

SOCIAL ISOLATION RESOURCE GUIDE FOR IOWA COUNTY

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Extension
UNIVERSITY OF WISCONSIN-MADISON

IOWA COUNTY
HeART
COALITION
Healthy Aging in Rural Towns



We would like to thank the Agency on Aging of Dane County for letting us use their Social Isolation Resource Guide as a model to help combat social isolation and loneliness in older adults.

Discrimination on the basis of age, race, color, creed or religion, national origin, ancestry, gender, sexual orientation, marital or parental status, pregnancy, veterans' status, arrest or non-job or program related conviction record or qualified disability is prohibited.

Social isolation and loneliness impact both mental and physical health over time. During the pandemic, isolation and loneliness are likely to increase as a result of physical distancing. Ironically, many individuals who are the most at risk of social isolation and loneliness – such as older adults and those with chronic health conditions – are also the ones who most need to maintain physical distancing in order to protect their health.

This guide provides information about public programs, community resources, and other options in Iowa County to help meet socialization and companionship needs during this crisis. We encourage agencies, organizations, health care providers, and service providers to use this guide as a reference for older adults, family members, or caregivers. Many phone numbers are included but access to a computer to click on the links will be most helpful. Some older adults and caregivers may be overwhelmed with all of the available resources. Finding out about the specific need or interest and providing options of appropriate resources may be more helpful than handing the entire guide to your participants, patients, or clientele.

EMERGENCY SUPPORT

Suicide Prevention:

- Northwest Connections Crisis Line 800-362-5717
- Unified Community Services 608-935-2776
- National Suicide Prevention 24/7 Hotline 800-273-8255 or chat online by visiting <https://suicidepreventionlifeline.org/chat/>. Offers free & confidential support for people in distress and prevention and crisis resources for individuals and their loved ones

Peer Emotional Support:

- Hopeline is a FREE 24/7 texting resource Text “Hopeline” to 74174
- Solstice Warm Line: Talk to peers that have been in your situation 608-244-5077
- AARP Friendly Voices 1-888-281-0145

Veteran’s Crisis Services:

- Veteran’s Hotline 800-273-8255

Addiction Services:

- Wisconsin Addiction Recovery Helpline www.addictionhelpwi.org 211

Disaster Distress Helpline 1-800-985-5990 or text **TalkWithUs to 66746** to connect with a trained crisis counselor. Provides crisis counseling and support to people experiencing emotional distress related to disasters, including COVID-19.

Institute on Aging Friendship Line 1-800-971-0016. (<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>) - national crisis intervention hotline & warmline for non-emergency emotional support

You can call **211**, or go to the **211 website** (<https://211wisconsin.communityos.org/>), to get information about additional services in your area, including any local or county crisis hotlines

Organizations that Engage in Social Isolation-Related Programs & Initiatives

- [Aging and Disability Resource Center](#) is a place where you can call, e-mail or virtually connect to receive free, professional unbiased information on a wide variety of resources that are available for consideration when planning your future. The ADRC of Southwest Wisconsin in Iowa County can be reached at 608-930-9835.
- [Feeding Friends of Dodgeville](#) provides a hot meal free of charge to those from Iowa County on Wednesday's at Plymouth United Methodist Church in Dodgeville. Due to COVID, this is currently only pick up.
- **Home care providers** can be obtained from the ADRC – 608-930-9835.
- [Iowa County HeART Coalition](#) is to enhance the health & wellbeing of older adults and caregivers in Iowa County by strengthening supports, promoting resources and expanding programs.
- [Iowa County Libraries](#) Check with your local library to find out if they are open for limited use, if computers are available by appointment, or if they are offering curb-side pick-ups.
- [Seniors United for Nutrition, SUN](#) provides home delivered meals throughout Iowa County.

Wellness Calls

Many older adults long for social connection during this time of COVID. Words are powerful, they can inspire hope, offer encouragement and strength. Consider asking older adults and caregivers to share words of encouragement with their peers. This allows them to give back and have a purpose. It's a great way to instill a sense of community and connectedness even when we are apart. Many people want to volunteer and utilizing them to make calls, emails, or texts is a win-win-win for them, the older adult, and our agencies.

Scripts/Conversation Starters

- [Nutrition Education & Activities](#)—Click on Activities-Conversation Starters > Conversation Starter SparkCards
- [Sample Telephone Reassurance Instructions & Checklist](#)—Click on links listed on the right

Physical Activity

- **Go4Life**—Go4Life, an exercise and physical activity campaign from the National Institute on Aging (NIH), is designed to help you fit exercise and physical activity into your daily life. This comprehensive website offers free videos and tips on endurance, strength, balance and flexibility activities. Participants can also sign up to receive motivation and fitness tips directly to their inbox. The Go4Life website (<https://go4life.nia.nih.gov/>) offers free tracking tools such as weekly exercise and physical activity plan, and goal setting worksheets.
 - [Go4Life 15 Minute Sample Workouts](#)
 - [Go4Life 20 Minute Sample Workouts](#)
 - If they are not able to go online, refer to ADRC at 608-930-9835 for possible booklet.

- **Daily Wellness Challenge**
 - [Wellness Challengers & Trackers](#)
 - [Workplace Wellness Challenges](#)
 - [Aging Mastery](#) - Contact the ADRC at 608-930-9835 or UW- Extension at 608-930-9850 to learn about upcoming classes!
- [Printable Exercises](#)
- [Silver Sneakers Yoga](#) (7 minutes)
- **Utilize Zoom, GoToMeeting, etc.**—Set up your own “Zoomba” classes, chair yoga, tai chi, or any kind of fitness class via video chat.
- [The New York Times 6 Minute Workout](#)
- [YMCA Health and Fitness Videos](#)
- [WIHA Physical Activity Resources](#) & [WIHA Falls Prevention Resources](#) – Contact the ADRC at 608-930-9835 if there are any WIHA workshops scheduled in Iowa County.
- [StrongBodies](#)—Exercise video with strength training exercises designed to maintain fitness and to increase both strength and bone density. - Contact the ADRC at 608-930-9835 or UW- Extension at 608-930-9850 to learn about upcoming classes!
- [Madison School & Community Recreation Fitness 50+](#)—Playlist of 8 exercise classes for 50+
- [Senior Exercises Online](#)
- [HASFit YouTube](#)—Station offering exercise workouts for seniors and those with limited mobility.
- [Deliver Rehab](#)—Move! Exercise videos for seniors.
- [SASC Yoga Classes with Stoughton Yoga](#)—Stoughton Area Senior Center offering yoga classes on YouTube!

Brain Health

- **Trivia or Question of the Day**
 - [Trivia Games for Seniors](#)
 - [Sing-along for Seniors](#)
- [The Libby App](#)—allows library patrons to access free eBooks, audiobooks, music and videos from your local public library onto your phone or tablet for free.
- **Brain Teasers**
 - [Print](#)
 - [Thinkable Puzzles](#)
 - [Fun Brain Teasers](#)
 - [Free Unblocked Games](#)

- **Weekly Guided Meditations: Healthy Minds Innovations, Inc. (HMI)**—Founded by world-renowned neuroscientist Dr. Richard Davidson from the Center for Healthy Minds at the University of Wisconsin-Madison, HMI is dedicated to cultivating well-being and relieving suffering through a scientific understanding of the mind. These virtual events are free and open to the public. All are welcome! Please "like" and visit Healthy Minds Innovations on Facebook to see a schedule of all guided meditations offered: <http://facebook.com/pg/HealthyMindsInnovations/events/>
- **[Badger Talks](#)**—UW Connects brings the resources of the University of Wisconsin-Madison to citizens of Wisconsin. The program brings the Wisconsin Idea to life.
- **[Campus for Creative Aging](#)**—A variety of classes and programs for older adults
- **[COVID-19: Resilient Wisconsin](#)**—Resource from Wisconsin Department of Health Services
- **[Music Therapy Program for Older Adults and Caregivers](#)**—Middleton Music Therapy Services, LLC provides one-on-one therapeutic care with a board certified music therapist to address physical, emotional, cognitive, and social needs of individuals. This program is funded through the Caring for Caregivers grant. Recipients must have a smart phone (android or iPhone), tablet, laptop, or desktop computer with a working camera. Applications are made by contacting Jane De Broux (261-5679 or Debroux.Jane@countyofdane.com).

Emotional & Mental Health Resources

- **[Anxiety and Depression Association of America](#)** Focuses on improving quality of life for those with anxiety, depression, OCD, PTSD, OCD, and co-occurring disorders through education, practice & research.
- **[Headspace](#)** app to teach you how to breath, meditate and live mindfully to help with stress relief or creating a better sleep cycle.
- **[NAMI HelpLine](#)** is a free, nationwide peer- support service providing information, resource referrals and support to people living with mental health conditions, their family members and caregivers. 1-800-950-6264 or info@nami.org
- **[SAM: Self-help for Anxiety Management](#)**— Tell the app how you are feeling, the app's self-help features walk you through some calming or relaxation practices.
- **[Staying Mentally Healthy During Coronavirus](#)**— Free resources for emotional and physical health
- **[What's Up?](#)** Free iOS, Android app based on Cognitive Behavioral Therapy. Diary to keep thoughts and feelings, grounding games created to help keep you in the present when stress is taking over, and the ability to connect with others who may be feeling just like you.
- **[Wysa](#)** –app that responds to the emotions you express and uses evidence- based techniques such as meditation, breathing, yoga, and motivational interviewing to help you build better mental resilience skills and feel better.

Entertainment Resources

- **Coloring Books/Pages**
 - [Download Free Coloring Books from 113 Museums](#)
 - [Download Free Coloring Pages from Mary Engelbreit](#)
 - [Color with the Wisconsin Union](#)
- **Free Music and Theater Performances:**
 - [Berliner Philharmoniker](#)
 - [Metropolitan Opera's Nightly Met Opera Streams](#)
 - [All Arts](#)
- **Virtual Tours**
 - [Virtual Museum Tours](#)
 - [30 Virtual Field Trips](#)
 - [Art Museum Virtual Tours](#)
 - [National Parks Virtual Tours](#)
- **Poetry**—Have people call in with written poems and add them to your newsletters. Or have them submit poems to local TV or newspaper.
- [OTR Streamer Old Time Radio](#)—Free app with an archive of popular radio shows from 1930s-1950s.
- [Librivox](#)—Free, ad-free nonprofit public domain with many languages available. Choose to listen to an audiobook read by a volunteer or volunteer to read a book for others.
- [The Sofa Singers](#)—A free and weekly online singing event from [James Sills](#) that brings hundreds of people together from around the world to spark joy and human connection.
- [Mather Telephone Topics](#)—Simply call a toll-free number to listen to a wide range of interesting discussions and programs including wellness, education, music reviews, live performances, and more! Browse and register [here](#).
- [The UnLonely Project](#)—There are over 35 films that are inspiring, moving, and engaging.

Positivity

- [Place positive affirmations in meal bags](#)—Click on Activities-Conversation Starters > Words of Encouragement Full Page Quotes
- **Have meal participants write positive notes to each other**—You can utilize your nutrition program for this. Meal delivery volunteers can collect notes from participants and distribute them the next day.
- [Mindfulness Resource](#)
- [“Be the reason someone smiles today” postcards](#) Buy or make cards to send to someone!

- **Gratitude Wall**—Share something you are grateful for, have a “gratitude wall” where people can submit items to be posted.
- [Joy4All Hotline](#)—“Students launch a hotline with jokes, stories and support for isolated seniors,” Christopher Dawson, [CNN article](#) (4/18/20)

Social Connections

- [SUN Volunteer Driver](#)- Volunteer to help deliver to the front door of individuals receiving SUN meals
- [Well Connected](#)—free site that offers several opportunities for engagement using just a phone.
- [Social Call](#)—free site matches volunteers with seniors on a one-to-one basis, bringing compassionate conversation and care into their lives and giving volunteers an opportunity to listen and learn.
- **Story Time**—Connect with local radio stations and librarians to read a book (30 min segment).
- **Newspapers**—Connect with local newspapers and see if they would donate newspapers to meal participants.
- **Book club**—Create a book club with seniors via zoom, conference call, etc. You can also utilize volunteers for this and create a “one-on-one” book club between the volunteer and older adult. Have the volunteer call and read a chapter of a book and then discuss. Try one of these free online book clubs: [Action Book Club](#), [Andrew Luck Book Club](#), [Oprah's Book Club](#), [Reese's Book Club](#)
- [Play Cards Together Online](#)
- [Pen Pal Program](#)—Madison Senior Center created a pen pal program matching volunteers to older adults across the United States to correspond and make new friends. Currently 30+ people are participating and there is room for more! Can be done using old-fashioned pen and paper, email, texting, social media, or however you and your pen pal decide.
- **Car Parade**—Coordinate a local drive-by car parade. Have staff wear silly costumes, play music, smile and wave while participants drive by.
- [Spreadjoy24/7 Movement](#)—through writing letters
- [Goosechase](#)—A virtual scavenger hunt you can play with friends and family, while maintaining safe social distancing. Recreational tier is free for up to three teams, unlimited missions.
- [Generations On Line](#)—This resource guides older adults on using FaceTime, Zoom, Skype, texting, taking photos, and email with large type, simple on-screen instructions.
- [Stitch](#)—International online community for 50+ year olds. Focused on companionship and community. Basic free membership; \$5 per month access to online community and all events.
- [AARP Foundation: connecy2affect](#)—You can complete a self-assessment to help understand how connected you are. AARP Foundation will they provide you with helpful resources.

- [Meals Together](#)—They pair you with a Food Friend from a different generation to share a meal over a video call and cook up hearty conversations!
- [ASK: Answers for Seniors & Kids](#)—This project was created to connect people together with positivity during a time of crisis. Anonymously submit questions and/or answers for another generation to respond to.
- [Mon Ami](#)—Another way to build connections across generations in a time of need.
- [Lives in Print](#)—A virtual memoir-writing program that will encourage older adults to explore and share anecdotes from their life through a pen pal relationship with a high school or college student. This program is intended to address growing isolation and memory issues amongst seniors, exacerbated by social distancing.

Support for Caregivers

In addition to the programs and organizations highlighted above, there are national and local resources specifically designed to help support those who help care for a family member or friend with an illness or a disability.

- [Aging & Disability Resource Center](#) connects caregivers to resources that best fit their situation. Call 608-930-9835 for options counseling.
- [Alzheimer's & Dementia Alliance of Wisconsin](#) provides support to caregivers and individuals with consultations, support groups, education and early-stage enrichment programs. 888-308-6251
- The Caregiver Action Network's [Caregiver Help Desk](#) supports all types of calls, from finding support groups to finding income sources. The Help Desk can be reached at 1-855-227-3640 or online.
- [Caregiver Teleconnection](#) hosts weekly live call-in events as well as archived programs all relating to caring for someone who is older or disabled.
- The AARP **Family Caregiver Line** provides free help for individuals taking care of a loved one. Contact them at 1-877-333-5885 for help in English or 1-888-971-2013 for Spanish (Español).
- [Wisconsin Alzheimer's Association's](#) provides virtual support and educational programs. They also provide a 24/7 hotline at 800-272-3900.
- [Wisconsin's Family Caregiver Support Program](#) directly connects caregivers to their state-funded local county/tribal National Family Caregiver Support Program (NFCSP).
- [Veteran Affairs Caregiver Support Line](#) 855-260-3274

Additional Resources and Articles

[To Battle Isolation, Elders and Children Connect as Pen Pals](#)—"Pen pal programs have sprouted up around the world as schools and senior centers try to keep older adults connected and children occupied," Mihir Zaveri, *New York Times* (4/10/20)

[“Older Adults Remain Isolated Despite Reopening. These Programs Help”](#) – Mariel Padilla, *The New York Times* (6/8/20)

[“Staying busy and engaged while at home”](#) – Council on Aging (3/19/20)

[“Coping with Isolation”](#) – SpringWell (4/28/20)

[“Reimagine Your Life”](#) – Richard J Leider and Alan M. Webber, *AARP The Magazine*, Oct/Nov 2013

[Loneliness as a Risk Factor: Making Connections to Improve Health](#) Video

[Administration for Community Living - COVID19](#)

- [ACL Printable Tip Sheet](#)

[DHS COVID-19](#)

[National Alliance on Mental Illness](#)

["Comforting Wisconsin Seniors During Coronavirus Pandemic"](#) Marti Glaser, *Spectrum News* (4/29/20)

["Older and Stuck at Home? Expert Advice on Fitness"](#) Gretchen Reynolds, *New York Times* (4/24/20)

["Exercising with Chronic Conditions"](#) *National Institute on Aging* (4/3/20)

[“What submarine crews and astronauts can teach us about isolation”](#) Anna Russell, *New Yorker* (4/9/20)

["Protecting older adults during social distancing,"](#) Ali Jawaaid, *Science Magazine* (4/10/20)

[The Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults](#), publication by *National Academies of Sciences, Engineering, and Medicine* (2020)

["COVID-19 and the consequences of isolating the elderly,"](#) Richard Armitage & Laura B. Nellums, *Lancet Public Health* (March 2020)

["Caring from a distance,"](#) Gazette staff, *GazetteXtra* (3/25/20)

[“Loneliness among seniors”](#) Jeffery Borenstein, *Psychology Today* (4/13/20)

Mental Health in Older Adults During COVID-19 Webinar: [“You Can Make a Difference: Having difficult conversations during times of crisis with older adults”](#)

UW-Madison Division of Extension’s Resources for COVID-19

[Stay at Home Tips](#)

[Financial Resources](#)

[Food Security](#)

[Food Safety & Nutrition](#)