

Northern Arizona VA Health Care System (NAVAHCS) COVID-19 Resources & Information

The Northern AZ VA Healthcare System understands the unique stress the COVID-19 pandemic has placed on our Nations Veterans and their loved ones. We want to provide accurate information about VA's response, current situation in Northern AZ counties, and both VA and community resources that may be of assistance to you during this stressful time.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

NAVAHCS is providing the following list of online and phone resources. These resources will be updated regularly and can be accessed from the safety of your own home.

NAVAHCS is working hard to minimize the potential to expose Veterans to COVID-19. Many non-urgent mental health and medical appointments may be re-scheduled or done through phone or video connection.

NAVAHCS remains open and committed to serving the needs of our Nations Veterans, we appreciate your patience and flexibility as our Hospital system works to develop the best possible ways to provide medical and mental health care while minimizing unnecessary risk to Veterans' exposure.

Information Resources for Veterans and their families:

COVID Specific Information:

VHA Public Health Website: www.publichealth.va.gov/n-coronavirus/index.asp

CDC Website current reliable information on the COVID-19 virus:
www.cdc.gov/coronavirus/2019-ncov/index.html

AZ Department of Health Services provides updated map of COVID confirmed cases
<https://www.azdhs.gov/>

Other resources for Veterans and their families:

AZ 211 (dial 211 or use website) - Enter your zip code for information and community resources in your county. www.arizona211.org Please note they have specific COVID information and resources.

Any Arizona service member, Veteran, family member, provider or helper can contact the Be Connected program at www.BeConnectedAZ.org or 1-866-4AZ-VETS (429-8387). Be Connected offers support finding resources to Active Duty Military members, Veterans, and their families and works in direct partnership with NAVAHCS.

Online wellness and MH resources; how to stay safe during COVID 19 resources:
GeroCentral.org

Specific stress reduction resources:

CorePower yoga is also offering free online classes for everyone right now.

<https://www.corepoweryogaondemand.com/keep-up-your-practice>

This link has resources to help deal with Mental Health issues:

<https://mhanational.org/covid19>

Online and telephone support: <https://namimainlinepa.org/online-and-telephone-support-groups/>

Free online fitness classes:

<https://www.fitnessblender.com/videos?trainingtype%5B%5D=8>

<https://www.blogilates.com/workout/>

Resources for Caregivers of Veterans, and Veteran Caregivers:

Here's how you know if you are in a caregiver role. Do you assist a VA eligible Veteran who needs help to:

- Make medical appointments or drive to the doctor?
- Drive to the pharmacy to pick up prescriptions?
- Get dressed, take a shower, or take medication?
- Get in and out of bed?
- Complete physical therapy or give injections?
- Feed self, with feeding tubes or complete similar procedures at home?
- Talk with doctors, nurses, social workers, and others to understand about their medical care or benefits?

If you answered "yes" to any of these questions, you are a caregiver and may be eligible for caregiver services at VA. Or you may be a VA eligible Veteran who cares for a loved one, you are also eligible for the VA General Program of Caregiver Support.

VA Caregiver Support Program Website: The CSP website contains tips, tools, videos, and links to resources for caregivers of Veterans of all eras. The link is:

www.caregiver.va.gov. Local Northern AZ contact number is 928-776-5352, leave your contact information and a member of the Caregiver Support Team will contact you to discuss your needs and available services.

Non-VA Community Supports/Resources for Caregivers:

Area Agency on Aging NACOG – Family Caregiver Support Program:

- Caregiver Support Groups • Caregiver Education Series and Workshops • Caregiver Symposiums • Kinship Care Workshops • Kinship Support Groups • Dementia Friends Arizona informational sessions • Carenect – CST Your-Link-to-Life systems. Contact: 1-877-521-3500

For other Area Agency on Aging support needs please contact:

Yavapai, Coconino, Navajo, Apache Counties 1-877-521-3500

Mohave County 928-753-7038

La Paz County 928-217-7114

Navajo Nation 928-871-6869

The Older Americans Act Supportive Services and Senior Centers Program funds an array of these support services, to speak with an information specialist call the Eldercare Locator at [1-800-677-1116](tel:1-800-677-1116).

Alzheimer's Association local support website (add your zip code to find local support groups) https://www.alz.org/events/event_search?etid=2&cid=0

Support Groups for Individuals with Mental Illness: National Alliance for Mental Illness Crisis Lines offer one-on-one support and advice in times of crisis. National suicide prevention hotlines are 800.273.8255 or 800.784.2433. For Spanish speakers, call 888.628.9454. The Crisis Text Line is 741-741. County crisis lines can also be helpful (see e.g. <https://namimainlinepa.org/crisis-numbers/>) <https://namimainlinepa.org/online-and-telephone-support-groups/>

Arizona Caregiver Resource Line: Speak with a trained volunteer who can provide a compassionate ear, information, assistance, local resources and support Monday through Friday from 9 a.m. – 4 p.m. 1-888-737-7494

Caregiver Action Network Resource Line (available from 8 am to 7 pm EST): 855-227-3640.