

COVID-19 Preparedness Guide for Caregivers

If you or your loved ones find yourself struggling to find back-up or alternative child or elder care options, below are some resources to assist you. **Please observe local social distance guidelines and ordinances for your community.**

Steps to Stay Safe for Schools, Workplaces and Community Locations

The CDC has put out information on how community organizations can stay safe during the COVID-19 outbreak. More information and tips on social distancing can be found [here](#)

Child and Elder Caregiver Resources

National Parent Helpline

This helpline and [website](#) is designed to provide in-the-moment emotional support for parents and guardians. The helpline operates 12:00 p.m. to 9:00 p.m. CST Monday through Friday and can be reached at 855-427-2736.

Sittercity.com

Sitter City is a nationwide website connecting families with local caregivers for children, seniors, and the disabled in their area. This nationwide organization allows access to detailed information about providers including photos, background checks, education background, prior employment experience, and customer's reviews or comments. Registration is completed online. Fees may vary based on your location. The annual program costs approximately \$90 per year. The monthly program costs approximately \$35 per month. A free 7-day trial membership may be available. All pricing and promotions are subject to change.

Please note, to support those impacted by COVID-19, Sittercity is reducing its monthly membership fee for new members by 50% at this time. For more information, visit their website [here](#).

Care.com

Care.com is a national online registry of senior care and childcare providers for families who are seeking assistance locating providers. Basic membership is free and allows users

Crisis & Disaster Resources

to view and post jobs, receive newsletters with tips or advice, and access content on care-related topics. If a user would like detailed information on caregivers such as background check information and references, users must upgrade to a premium registration. Please note that pricing information is subject to change.

Please note, currently Care.com is providing 30 days of free, premium access to our site to Healthcare workers. Care.com is also offering one month of free premium access for senior care which includes finding in home care, transportation and other resources for seniors, aged 65 and older. For more information, Visit their website [here](#)

Child Caregiver Resources

Here are some ideas to help plan for back-up childcare:

- Download the Next Door app and see if there's any Parenting or Child Care Co-ops in your area. For example, some neighborhood might have a group of 5 parents hosts the group of kids one day out of each week. This allows each family to have 4 days of childcare without any out of pocket expenses. This may be a great resource to brainstorm with other neighbors or friends in the area who find themselves needing emergency childcare.
- Talk to your manager. More than likely there are many people in the same situation and employers may be more willing to work with you on alternative options such as shifting your work hours or working from home.
- Connect with your colleagues to brainstorm alternative childcare options.
- Reach out to any friends, neighbors, or families with older teenagers or college students. Many school and universities across the country have closed and this may provide an alternate option to have students on break provide childcare.
- Look at website such as Care.com and Sittercity.com, who have caregivers available in many communities across the country who can offer backup care.
- Contact local churches
- Connect with groups such as www.meetup.com
- Look on local Facebook parenting forums
- Search for local online community message boards

Crisis & Disaster Resources

A Nanny on the Net

A Nanny on the Net is a national service with 37 offices throughout the United States. Families may use their website to find local nanny agencies who may be able to provide back up child care options. For more information, please visit the website [here](#)

College Nannies, Sitters & Tutors

College Nannies, Sitters and Tutors offers Nanny care and babysitting services and has multiple locations throughout the United States. You may visit their website [here](#) for more information and to find a nanny agency in your area.

UrbanSitters

UrbanSitters.com offers insight into a variety of parenting needs, including the new concept of virtual babysitting. Virtual babysitters are designed to give parents a short break while working from home with children. Sitters can work virtually face-to-face with children on crafts, educational activities, or even host a story time. To learn more about how it works and how to locate a virtual babysitter, visit this [link](#).

Virtual Babysitters Club

This site allows parents to directly hire a virtual babysitter. To learn more, visit their [website](#).

Online Learning and Educational Websites for Children

Scholastic Learn at Home

The scholastic Learn at Home program offers free educational resources to children in all grade levels. Resources include articles, stories, videos and fun learning challenges. For more information, please visit the website [here](#)

Khan Academy

Khan Academy offers free online educational resources for children in all grade levels. For more information please visit their website [here](#)

Crisis & Disaster Resources

National Geographic Kids

National Geographic Kids offers free online games, videos and quizzes for elementary aged children. For more information, please visit their website [here](#)

BrainPop

BrainPop offers free distance learning plans for students. They are currently waiving any fees to access their educational resources. For more information, please visit their website [here](#)

Outschool

Live Online Classes for Ages 3 – 18 are provided through Outschool.com. Outschool has been given a grant to make \$100,000 worth of classes free for families that qualify for financial assistance. Visit their [website](#) for more information.

Librivox

Librivox provides free access to classic literature read by volunteers. Learn more by visiting their [website](#).

Local Public Library

Even if your library is practicing social distancing, they may have drive-thru service for book pick up or story time and events through social media. Most libraries have apps with text and audio books.

Online Summer Camps & Activities

Varsity Tutors

Varsity Tutors will be offering 100% free online activities for children K-12 this summer. Each camp has five sessions, with one for every day of the week. You can sign up for the camp on their [website](#).

Activity Hero

Activity Hero provides free access to a wide variety of online video courses and activities for children K-12. To view their selection of free activities & interactive courses, please visit their [website](#).

Connected Camps

Connected Camps has designed online courses for teens interested in STEM subjects, robotics, video game design, and coding. Prices for the courses vary and can be found on their [website](#).

Wonderopolis

This site connects children ages 7+ to a wealth of educational “how it’s made” videos along with age-appropriate activities, a question/answer forum, and interactive games. To learn more, visit their [website](#).

Preparing for Back to School

Center for Disease Control and Prevention (CDC)

The CDC provides information and checklists for schools, teachers, and parents on planning and preparing for back to school. For more information on considerations for schools, please visit the website [here](#).

- For parents and teachers looking for more information on how to get your school and children ready, visit the CDC website [here](#).
- For a checklist for parents, visit the CDC website [here](#).

American Academy of Pediatrics (AAP)

The AAP provides a parenting website aimed at the physical, mental, social health, and wellbeing for all infants, children, adolescents, and young adults. The AAP offers comprehensive list of COVID-19 articles. For more information, please visit the website [here](#).

- For more information on returning to school during COVID-19, visit the AAP website [here](#).

UNICEF

The UNICEF website provides COVID-19 updates and resources, along with information to help keep your family safe. For more information, please visit their website [here](#).

- For helpful information on schools reopening during COVID-19, please visit the UNICEF website [here](#).

Crisis & Disaster Resources

PBS - How to talk to your kids

PBS offers free online resources for parents and children, along with information on how parents can talk to children about coronavirus. For more information, please visit their website [here](#).

National Association of School Psychologists (NASP)

The NASP offers guidance and suggestions for schools, educators, families & caregivers, and school communities regarding the COVID-19 outbreak. For more information, please visit their website [here](#).

- To learn more about how to help children cope with changes resulting from COVID-19, please visit the NASP website [here](#).

The Center for Health and Health Care in Schools

The Center for Health and Health Care in Schools has compiled an extensive list of resources and guidelines from various government and nongovernmental organizations with information for parents, caregivers, educators, and school leaders on supporting students' needs during COVID-19. For more information, please visit their website [here](#).

Tutoring

College Nannies, Sitters & Tutors

College Nannies, Sitters and Tutors offers virtual and in-person tutoring at multiple locations throughout the United States. You may visit their website [here](#) for more information and to find a tutor in your area.

Huntington Learning Center

Huntington Learning Center offers nationwide tutoring and test prep services. Services are now offering in-person and online. You may visit their website [here](#) for more information and to find a tutor in your area.

Sylvan Learning

Sylvan Learning offers K-12 personalized tutoring, academic coaching, test prep, advancement, and STEM education. Online and in-person options available throughout the United States. You may visit their website [here](#) for more information and to find a tutor in

Crisis & Disaster Resources

your area. You may also speak with a representative by calling their toll-free number line 888-338-2283.

Varsity Tutors

Varsity Tutors offers private online tutoring, online group classes, test prep and enrichment for student in kindergarten to grad school. You may visit their website [here](#) to get additional information on pricing and to find a tutoring option that fits your needs. You may also speak with a representative by calling their toll-free line at 888-888-0446.

WyZant

WyZant, a national tutoring company, provides virtual and in-person tutoring at multiple locations throughout the United States. You may visit their website [here](#) for more information and to find a tutor in your area.

Care.com

Care.com connects its users to not only caregivers but to tutors as well. Basic membership is free and allows users to view and post jobs, receive newsletters with tips or advice, and access content on care-related topics. If a user would like detailed information on caregivers such as background check information and references, users must upgrade to a premium registration. Please note that pricing information is subject to change. For more information, visit their website [here](#).

Sittercity.com

Sitter City provides linkages to local care as well as tutors across the United States. Fees may vary based on your location. The annual program costs approximately \$90 per year. The monthly program costs approximately \$35 per month. A free 7-day trial membership may be available. All pricing and promotions are subject to change.

Please note, to support those impacted by COVID-19, Sittercity is reducing its monthly membership fee for new members by 50% at this time. For more information, visit their website [here](#).

Supportive Article Links for Parents of Online Learners

<https://www.kidsacademy.mobi/storytime/parents-guide-to-online-learning/>

<https://www.ncl.org/wp-content/uploads/2020/03/A-Parents-Guide-to-Virtual-Learning-4-Actions-To-Improve-your-Childs-Experience-with-Online-Learning.pdf>

<https://www.usf.edu/education/about-us/news/2020/parents-support-k-12-student-online-learning.aspx>

Elder Caregiver Resources

Home Instead

Home Instead is a private-pay home health agency specializing in companion care services for seniors and the disabled. Companion services include bathing, grooming, meal preparation, laundry, and light housekeeping. To learn more about their franchise locations, please visit their [website](#).

Visiting Angels

Visiting Angels is a private-pay home health agency specializing in companion care services for seniors and the disabled. Companion services include bathing, grooming, meal preparation, laundry, and light housekeeping. To learn more about their franchise locations, please visit their [website](#).

Comfort Keepers

Comfort Keepers is a private-pay home health agency specializing in companion care services for seniors and the disabled. Companion services include bathing, grooming, meal preparation, laundry, and light housekeeping. To learn more about their franchise locations, please visit their [website](#).

Bayada Home Health Care

Bayada Home Health Care is a private-pay home health agency specializing in private duty nursing care and companion care services for seniors and the disabled. Companion services include bathing, grooming, meal preparation, laundry, and light housekeeping. Bayada offices are in 23 states throughout the United States. To learn more about their office locations, please visit their [website](#).

Crisis & Disaster Resources

National Association of Area Agencies on Aging

The National Association of Area Agencies on Aging offers an Agency locator on their website to help locate your local Area Agency on Aging. Area Agencies on Aging offer information on local programs such as Meals on Wheels, transportation and caregiver support. For more information, please visit their website [here](#).

Alzheimer's Association

The Alzheimer's Association operates nationally to provide support for those diagnosed with Alzheimer's Disease as well as their families. A 24-hour help line (800-272-3900) is available and free to the general public. You can read about how to keep loved ones safe during COVID-19 [here](#).

National Caregiver Alliance – National Center on Caregiving

The National Caregiver Alliance shares helpful resources and articles for family caregivers especially during times of uncertainty and stress. For more information, please visit their website [here](#).

This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.

Resources For Living

The EAP is administered by Resources For Living, LLC. This material is for informational purposes only. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs.

©2020 Resources For Living