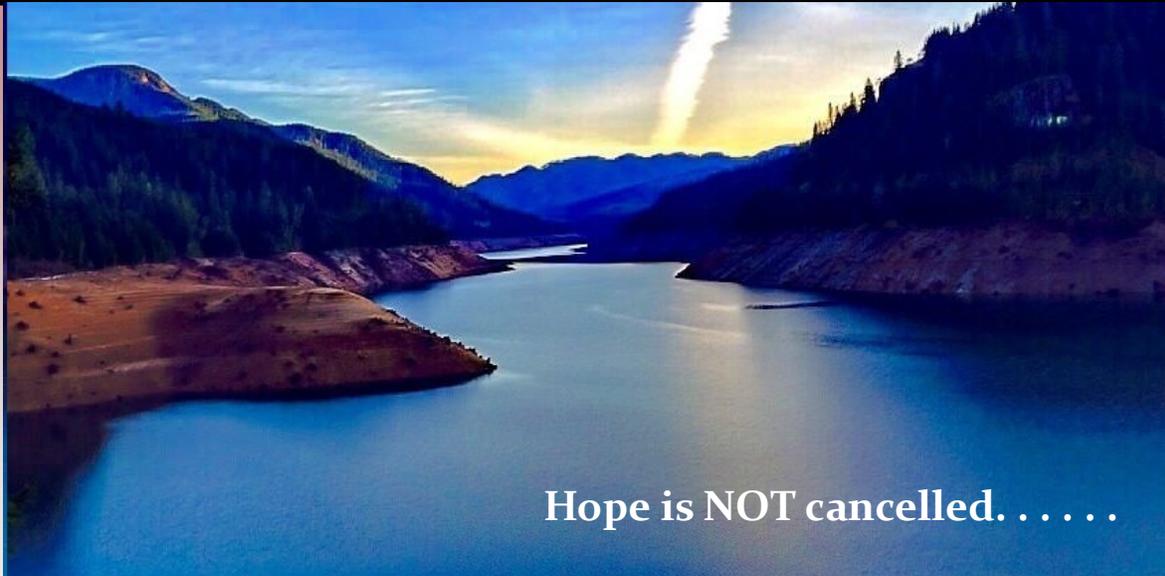


Lane County Older Adult Behavioral Health Initiative (OABHI) APRIL 2020 Snapshot



Hope is NOT cancelled.

RELIABLE COVID-19 WEBSITES

- ⇒ **Lane County Updates**
<https://www.lanecountyor.gov/coronavirus>
- ⇒ **Resource Updates: White Bird**
<https://whitebirdclinic.org/>
- ⇒ **Oregon Health Authority**
<https://govstatus.egov.com/OR-OHA-COVID-19>
- ⇒ **State of Oregon Office of the Governor**
<https://www.oregon.gov/gov/Pages/index.aspx>
- ⇒ **Center for Communicable Disease**
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- ⇒ **State of Oregon Unemployment**
https://govstatus.egov.com/ORUnemployment_COVID19
- ⇒ **Mental Health America**
<https://mhanational.org/covid19>
- ⇒ **World Health Organization**
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



Partnerships to Improve Behavioral Health for
Older Adults and People with Disabilities

Christopher Eilers, MA, LPC
Christopher.eilers@lanecountyor.gov
541-214-5608
Lane County Older Adult Behavioral Health Specialist
<https://www.facebook.com/LaneCountyOABHI>

HELPFUL WEBSITES RELATED TO OLDER ADULTS and COVID-19

⇒ Healthy Aging

<https://www.healthinaging.org/covid19>

⇒ AARP

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

⇒ American Foundation for Suicide Prevention

<https://afsp.org/covid-19-we-must-care-for-older-adults-mental-health/>

⇒ NAMI

<https://nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

⇒ Geriatrics Healthcare Professionals

<https://www.americangeriatrics.org/covid19>

⇒ American Society on Aging

<https://www.asaging.org/blog/cdc-covid-19-coronavirus-resources>

We are in this together, though at times we may feel alone with no-where to turn. We are at our best to help others, when we take care of ourselves first. This virus will challenge us physically and mentally. Take the time to acknowledge your fears, anxiety or anger related to all that is happening around you. Rely on your strengths, skills and the “good stuff;” to continue moving forward.

What we are experiencing is something, we have never gone through before, but we can do this, one step at a time. As a community, we all have the same goals of controlling the spread of the virus.

As individuals, we can keep our spirits strong with simple human kindness: call others to decrease social isolation, donate, volunteer and offer hope. Schools are closed, services are limited, events cancelled....but

HOPE IS NOT CANCELLED.

We are all in this together and our best, gives us hope.



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SPECIAL SHOPPING HOURS FOR SENIORS LANE COUNTY

SENIOR HOURS

Fred Meyer.

**7-8am
Monday-Thursday**

TARGET.

**First Hour
Wednesdays**

Walmart 

**One Hour Before Opening
Tuesdays**

Walgreens

**8-9am
Tuesdays**

COSTCO
WHOLESALE

**8-9am
Tuesdays & Thursdays**

SAFEWAY 

**7-9am
Tuesdays & Thursdays**

WinCo
FOODS

**6-7:30am
Tuesdays & Thursdays**

NEW SEASONS
MARKET

**8-9am
Monday-Friday**



**One hour before opening
Daily**

TRADER JOE'S

**Senior Line
9-10am Daily**

Feeling Anxious?

Find an information balance: You may be too focused on trying to absorb all of the information about the current state of emergency. Try going to certain reputable sites, such as government websites, once a day to see whether the recommendations have changed, but not spending your whole day online looking at every possible site.

Focus on solving problems one at a time:

Step one is identifying the problem

Step two is brainstorming possible solutions

Step three is evaluating the solutions by looking at the potential costs and benefits

Step four is choosing and implementing the best solution; and

Step five is evaluating how it went

Try to think about problems as challenges to be solved, not unsolvable events over which you have no control. Reach out to people who have helped in the past, the people who care about you are eager to help.

Know that this situation is temporary: accept some level of anxiety right now, knowing that it is temporary. It's sometimes much easier to deal with anxiety that's shared, we're all going through this situation together, and we should make use of available social support.

Feeling Down or Depressed?

Reach Out: Social contact, even over the phone, can lift your spirits and expand your internal world. Give the gift of your presence!

Make A List: All of the things that you have been putting off until you “have more time” or “feel like doing it”, consider that your lack of motivation or desire is a symptom of depression, focus on activities that you once enjoyed

Keep Active: The less we do the more depressed we become, the more depressed we are the less we do. It is difficult to feel depressed if you are engaging in activities that bring you a sense of pleasure and/or accomplishment

Continue Your Routine: changes in sleep patterns and self-care can impact our mood in significant ways, keep your sleep, meal, and hygiene routines the same even if your other activities outside of the home are disrupted.

Resources for Socially Isolated Adults

For Important Updates:

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

National Suicide Prevention Lifeline/Veterans Crisis Line

1-800-273-8255 (voice) 838255 (text)

www.suicidepreventionlifeline.org

White Bird Crisis Line

541-687-4000 or 1-800-422-7558

The Friendship Line (24-Hour Hotline/Warmline)

1-800-971-0016

The Aging & Disability Resource

Connection (ADRC)

1-855-673-2372

Alzheimer's Association Helpline

1-800-272-3900

Meals on Wheels

1-800-441-4038