



WAYS TO ENGAGE!

Great Ideas for San Diego County Older Adults to
Get Involved while staying Home

COVID-19 EDITION



Recreational Opportunities at Home:

San Diego County Libraries: During this time, all physical library operations have been suspended. Door-side pick-up service is available at select locations by appointment only, check your local branch to see if this service is available. Patrons can still access the library's e-resources around the clock – 24 hours a day, seven days a week: <https://www.sdcl.org/refdb2.html>

San Diego City Libraries: All 36 City libraries are currently closed to the public. Contactless pick-up, book drops, and online library services remain available to the public: <https://www.sandiego.gov/public-library/elibrary>

AIS Health Promotion Programs: The County of San Diego continues to offer online videos of the Feeling Fit Club during the COVID-19 response. In-person classes are currently canceled. Visit www.HealthierLivingSD.org to link to the online videos and keep fit from home. Feeling Fit Club episodes are also aired on public access television. Visit the website for the current television schedule. Additionally, if a resident would like a stretch band to exercise with, e-mail HealthierLiving.HHSA@sdcounty.ca.gov or call 858-495-5500.

Live Well @ Home: Live Well @ Home is a free resource to help community residents find tips and strategies to stay healthy in both mind and body while staying at home. Resources and activities are organized by age group and topic: www.livewellsd.org/livewellathome

Covia Well Connected/Well Connected Español: Well Connected is a phone and online program offering activities, education, friendly conversation, and support. Participants can play a game, learn a language, go on a virtual tour, meditate, share a gratitude, and engage with others across the country. The service is free of charge to all participants over the age of 60: www.covia.org/services/well-connected

Lifetime Connections Without Walls: This telephone program provides opportunities for older adults to connect with others in their community and across the country. The program offers social and educational sessions, friendly conversation, and support groups over the phone by calling (888) 500-6472.

San Diego Oasis: San Diego Oasis has shifted many Oasis classes online. Review the catalog for classes that were previously held at locations far from your home, and now will be conveniently located at your own desk (laptop, computer) or from your armchair (tablet or smart phone): <https://san-diego.oasisnet.org/>. East County: (619) 881-6262 / North County: (760) 796-6020

Selfhelp VSC (Virtual Senior Center): Where Seniors Connect, Learn & Play Online. VSC is a community where you can securely talk with other seniors, make friends, and learn new skills – like how to use Skype and email: <http://vscm.selfhelp.net/>. To volunteer, go to: <http://vscm.selfhelp.net/volunteering>)

University Without Walls: Participants explore art and culture, discuss current events, share memories, and practice new skills from the comfort of their home. Support groups are also available; participants can connect with peers facing similar life situations. A selection of classes are offered in other languages: <https://www.dorotusa.org/our-programs/at-home/university-without-walls>

Live Broadcasting from the San Diego Zoo: Twelve live camera feeds from the San Diego Zoo show animals like tigers, penguins, and elephants: <https://zoo.sandiegozoo.org/live-cams>

UCSD TV: This online resource offers a library of lectures on scientific topics including healthy aging. Go to the “Watch” tab and click videos and podcasts to choose a topic: <https://ucsd.tv>

The Metropolitan Opera: Every day while the Met is closed, a different encore presentation from the company’s Live in HD series will be made available for free streaming on the Met website, with each performance available for a period of 20 hours, from 7:30 pm EDT until 3:30 pm the following day: <https://www.metopera.org>

In-Home Volunteering:

VolunteerMatch: Search for volunteer opportunities based on your interests. For volunteer options that can be done at home, select “Virtual”:

www.VolunteerMatch.org

RARE Bear Program (Rare Science): Sewing volunteers help make one of a kind bears for special one of a kind kids: <https://www.rarescience.org/rare-bear-program/>
How to get started: <https://www.rarescience.org/getting-started/>

Call friends and neighbors: Call friends and neighbors who live alone and would appreciate the opportunity to chat. If you have a loved one in a facility, be sure to call frequently.

Daily/Regular Check-Ins for Homebound:

You Are Not Alone: Weekly volunteer visits have been suspended, but daily phone calls to check in are still available. Call your local law enforcement agency, or 858-495-5039.

AgeWell Services Social Call List: Have someone check in with you and say “hello” Monday – Friday, between 8:00 am and 11:00 am. This is not an emergency, health, or medical service. Staff can share vetted community resources, if desired. To add yourself or a loved one to the AgeWell Services Social Call List, call (619) 236-6910 for English or (619) 236-6905 para Español.

Serving Seniors Connections Program: Check in, listen, and chat with a Serving Seniors volunteer. These friendly calls are available 3 times a week for older adults throughout the San Diego region. This program serves those who speak English, Spanish, or Chinese (Mandarin). To sign up to receive calls, please call (619) 246-4461. For assistance in Spanish, call (619) 487-0617 and for assistance in Chinese (Mandarin), call (619) 487-0745.

ElderHelp – RUOK?: This program will continue to provide Friendly Visits via telephone to seniors who are matched with a volunteer. Call (619) 284-9281 or contact CMcClellan@elderhelpofsandiego.org for more information.

Always in Touch: Sponsored by Always Best Care. Daily check-ins and weekly socialization calls: www.always-in-touch.com. Contact info@abc-seniors.com or 855-710-2255 for more information.

Resources for the Visually Impaired:

San Diego Center for the Blind: This organization offers counselling services for the visually impaired, as well as access to assistive technology and vision rehab services. To learn more about their services, call (619) 583-1542 or email info@sdcdb.org.

Braille Institute: With the extended “Stay-at-Home” order, Braille Institute is now offering remote services with ‘live’ online workshops, classes and virtual sessions while their centers remain physically closed. Meanwhile, online and phone support also remain available Monday-Friday. You can learn more by visiting www.brailleinstitute.org or calling 1-800-BRAILLE.

Mental Health Services:

The Friendship Line: Institute on Aging’s 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>. If you or someone you know would benefit from a friendly conversation, call 1 (888) 670-1360. The previously established toll-free line 1 (800) 971-0016 is also taking inbound calls and offering outreach to eligible callers.

NAMI (National Alliance on Mental Illness): You can connect with a trained crisis counselor to receive free crisis support 24/7 by texting NAMI to 741-741.

San Diego Access and Crisis Line: Experienced counselors are available 24/7 to provide you with a referral to meet your needs and determine eligibility. Call (888) 724-7240 for the Access and Crisis Line.

Meals for Pick-up and Home Delivery:

Aging & Independence Services contracts with community partners to provide meals at various locations throughout the County. Nutrition sites have temporarily closed all congregate indoor dining. Instead, nutrition sites now offer meal pick-up and many offer home delivery. For more information and to find your nearest meal site, visit <https://211sandiego.org/> or dial 2-1-1. The AIS Call Center also has information on food resources. Call AIS at 800-339-4661 or visit <https://www.aging.sandiegocounty.gov> and click on “Community Resources for Older Adults During COVID-19.”

Caregiver Resources:

Southern Caregiver Resource Center: Free services such as respite care, education & training, support groups for caregivers and more: <https://www.caregivercenter.org/> Call 858-268-4432.

Transportation:

Ride Well to Age Well Guide - COVID-19 Edition: This guide was made by Age Well San Diego team members to provide updated information about transportation resources around San Diego County. It includes a resource list, technical guides, and a transportation glossary. The most recent version of the guide can be accessed [at this link](#).

FACT (Facilitating Access to Coordinated Transportation): FACT is operating as normal and is updating its page with COVID19 related changes as often as possible. Call 888-924-3228 or visit [Factsd.org](https://factsd.org) for more information.

MTS (Metropolitan Transit System): MTS is continuing service, but there are some changes to schedules. Call 619-233-3004 or visit sdmts.com for more information.

Technology Tutorials

Tech Made Easy for Older Adults with New Instructional Guides. Program experts at DOROT, a nonprofit organization addressing the challenges of an aging population, have created new [Tech Guides](#) that are available for public use. They contain step-by-step instructions on how to teach seniors, who are often late-tech adopters, to use their smartphone to check email, FaceTime, text, and more.

Teaching Technology to Older Adults. This useful [article](#) describes how to help an older adult get online, learn new technology, and navigate the online world of food and prescription delivery, telemedicine, and entertainment.

Staying home, staying connected. This [resource guide](#) helps older adults engage and connect through technology. The easy to use resource has suggestions for how you can use technology to engage in a wide range of interests, like aeronautics, crafts, cooking, health, and zoos.

***This list is a sampling of ways to get involved in San Diego County during COVID19 .
For more ideas, call 2-1-1 or visit 211.org***