

## Bimonthly Resource Digest

Highlights — August 17, 2020:

### **Home Alone: Combating Social Isolation, Anxiety and Depression during COVID-19,** by Oregon Health Forum and AARP

**Description:** Archived webinar with practical advice for providers, family/friends, individuals and advocates to support the resiliency and mental health of older adults.

- Effective steps to start supporting older adults' social connectedness today.
- Tailored guidance for city and rural communities.
- Includes tech-based and non-internet solutions.

### **Ten Coping Strategies for Older Oregonians During COVID-19,** by Age Plus

**Description:** Landing page of 10 practical self-help tips for older adults to cope with the emotional tolls of the COVID-19 pandemic, including isolation and fear of infection.

- Easy, practical ideas for daily self-care with older adults' unique needs in mind.
- Accessible list with links to detailed coping information.
- Each tip converts to PDF for simple printing and distribution to clients.

### **LGBT Older People & COVID-19,** by Movement Advancement Project (MAP) and SAGE

**Description:** Comprehensive PDF fact sheet of physical and behavioral health disparities during COVID-19 for LGBTQIA+ adults aged 50 and up.

- Resources and concrete strategies for community members, allies and providers to reduce health disparities.
- Valuable considerations for physical health providers during COVID-19.
- Includes intersectional guidance for long-term and congregate care staff.

### **Patient Priorities Care (PPC): Telemedicine Scripts for an Age-Friendly Health System,** by American College of Physicians

**Description:** PDF including a conversation guide for providers seeking to create meaningful, engaged telehealth conversations while assessing for members' priorities and COVID-specific psychosocial risk factors, such as loneliness.

- Practical considerations in using telehealth with older members.
- Uses the Institute for Healthcare Improvement's Age-Friendly Health System approach to the four Ms — what Matters the most, Medications, Mentation and Mobility.
- Includes a chart of common challenges with identifying member priorities and troubleshooting tips.

A master list of 100 resources identified by the CareOregon Behavioral Health Department can be found on the [CareOregon COVID-19 Provider Information webpage](#).

Thank you for the work you are doing, especially in these complex times.

Sincerely,

CareOregon Behavioral Health Department