

## FAMILY CAREGIVER NEWSLETTER



### INSIDE THIS ISSUE:

Coronavirus Prevention: Tips For Alzheimer's Caregivers	1
COVID-19 Emergency Guide to Benefits	2-3
Caregiver Support Groups	4

The mission of the Area Agency on Aging of Northwest Arkansas is to commit financial and human resources to enhance the lives of the Northwest Arkansas senior community.

We are a private, non-profit agency in compliance with titles VI and VII of the Civil Rights Act, committed to the non-discriminatory delivery of services and an Affirmative Action Equal Opportunity Employer.

## CORONAVIRUS PREVENTION: TIPS FOR ALZHEIMER'S CAREGIVERS

If you are family caregiver of a person living with Alzheimer's or another dementia-related illness, preventing the spread of illness is important, particularly as the coronavirus disease 2019 (COVID-19) continues to make headlines. The Alzheimer's Foundation of America (AFA) is sharing personal care recommendations to help guard against infection.

For starters, be sure not to spread *unnecessary* alarm about coronavirus to the person you care for. The best way to prevent illness is simply to avoid being exposed to the virus, according to the Centers for Disease Control and Prevention (CDC). The next best thing is to encourage everyday preventative measures to avoid the spread of respiratory disease.

Because some people living with Alzheimer's may have a sensitivity to water, here are some tips to help keep them free from infection:

While the **CDC recommends** that persons wash their hands with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing their nose, coughing, or sneezing, it may be difficult to achieve this with a person living with a dementia. Try singing two choruses of "Happy Birthday."

- Use a soothing tone to encourage washing and understand that you may need to explain what to do slowly and step by step. You may want to say, "First, let's wet our hands under the water." When that is done, "Then we will use the soap dispenser to squeeze out some soap into your hands." Then, "Rub your hands together with the soap. Lather the backs of your hands.... Lather between your fingers.... Lather under your nails."
- Consider using a fragranced soap such as lavender to improve the sensory experience for your person. Use your own hands to model what needs to be done.
- If soap & water are not available, use an alcohol-based hand sanitizer at least 60% alcohol.
- Make supplies easy to access, such as tissues, wipes and hand sanitizers, near the locations where your person spends most of their time. Use for fast fixes around the home.
- Clean and disinfect frequently touched objects and surfaces.

**Other things to keep in mind:** If adult day care and respite programs schedules are postponed due to an outbreak or the person you are caring for isn't feeling well enough to attend, have activities on hand to help pass the time—word puzzles and games, picture albums, music to listen to, special movies to watch, and small tasks to engage in such as folding towels or putting socks together.

Caregivers should make sure their person is drinking enough liquids as they may already have a weakened immune system. This will mean that caregivers should pay close attention to their person's need to use the bathroom more or increased incontinence.

For current updates on the virus, go to the [Centers for Disease Control and Prevention](https://www.cdc.gov) and the [National Institutes of Health](https://www.nih.gov).

Reprint from [www.caregiver.com](http://www.caregiver.com)



# CORONAVIRUS COVID-19 EMERGENCY GUIDE TO BENEFITS

This guide will help you learn how to receive benefits during this difficult time. Be safe if you need to apply in-person for benefits. This guide is not legal advice.

**SNAP is a fast way to get money for groceries.** You might get benefits as quick as 7 days if you lost income due to COVID-19. Any household that qualifies gets the maximum amount of benefits. Apply at the Department of Human Services.

**APPLY FOR SNAP**

- Online at [www.access.arkansas.gov](http://www.access.arkansas.gov)
- By phone at 800-482-8988
- In-person

**Unemployment will help you pay your bills.** If you qualify for unemployment, you get an amount based on your past wages plus \$600 per week. A new unemployment program will be available in late April for those who aren't covered by traditional unemployment and who can't work because of something related to COVID-19. You can get back benefits. Apply at the Department of Workforce Services:

**APPLY FOR UNEMPLOYMENT**

- Online at [www.ezarc.adws.arkansas.gov](http://www.ezarc.adws.arkansas.gov)
- By phone at 855-225-4440
- In-person

**Medicaid will help you get health insurance to cover doctors, medicines, and treatments.** If you already get Medicaid, the state cannot terminate you unless you move out of state or ask to be cut off until this emergency is over. Apply at the Department of Human Services:

**APPLY FOR MEDICAID**

- Online at [access.arkansas.gov](http://access.arkansas.gov)
- By phone at 855-372-1084
- In-person.

**Social Security disability claims are still going on, but slowly.** Some actions to end benefits or collect on overpayments have been put on hold.

**The \$1200 economic impact payment will come automatically for most.** But, if you get SSI and have kids or work but didn't file taxes, fill out [this form](http://www.irs.gov/coronavirus/non-filers-enter-payment-info-here): [www.irs.gov/coronavirus/non-filers-enter-payment-info-here](http://www.irs.gov/coronavirus/non-filers-enter-payment-info-here)

**If you are working, you can get up to 2 weeks of paid sick leave for COVID-19 and up to 10 more weeks paid to take care of a child whose school has closed.**

## 7 TIPS TO HELP

#1

### KEEP TRYING AND STAY SAFE

The state's websites might crash. Phone lines are busy. Going in person might be dangerous and can also be slow. Be patient and keep applying.

#2

### KEEP PROOF

Write down names, titles, phone numbers, dates, and what people say. Take screenshots of online messages. Keep copies of papers you turn in. Keep any papers or letters you get from an agency in a safe place.

#3

### START ALL APPLICATIONS

Don't just wait on unemployment. You can also apply for SNAP, Medicaid, TEA (if you have kids), or other benefits. It's hard to know when you will start to get the benefits, so apply ASAP for anything you might qualify for.

#4

### APPEAL IF YOU ARE DENIED AND THINK YOU SHOULD QUALIFY

Each program has a time period for you to appeal. Read the letter closely. Keep a copy of it. Turn in your appeal and get proof that you turned it in.

#5

### CALL LEGAL AID AT 800-967-9224 IF YOU CAN'T GET BENEFITS

We will help as best we can. Even if we cannot take your case, we will give you advice on your issue.

#6

### TELL DHS IF YOU START GETTING UNEMPLOYMENT

Programs like SNAP have income limits. Unemployment can count against those limits. Let DHS know if you start receiving unemployment benefits, so it can stop SNAP if you are no longer eligible.

**\*Note:** The \$600 per week of extra unemployment doesn't count as income for Medicaid or ArkKids, but counts for other programs. The \$1200 economic impact payment doesn't count for SNAP, Medicaid, ArkKids, TEA, or SSI.

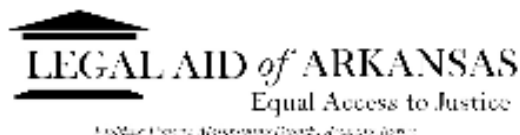
#7

### SHARE YOUR STORY

You have a right to speak with elected officials or reporters. Share your story to help them understand what's happening and how to fix problems.

### Disability and Language Translation

People with disabilities or who do not speak English fluently may have a harder time getting benefits. Please call Legal Aid if you can't get disability accommodations or language translation.



Contact Legal Aid of Arkansas at 800-967-9224  
or go online for more help and resources:

[www.arlegalservices.org/covid-19](http://www.arlegalservices.org/covid-19)

**Area Agency on Aging of Northwest Arkansas**

1510 Rock Springs Road  
PO Box 1795  
Harrison, AR 72602

Phone: 870-741-1144  
Toll Free: 800-432-9721  
Fax: 870-741-6214  
Online: [www.aaanwar.org](http://www.aaanwar.org)



Serving  
Baxter, Benton,  
Boone, Carroll,  
Madison, Marion,  
Newton, Searcy  
and Washington  
counties.

**Upcoming Events**

**Senior Farmers Market Nutrition Program**

is HERE! Get your application at [www.aaanwar.org](http://www.aaanwar.org)

**HOPE for the Future:**  
a FREE caregiver workshop  
Friday, August 14th 2020

9:00a-2:30p

Rogers Activity Center

Contact:  
Alzheimer's Arkansas  
501-224-0021

**CAREGIVER SUPPORT GROUPS**

**Due to COVID-19, many support groups are temporarily on hold and will resume this summer. Please contact the support group location for the exact date of the next meeting.**

**Benton County—**

Location: Adult Wellness Center  
Rogers  
Date: 3rd Thursday of each month  
Time: 10 am

Location: Village House  
1801 Forest Hills Blvd,  
Suite 206 - Bella Vista  
Date: 1st Thursday of each month  
Time: 12:30

Location: Fellowship Bible Church  
1051 W. Pleasant Grove  
Rogers  
Date: 3rd Tuesday  
Time: 10:45 am, and at 2:00 pm

**Baxter County—**

Location: Mruk Center on Aging  
Date: 4th Thursday of each month  
Time: 2 pm

**Boone County—**

Location: Area Agency on Aging Office  
in Boone County  
Date: 1st Wednesday of each month  
Time: 11 am

**Carroll County—**

Location: 1st United Methodist Church  
Eureka Springs  
Date: 2nd Tuesday of each month  
Time: 1 pm

**Marion County—**

Location: Marion County Senior Activity  
& Wellness Center  
Date: 2nd Wednesday of each month  
Time: 1 pm

**Newton County—**

Location: Newton County Senior  
Activity & Wellness Center  
Date: 2nd Friday of each month  
Time: 2 pm

**Searcy County—**

Location: Marshall  
Date: 3rd Tuesday of each month  
Time: 2 pm

**Washington County—**

Location: Area Agency on Aging  
Washington County  
Date: 4th Thursday of each month  
Time: 11 am

Location: Springdale  
Contact: Schmeiding Center  
for Senior Health and Education  
(479) 751-3043

Location: Fayetteville  
Contact: Washington Regional  
Senior Health Center  
(479) 463-4444