



## We are all in this together, even at a distance: Information for Older Adults to Support you During the COVID-19 Crisis

**The COVID-19 Crisis can be stressful and lonely. Remember, this is only temporary. You will get through this.**

- **Maintain a consistent schedule.** Get up and go to sleep around the same time every day. Find ways to do your favorite activities from your home. Don't spend too much time watching the news.
- **Take care of your health at home.** Be sure to eat nutritious food, exercise and stay hydrated. Try a new healthy recipe.
- **Do things that give you joy.** Listen to your favorite music. Call your grandkids or close friends.
- **It's normal to feel stressed, nervous or sad during a crisis.** If your feelings are getting in the way of your daily life, reach out to talk to someone. Get help from the city's 24 hour helpline by calling **(410) 433 5175**. All calls are free and confidential.
- **If you are feeling overwhelmed, pause and focus on your breath.** You may want to take a moment to notice each of your five senses to help bring you to the present.

### Find Resources and Support

- Contact the Baltimore Neighbors Network to connect with a supportive neighbor on the phone. **Call (410) 324-2917.**
- Contact Maryland Access Point to connect with food access, health and support services. **Call (410) 396-2273 (CARE).**
- **Beware of scams during COVID 19!** Scammers are pretending to be Medicare, the IRS, Social Security and other organizations. Call the Maryland Attorney General's hotline to report consumer fraud or medical fraud. You may have to leave a message, but you will receive a call back.
  - Consumer issues **(410) 528-8662**
  - Medical billing issues **(410) 528-1840**
- You deserve to be treated with dignity and respect. If you are an older adult and feeling mistreated by anyone, call **Adult Protective Services at (410) 361-5000**. If you live in a long-term care facility and feel mistreated, **call the Long Term Care Ombudsman program at (410) 396-3144**.
- If you are seeking legal help, call **Senior Legal Services at (410) 396-1322**.

For COVID-19 (Coronavirus) information, visit **[coronavirus.baltimorecity.gov](https://coronavirus.baltimorecity.gov)**



Bernard C. "Jack" Young  
Mayor

**BALTIMORE  
CITY HEALTH  
DEPARTMENT**

