

# Resource List for COVID-19

[Vancouver Coastal Health COVID-19 page](#)

[BC Centre for Disease Control](#)

Non-medical information about COVID-19 is available 7:30am-8pm, 7 days a week at 1-888-COVID19 (1-888-268-4319).

[COVID-19 Multilingual Resources](#) (Chinese/ South Asian/ Farsi/ Korean/ Italian)

Reputable resources for learning more about COVID-19 from UBC

[HealthLink BC](#) – Call 8-1-1 toll-free in B.C., or for the deaf and hard of hearing, call 7-1-1. You can speak with a health service navigator, who can also connect you with a:

- registered nurse any time, every day of the year
  - registered dietitian from 9am to 5pm PT, Monday to Friday
  - qualified exercise professional from 9am to 5pm PT, Monday to Friday
  - pharmacist from 5pm to 9am PT, every day of the year
- Translation services are available in more than 130 languages.

## Resources

[Bc 211](#) – Phone 2-1-1

TTY Access for the Deaf/Hard of Hearing community in BC is available by dialing 604-875-0885.

bc211 has just extended their hours of operation. Phone calls are free, confidential, multilingual, and available 24/7. Online chats with a specialist are also free, confidential, and available 7 days a week from 8am to 11pm PST.

**New Bc 211 Program – Safe Seniors, Strong Communities Program.**

A program that matches seniors who need support with non-medical essentials (food delivery etc.), to volunteers in their community who are willing to help. To register for services, or to offer help, register. Please Phone 2-1-1 or complete an online form [here](#).

The [Jewish Family Services Community Care Hotline](#) has been set up as an emergency response resource in light of COVID-19. It is now available 9 a.m. – 9 p.m., 7 days a week to provide emergency essential services to anyone throughout Metro Vancouver. Call 604-558-5719 or email [communitycare@jfsvancouver.ca](mailto:communitycare@jfsvancouver.ca).

**Caregiver Support:**

A caregiver's role may increase or intensify at this time. As such, the Family Caregivers of BC's Caregiver Support Line is available from Mon-Fri 8:30am to 4pm. To reach the BC Caregiver Support Line, please call 1-877-520-3267. Learn more a [here](#).

### **Mental Well-Being:**

The COVID-19 outbreak is a stressful situation for us all. As such, if you are feeling heightened levels of anxiety, there are a few tips and tricks that we can all use to help lower our anxiety levels.

[Here to Help BC](#) – Please check out the website for more ideas on managing your anxiety and stress during COVID-19.

[Crisis Centre Resources](#) – The Distress Phone Services provide confidential, non-judgmental, free emotional support, 24 hours a day, 7 days a week, for people experiencing feelings of distress or despair.

Vancouver Coastal Health Region – 604-872-3311

Seniors' Distress Line – 604-872-1234

[BC Psychological Association](#) – Provides any BC resident (19+) with a brief (up to 30 mins) phone consultation to provide information and strategies to help you cope with the stress associated with the COVID-19 pandemic

**Jewish Seniors Alliance** has put together a great list of [Entertainment, Physical Activity and Self-Care](#).

**Canadian Frailty Network** has put together a list of ways to reduce isolation:

[For older adults without technology](#)

[For older adults with technology](#)

**Musical Entertainment Videos From Performers who play at ASK:**

**Helen Del Val**, [Click here](#).

**Kathryn Fitzpatrick**, [Click here](#) and [Click here](#)

**Brendan**, [Click here](#)

**Virtual Orchestra**, [Click here](#)

**Natalie and Theresa**, [Click here](#) and [Click Here](#)

**Concerts in Care Online** [Click here](#)

## **Online Grocery Shopping/Meal Kit delivery options:**

[South Vancouver Seniors Network's Online Grocery Shopping/Meal Kit delivery options list](#)

[Jewish Seniors Alliance's website has a good list of Seniors Shopping Hours and Delivery](#)

[New Bc 211 Program – Safe Seniors, Strong Communities Program.](#)

A program that matches seniors with food delivery, including fresh cooked meals from local centres. To register for services, or to offer help, register. Please Phone 2-1-1 or complete an online form [here](#).

# At Home Exercise Options

For fall prevention in-home exercise tips, please visit this link: [Primary Care Fall Prevention Home Activity Program](#)

[Choose to Move](#) – A program developed by the Active Aging Research Team at UBC. Find information, videos and printable exercise templates for seniors.

## **Senior friendly exercise videos:**

\* These were chosen off You Tube by the staff as good examples of videos you can do at home. These are not endorsed by ASK. Please watch first and make sure they are at your level of comfort and ability. Always modify or stop if it is causing pain.

[Fall Prevention exercises with Phoebe \(with seated modification\)](#)

[Sit and be fit with Mary Ann Wilson](#)

[Exercise Program in Mandarin](#)

[Exercise Program in Cantonese](#)

[Chair Yoga for Seniors](#)

[Lower Body Chair Exercises](#)

[Seated Chair Exercises](#)

[Chair Yoga and Tai Chi](#)

[Chair Zumba](#)