

## COVID- 19 Resources (Seniors)

**Special store hours:** Older adults and people with serious underlying medical conditions are at a higher risk for more severe complications from COVID-19, [according to the CDC](#). Many grocery stores have responded with special hours exclusively for these groups, including the following:

[Aldi](#): 8:30 a.m. – 9:30 a.m. Tuesdays and Thursdays for older people and those with underlying health concerns.

[Costco](#): 9 a.m. – 10 a.m. Tuesday through Thursday for members 60 and older and for those with physical impairments. The pharmacy will be open during this time.

[Kroger](#): 7 a.m. – 8 a.m. Monday through Thursday for shoppers 60 and older.

[Publix](#): 7 a.m. – 8 a.m. Tuesdays and Wednesdays for shoppers 65 and older. The Publix Pharmacy will be open to serve older customers.

[Target](#): Wednesdays. Will reserve the first hour of shopping for older adults and those with underlying health concerns. Visit [Target.com](#) to find your local store opening time.

[Walmart](#): Tuesdays. Will open an hour earlier for customers 60 and older. Pharmacies and vision centers will be open at this time. Check your local store for opening time.

[Whole Foods](#): Shoppers 60 and older can shop one hour before stores open to the general public. Store hours vary by [location](#).

[Winn-Dixie](#): 8 a.m. – 9 a.m. Monday through Friday for older people and high-risk shoppers.

**Food banks:** Across the state, [Food banks](#) are adapting to serve their communities during the COVID-19 pandemic. In metro Atlanta, through the [Atlanta Community Food Bank](#), you can text "FINDFOOD" for responses in English or "COMIDA" for responses in Spanish to 888-976-2232. You will be prompted to enter your zip code or address to enable location services for nearby food pantries.

**Meals on Wheels:** The nonprofit provides food for older Georgians in

virtually [every community](#).

**Government services:** Georgia has increased the maximum benefit amount available to enrollees of the Supplemental Nutrition Assistance Program, or SNAP, [during the pandemic](#). To limit person-to-person contact, the state is steering people to its online service portal, [Georgia Gateway](#), to apply for and check benefits, upload documents and report any changes to your case.

[The Emergency Food Assistance Program \(TEFAP\)](#) helps supplement the diets of low-income Americans by providing emergency food assistance at no cost. If you meet the program guidelines, you can get food from your local food pantries or soup kitchens. To find out how to apply, visit the [Georgia Department of Human Resources](#).

Find out if you are eligible for SNAP, TENAP or other food benefits by going to [BenefitsCheckUp.org](#) and completing a free, confidential screening.

**Caregivers and loved ones:** For older adults and people with disabilities and caregivers looking to connect with resources and services in the metro Atlanta area, contact the Atlanta Regional Commission at 404-463-3333 or visit [empowerline.org](#).

The [Eldercare Locator](#) can help connect you to services for older adults and their families statewide.

[United Way 2-1-1](#): This information and referral resource connects people to essential local services, including utility assistance, food, housing and financial help. It also is offering transportation through its partnership with Lyft. Due to extremely heavy call volumes, you need to access [2-1-1 online](#) or download the 2-1-1 mobile app. You can also text GACOV19 to 898-211 to receive a list of full available resources related to the impact of the novel coronavirus or text 211od to 898-211 to find resources in your zip code.

## Health

[Increasing access to medications](#): Georgia pharmacists are now permitted to dispense a 90-day supply of a prescription drug if a patient has no remaining refills and the pharmacist cannot get in contact with the prescribing provider. Pharmacists may also dispense early refills.

**Long-term care facilities:** To protect older Georgians against COVID-19

exposure, the state is sending [Georgia National Guardsmen to long-term care facilities](#) with coronavirus cases to implement infection control protocols and enhanced sanitation methods. The state is also [restricting all visitors](#), volunteers and non-essential personnel except for certain compassionate care situations.

**For veterans:** Vets with coronavirus symptoms — fever, cough or shortness of breath — should immediately contact their local Veterans Affairs facility. Veterans are being urged to contact [their local VA](#) before visiting. They also can sign into [My HealthVet](#) to send secure messages to their VA providers or use [telehealth options](#) to explain their condition and receive a prompt diagnosis.

All Georgia Department of Veterans Service offices, including field offices, nursing homes and cemeteries, will suspend in-person meetings until further notice. Veterans must call or email [their local office](#) for assistance. Visit [www.publichealth.va.gov/n-coronavirus/](http://www.publichealth.va.gov/n-coronavirus/) for more information on the VA's efforts to combat COVID-19.

### **Additional resources and information**

The isolation required to stop the spread of COVID-19 can take an emotional toll. [Seven Ways to Handle Anxiety During the Outbreak](#) is one resource that might help.

During this stressful time, older people increasingly could become victims of physical abuse, financial exploitation or neglect. If you suspect that you, or someone you know, is a victim, reach out to [Georgia's Adult Protective Services](#). If someone is in immediate danger, call 911.

Caregivers may be carrying COVID-19 and not know it because they don't have symptoms. If you are caring for an older person, you want to can take extra steps to avoid spreading the coronavirus in case you are a carrier. See [Practical Tips for Caregivers Concerned About Coronavirus](#)

The [Georgia Department of Labor](#) has information on how you can file for unemployment.

Older and disabled Georgians may be eligible to receive cooling assistance through the state's [Low Income Home Energy Assistance Program \(LIHEAP\)](#).

Many [banks are assisting financially-strapped customers](#) in a number of ways, including fee waivers; deferred payments for credit cards, auto loans and mortgages; loan modifications; low-rate and zero-rate loans and other accommodations.

Many utilities, phone companies and internet service providers are suspending disconnects during the COVID-19 pandemic. If you are having a hard time paying your bills, check with your provider to see if they will help.

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