recommend saving: (["severe acute respiratory syndrome coronavirus 2"\[Supplementary Concept\] OR "severe acute respiratory syndrome coronavirus 2"\[All Fields\] OR "sars cov 2"\[All Fields\]\) OR \("severe acute respiratory syndrome coronavirus 2"\[Supplementary Concept\] OR "severe acute respiratory syndrome coronavirus 2"\[All Fields\] OR "2019 ncov"\[All Fields\]\) OR COVID-19\[All Fields\] OR \(wuhan\[tiab\] AND coronavirus\[tiab\]\) OR \("severe acute respiratory syndrome coronavirus 2"\[Supplementary Concept\] OR "severe acute respiratory syndrome coronavirus 2"\[All Fields\] OR "wuhan coronavirus"\[All Fields\]\)](#))