

Recommendations for Family Caregivers in light of the Corona Epidemic

Providing support for older adults is often challenging. However, in these anxious and uncertain times, providing support for older adults who are at risk of developing diseases with more severe symptoms may be even more challenging. For this reason we would like to give you some tools for coping with the situation, tailored to the different needs that you and those you support may have. Every family is different. Every family is an entire world of memories, experiences, strengths, and needs, therefore no one way or recommendation is suitable for everyone. You know your older adult family member best, but we can help by providing you with a number of guideline and principles for action and coping:



Do not forget the paid caregivers - ask how they and their families are doing.

Here are some hotlines to assist family caregivers of older adults:

<http://www.eshelnet.org.il>

- **The 118 hotline – the Ministry of Social Affairs information and assistance hotline** is available 24/7 for questions regarding welfare services for older adults and their families, especially with regard to coping with the corona virus. The hotline is updated periodically according to Ministry of Health and National Security Council guidelines.
- **National Insurance Institute hotline for older adults and their families** *9696
- **Caregivers Association Israel** – information and support by WhatsApp for family caregivers 055.999.33.11
- **Yad L'Tomech** – support by the Yad Sarah Association for family member caregivers 02-644.46.78
- **Yad Sarah's Corona Line** – home delivery of medical equipment at a cost of NIS 60 02-644.46.39
- **Tzippora Fried Alzheimer Support Center** – for caregivers of people with dementia 073.395.68.07
- **EMDA** – support for families of people coping with dementia *8889 or 03-534.12.74
- **Ezer Mizion** – information and support hotline for family caregivers: 1.800.80.20.30
- **Alzheimer Center 24/7 hotline** 03-559.93.33
- **NATAL** – designated line for corona virus related stress and anxiety 073.236.33.80