**Social Isolation Resource Guide for {COUNTY NAME} County (Date updated)**

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.

Paradoxically, 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 page provides information about public programs, community resources, and other options in {COUNTY NAME} County to help meet socialization and companionship needs during this crisis. You can find additional guidance and materials on Extension’s Stay at Home Tips website: <https://fyi.extension.wisc.edu/covid19/category/topics/families/stay-at-home-tips/>

# EMERGENCY SUPPORT

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

The **National Suicide Prevention Lifeline** offers free and confidential support for people in distress and prevention and crisis resources for individuals and their loved ones. Call 1-800-273-8255 or chat online by visiting <https://suicidepreventionlifeline.org/chat/>.

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

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

{LOCAL INFO HERE: List name, contact info, other relevant details for county emergency social and emotional support, such as county crisis hotline}

ORGANIZATIONS THAT ENGAGE IN SOCIAL ISOLATION-RELATED PROGRAMS AND INITIATIVES

**Aging and Disability Resource Centers** provide current information on opportunities

and services available statewide and nationwide, and connect individuals to services to

help them maintain or improve quality of life. {LOCAL INFO HERE: List name, contact info, other relevant details for relevant centers and programs}

Many **senior centers or community centers** are engaging in socialization and companionship programs and initiatives. {LOCAL INFO HERE: List name, contact info, other relevant details for relevant centers and programs}

**Home care providers** offer paid services such as respite care and companionship services. {LOCAL INFO HERE: List name, contact info, other relevant details for relevant providers and programs} You can also call 211, or go to the [211 website](https://211wisconsin.communityos.org/) (<https://211wisconsin.communityos.org/>), to get information about home care providers and social programs in your area.

**Faith communities** play a key role in supporting their congregation members, including those who are older or isolated. {LOCAL INFO HERE: List name, contact info, other relevant details for relevant providers and programs, particularly ministerial associations such Lutheran Social Services.}

{LOCAL INFO HERE: Add local info if relevant – depending on location, this could include things like Village Movement organizations, or coordinated volunteer programs such as Easter Seals or Lions Club.}

PROGRAMS OFFERING COMPANIONSHIP AND SOCIALIZATION OPPORTUNITIES

[The Senior Companionship Program](https://www.dhs.wisconsin.gov/aging/volunteer/sencompo.htm) provides task-based and emotional support for those over 60. They assist with chores, transportation, and other daily duties as well as providing respite care for live-in caretakers. {LOCAL INFO HERE: How/Have they adapted programming to COVID-19 era?}

[The Retired Senior and Volunteer Program (RSVP)](https://www.dhs.wisconsin.gov/aging/volunteer/rsvp.htm) matches seniors to volunteering opportunities that interest them, including hundreds of different services to meet the needs of the volunteers and the community. {LOCAL INFO HERE: How/Have they adapted programming to COVID-19 era?}

[The Foster Grandparent Program](https://www.dhs.wisconsin.gov/aging/volunteer/grandparent.htm) connects those over the age of 55 with children and youth with special needs in order to serve as mentors and caregivers. The foster grandparents receive special training and a modest stipend. {LOCAL INFO HERE: How/Have they adapted programming to COVID-19 era?}

{LOCAL INFO HERE: List name, contact info, other relevant details for other relevant programs}

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.

[**Caregiver Teleconnection**](https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/) hosts weekly live call-in events as well as archived programs all relating to caring for someone who is older or disabled. Visit <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/> for more information and to register for the free program.

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).

The Caregiver Action Network’s[**Caregiver Help Desk**](https://caregiveraction.org/covid-19) 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 by visiting <https://caregiveraction.org/>.

Wisconsin’s Family Caregiver Support Programs directly connects caregivers to their state-funded local county/tribal National Family Caregiver Support Program (NFCSP) by visiting [Wisconsincaregiver.org](http://wisconsincaregiver.org/).

The [Wisconsin Alzheimer’s Association’s](https://www.alz.org/wi) provides virtual support and educational programs, for more information contact {LOCAL INFO HERE: list regional office location and phone number} or go to their website at<https://www.alz.org/wi>.

{LOCAL INFO HERE: List name, contact info, other relevant details for caregiver program, such as Family and Caregiver Support Program.}

# OTHER STATE RESOURCES FROM EXTENSION

Social connection is really important for our well-being. So are many other factors, including food and financial security.

For Life Span programs that serve older adults and family caregivers, see [ttps://aging.extension.wisc.edu/](https://aging.extension.wisc.edu/)

For financial resources and information, see <https://extension.wisc.edu/family/>

For information about new scams and fraud attempts that have emerged during COVID-19, see the Federal Communication Commission’s [COVID-19 Consumer Warnings and Safety Tips](https://www.fcc.gov/covid-scams).

For healthy living programs, see <https://healthyliving.extension.wisc.edu/>

# YOUR LOCAL EXTENSION OFFICE

{ADD LOCAL EXTENSION OFFICE INFORMATION/WEBSITE}