



OLDER ADULTS TOOLKIT

**RHODE
ISLAND**



Welcome to the PauseRI Toolkit!

Behavioral healthcare is a serious societal issue. 46% of Americans will meet the criteria for a diagnosable mental health condition sometime in their life and 19 million adults in our country have struggled with a substance use disorder in the past year. COVID has created additional stressors and Rhode Islanders are experiencing unprecedented times of hardship due to the pandemic. We have lost jobs, homes, the ability to secure our next meal, and the hardest of all, our loved ones.

PauseRI is a federal program from FEMA (Federal Emergency Management Agency) and SAMSHA (Substance Abuse and Mental Health Services Administration) to provide support services and resources to any and all Rhode Islanders dealing with the “natural disaster” of COVID. Like in other natural disasters (think hurricane, wildfires or tornado), FEMA provides short-term support to aid communities and states. PauseRI, along with a unified partnership of Rhode Island mental health providers, is here so you can pause, simply breathe, pick up the pieces, heal and move forward.

This Older Adults toolkit was created to provide resources for providers who work with older adults and for older adults themselves. The goal of this toolkit is to provide resources and support to assist Rhode Islanders on a path to behavioral health wellness.

Included in this toolkit are:

- Older Adults Tip Sheet including state resources
- How to Stay Connected including tips on how to use FaceTime and Zoom
- Self-Care Resources
- Staying Safe during COVID information

Despite the ongoing chaos around us, we can and will get through this. Now is a good time to pause. To Assess. To self-reflect, and ask for help if you can't do this alone. PauseRI is a project of BHDDH. (State of Rhode Island Department of Behavioral Healthcare, Developmental Disabilities, and Hospitals). For more information contact christine.ure.ctr@bhddh.ri.gov or visit the PauseRI website at <https://bhddh.ri.gov/pauseri>.

OLDER ADULTS TIPSHEET

STATE RESOURCES:

RI Office of Healthy Aging: <http://oha.ri.gov>

For pandemic-related stress or anxiety,
PAUSE RI provides crisis counseling:

Call or visit <https://bhddh.ri.gov/pauseri/index.php>:

FOR ANYONE 18 AND OVER: Call (401) 414-LINK (5465)

FOR ANYONE UNDER 18: Call 855-KID (543)-LINK (5465)

FOR MORE INFORMATION, VISIT:

RI Dept. of Behavioral Healthcare, Developmental Disabilities & Hospitals:

<https://bhddh.ri.gov/covid/>

RI Dept. of Health: <https://covid.ri.gov>

Or call: the State of RI COVID-19 Info Line:

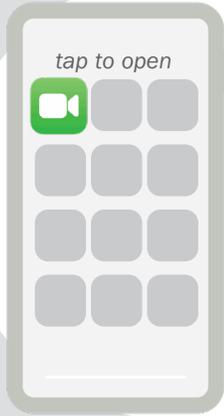
Monday – Friday: 7:30 AM - 7:00 PM

Saturday – Sunday: 8:30 AM - 4:30 PM Phone: 401-222-8022

After hours: Call 211

How to Facetime

stay connected, while staying safe



Locate the **FaceTime app** on your homescreen



Tap the **‘+’ button** on the top right corner of the screen to show your contacts.



Find the friend or family member with an iPhone you'd like to facetime and **select their name**

To: Sandy Smith

Then select **video** to FaceTime

Audio

Video

Use your voice

Use your iPhones voice commands to Facetime



Activate siri by holding either your **home button** on early iPhones, or the **lock button** on newer iPhones

Then say

“Facetime Sandy Smith”

Add stickers and effects

Mute or unmute your microphone

Switch to rear camera

End Facetime



Turn off your camera

Control audio

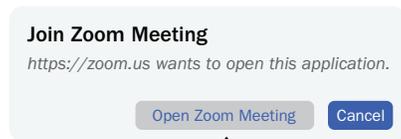
How to Use Zoom

stay connected, while staying safe

Locate the **Zoom Meeting Link** provided to you



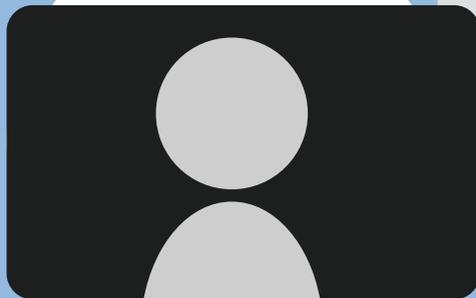
Click the **“Open Zoom Meeting”** button that pops up on your browser.



Make sure you **Enter Your Name** before you enter the zoom call



You are now in the meeting enjoy!



Invite people to the meeting

Check who is in the meeting

Mute or unmute your mic

Turn your Camera on or off

Share your screen

Chat with people in the meeting

Leave the meeting



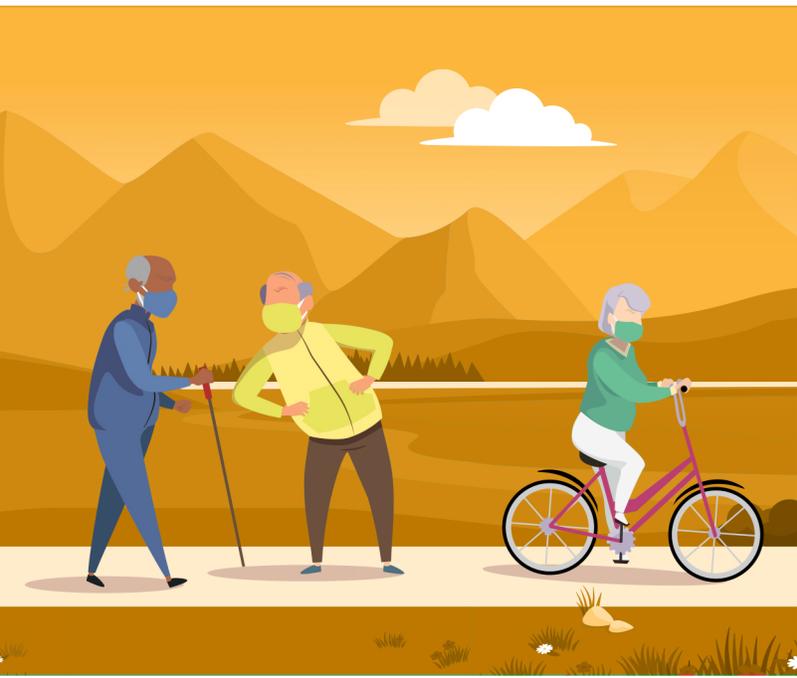
OLDER ADULTS: CARE FOR YOURSELF ONE SMALL WAY EACH DAY



Find new ways to safely connect with family and friends, get support, and share feelings



Engage in creative social activities like painting, gardening, or new hobbies.



Treat yourself to healthy foods and get enough sleep



Take care of your body and get moving to lessen fatigue, anxiety, or sadness



Centers for Disease Control and Prevention
National Center for Environmental Health

Substance Abuse and Mental Health Services Administration's Disaster Distress Hotline: call or text 1-800-985-5990

cdc.gov/coronavirus

STAYING SAFE FROM COVID-19

STAY HOME
WHENEVER POSSIBLE



WEAR A MASK
WHEN IN PUBLIC



AVOID LARGE
GROUPS OF PEOPLE



COVID-19 SAFETY TIPS



STAY UP TO 6FT
AWAY FROM OTHERS

WASH YOUR HANDS
WHENEVER POSSIBLE



AVOID HAND CONTACT
WITH OTHER PEOPLE



AVOID TOUCHING
YOUR EYES AND MOUTH



DISINFECT COMMONLY
TOUCHED OBJECTS



STRESS MANAGEMENT IN ADULTS



WARNING SIGNS OF HIGH STRESS

Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

High stress levels can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration.
- Changes in appetite, energy, desires, and interests.
- Difficulty concentrating and making decisions.
- Difficulty sleeping or nightmares.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic or mental health conditions.

WAYS TO DESTRESS

- Take care of your body:
 - Exercise regularly
 - Get plenty of sleep
 - Avoid excessive alcohol and substance use
- Make time to unwind.
- Take breaks from watching, reading, or listening to news stories including social media.
- Connect with others, talk with people you trust about your concerns.

In the event of a crisis remember to call these numbers:

Emergency: 911

Disaster Distress: CALL or TEXT 1-800-985-5990 (press 2 for Spanish)

National Suicide Prevention: 1-800-273-TALK (8255) for English
1-888-628-9454 for Spanish

National Domestic Violence: 1-800-799-7233 or text LOVEIS to 22522

National Sexual Assault: 1-800-656-HOPE (4673)

The Eldercare Locator: 1-800-677-1116

Veteran's Crisis Line external icon: 1-800-273-TALK (8255) or text: 8388255

RHODE ISLAND

There are simple things you can do to help keep yourself and others healthy.

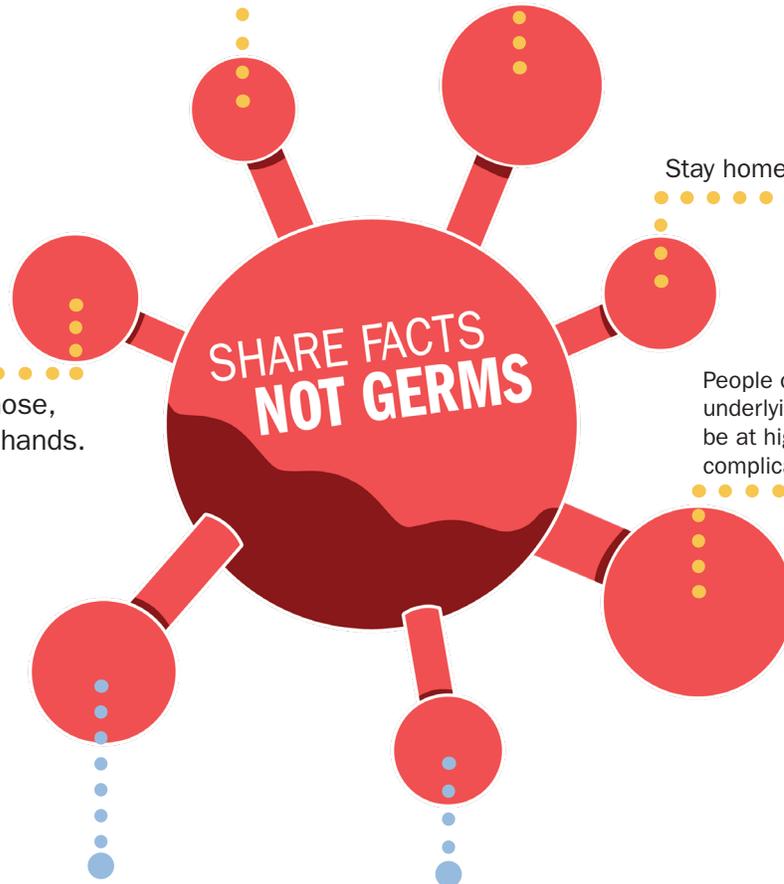
Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

Cover your cough or sneeze with a tissue, then dispose of it properly.

Stay home when you are sick.

Avoid touching your eyes, nose, and mouth with unwashed hands.

People of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.



SIGNS AND SYMPTOMS

Fever/chills
Cough
Shortness of breath
Fatigue
Muscle/body aches
Headache
New loss of taste

New loss of smell
Sore throat
Congestion or runny nose
Nausea
Vomiting
Diarrhea

what is MINDFULNESS?

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.

Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression.

Simple ways to practice

Pay attention & live in the moment

Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.

Be kind to yourself.

Treat yourself the way you would treat a good friend or loved one.

Take a deep breath

Close your eyes and focus on your breath as it moves in and out of your body. Inhaling through your nose out your mouth. Sitting and breathing for even just a minute can help.

Sitting meditation

Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.



