

# CORONAVIRUS COVID-19

## RESOURCES FOR OLDER ADULTS

Last updated on March 25, 2020

### **General Information and Updates**

**The Centers for Disease Control and Prevention (CDC)** is the nation's health protection agency and is considered to be the best source for updated information on Novel Coronavirus Disease 2019 (COVID-19) for Americans. This link has specific information for higher risk groups, such as older adults and those with underlying medical conditions.

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

**The World Health Organization (WHO)** works with the U.S. and more than 190 other countries. WHO is considered to be the best source of information to learn about the pandemic across the world. This link provides answers to frequently asked questions about coronavirus.

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

This link from **WHO** provides “myth busters” to some inaccurate information that is circulating.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

**U.S. Department of Health and Human Services, Administration for Community Living**, whose mission is “advancing independence, integration, and inclusion throughout life,” has resources for older adults and people with disabilities.

<https://acl.gov/COVID-19>

## Finding Local Resources for Meals, Food and Other Needs

**The National Association of Area Agencies on Aging** (n4a) is a membership association representing America's national network of 622 Area Agencies on Aging (AAAs). Local AAAs provide services (e.g., meals, transportation and in-home services), information, and referrals in a specific area.

The national website has a tool to find your local AAA by entering your zip code. Once the tool displays your local AAA, click through to their website(s) and learn more about resources in your area. The coronavirus has caused nearly all AAAs to modify their services, so confirm what is currently available before seeking services. For example, most community meal programs have been modified.

<https://www.n4a.org/>

The national **Meals on Wheels** website has a tool to find local Meals on Wheels by entering your zip code. Once the tool displays local Meals on Wheels, click through to their website(s) and learn more about how you can receive services. In some instances, you may need to call to get specific details for your area.

<https://www.mealsonwheelsamerica.org/find-meals>

**The Feeding America** network is the largest hunger-relief organization in the U.S. Its website has a tool to find local foodbanks by entering your zip code. Once the tool displays local foodbank(s), click through to their website(s) and learn more about how you can receive services. In some instances, you may need to call to get specific details for your area.

<https://www.feedingamerica.org/find-your-local-foodbank>

### **Local Stores Open Early** for Older Adults and Others

This article lists stores that may be allowing certain people to shop before opening to the general public.

<https://www.usatoday.com/story/money/2020/03/17/coronavirus-shopping-stores-introduce-time-for-vulnerable-elderly-pregnant/5074064002/>

## State Resources

**Check your state's government websites**, such as the department of labor, department of employment, department of health, governor's office, etc. to learn what resources are available in your state.

## **Medicare and Other Medical Information**

**Medicare** has many resources and links, which can be found on its website below.

<https://www.medicare.gov/medicare-coronavirus>

**Medicare** has expanded its coverage to pay for telehealth/**telemedicine** to encourage Medicare recipients to have appointments with their healthcare providers via phone or videoconferencing, reducing the risk of spreading the virus.

<https://www.medicare.gov/medicare-coronavirus#500>

**Medicare has suspended its 3-day waiting period** rule for payments to a skilled nursing facility (SNF) for COVID-19 patients. Normally, Medicare requires that patients be hospitalized for three days before Medicare will pay for a stay at a SNF. Medicare recipients with COVID-19 can go directly to a SNF, under the direction of their healthcare provider.

<https://www.cms.gov/files/document/coronavirus-snf-1812f-waiver.pdf>

Beware of online medication scams. **The U.S. Food & Drug Administration's, "BeSafeRx: Know Your Online Pharmacy"** provides tips to avoid scams.

<https://www.fda.gov/drugs/quick-tips-buying-medicines-over-internet/besaferrx-know-your-online-pharmacy>

## **Caregiving Resources**

**The National Alliance for Caregiving** offers tips for "sandwich generation" caregivers – those who are caring for their children or grandchildren as well as an older adult(s).

[https://transamericacenter.org/docs/default-source/resources/coronavirus-resources/tips\\_for\\_sandwich\\_generation\\_caregivers\\_amid\\_covid\\_19.pdf](https://transamericacenter.org/docs/default-source/resources/coronavirus-resources/tips_for_sandwich_generation_caregivers_amid_covid_19.pdf)

**The Family Caregiver Alliance** offers coronavirus-related resources and articles that will be of interest to family caregivers and those in their care, including information for staying home, nursing home visitation guidelines, caregiver self-care, and more.

<https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>

## Social Security, IRS and Tax Information

The IRS has extended the **federal tax filing** and payment deadline to July 15, 2020. There is no need to file an extension. Be aware that each *state* sets its own deadline, and you need to verify when your state tax filing and payment deadline is.

<https://www.irs.gov/coronavirus>

All **Social Security offices are closed**. This article provides information and tips for those who need to reach the Social Security Administration (SSA), or want to learn how access online SSA tools.

<https://www.nextavenue.org/social-security-help-coronavirus/>

## AARP

**General information** and articles regarding coronavirus, including tips for boosting immunity, staying healthy, identifying coronavirus, and getting help from your community.

<https://www.aarp.org/health/>

AARP offers advice on **combatting social isolation** while remaining safer at home.

<https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-social-isolation-loneliness.html?intcmp=AE-HP-TTN-R2-POS2-REALPOSS-TODAY>

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