Prepare for COVID-19
Tips and Resources for LGBT Elders and those living with HIV
by SAGE’s National Resource Center on LGBT Aging

LGBT elders are already less likely than their heterosexual and cisgender peers to reach out to health and aging providers, like senior centers, meal programs, and other programs designed to ensure their health and wellness, because they fear discrimination and harassment. The devastating impact of COVID-19 on older people – the current mortality rate is at 15% for this population – makes this a huge issue for the entire LGBT community. Because LGBT elders and older people living with HIV are at higher risk for experiencing the COVID-19 virus more acutely, it is important to take steps to make emergency plans that can help reduce your risk of contracting the virus.

In addition, it’s important for trans people to be prepared for obstacles if an outbreak happens in their communities. The National Center for Transgender Equality’s fact sheet is an excellent resource for trans people and the people who care for them: https://transequality.org/covid19.

Below are a few tips and resources you can use to develop your personalized emergency preparedness plan.

**Most importantly, call your doctor.** If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.

**Creating a Plan – Advice from the CDC**
https://www.cdc.gov/features/older-adult-emergency/index.html

The first step in preparing for an emergency is creating a plan. Work with your friends, family, and neighbors to develop a plan that will fit your needs.

- Choose a contact person who will check on you during a disaster, and decide how you will communicate with each other (for instance, by telephone, knocking on doors). Consider speaking with your neighbors about developing a check-in system together.
- Create a list of contact information for family members and friends. Leave a copy by your phone(s) and include one in your Emergency Supply Kit.
- Plan how you will leave and where you will go during an evacuation. If you are living in a retirement or assisted living community, learn what procedures are in place in case of emergencies. Keep a copy of exit routes and meeting places in an easy-to-reach place.

Create a care plan and keep a copy in your Emergency Supply Kit. Try out CDC’s easy-to-use [care plan templateCdc-pdf](#).
Additional Tips and Resources:

- **Food assistance**
  Contact your Area Agency on Aging (AAA) and register for home delivered meals (commonly referred to as Meals on Wheels). You can search for your AAA here: [https://eldercare.acl.gov/Public/Index.aspx](https://eldercare.acl.gov/Public/Index.aspx) or call 1-800-677-1116. *(Missouri AAA offices are listed started on page 3).*
  - If you need food or groceries and have a smartphone: Instacart is capable of delivering groceries and household items to your door from stores like Aldi, Schnucks, and Target. Services like GrubHub and DoorDash are also delivering takeout orders.

- **Register with Local Special Needs Registry**
  Many city and county governments have a Special Needs Registry where older adults and people with special needs can sign up to be contacted for safety and well-being checks by emergency personnel during times of disaster and other emergency situations.

- **Phone a friend**
  Stay connected by phone, email, or video chat with family and friends. This will help reduce feelings of loneliness and social isolation.

- **Look for helpers**
  Many people at lower-risk for severe outcomes related to COVID-19 want to help. Think of things you might need help with such as grocery shopping and picking up prescriptions and ask if they can help. You can arrange for them to drop your groceries and prescriptions at your front door or porch to maintain social distancing.

- **Call the SAGE Hotline at 877-360-LGBT (5428)**
  Talk and be heard at the SAGE LGBT Elder Hotline. We connect LGBT older people who want to talk with friendly responders who are ready to listen. If you are an LGBT elder or care for one, call the free SAGE Hotline, toll-free, at 877-360-LGBT (5428). The Hotline is available 24 hours a day, 7 days a week, in English and Spanish, with translation in 180 languages and managed by SAGE’s partner, [United Way Worldwide](https://www.unitedway.org/).


Visit SAGE’s blog for more info at [http://sageusa.org/coronavirus](http://sageusa.org/coronavirus)
Missouri Specific Resources

Area Agencies on Aging in Missouri

**Young At Heart Resources**  
Northwest Missouri Area Agency on Aging  
Albany, MO 64402  
Phone: 660-726-3800  
Alt. Phone: 888-844-5626  
Web: www.yahresources.org  
Email: nwmoaaa@nwmoaaa.org  
Counties served: Atchison, Nodaway, Worth, Harrison, Putnam, Holt, Andrew, Gentry, Buchanan, Dekalb, Clinton, Davies, Caldwell, Grundy, Livingston, Sullivan, Linn, Mercer

**Northeast MO AAA**  
Northeast Missouri Area Agency on Aging  
Kirksville, MO 63501  
Phone: 660-665-4682  
Alt. Phone: 800-664-6338  
Web: www.memoaaa.com  
Email: memoaaa@sbcglobal.net  
Counties Served: Counties served: Adair, Clark, Knox, Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Schuyler, Scotland, Shelby, Warren

**MARC**  
Mid-America Regional Council  
Kansas City, MO 64105-1554  
Phone: 816-701-8263  
Alt. Phone: 800-593-7948  
Web: www.marc.org  
Email: marcinfo@marc.org  
Counties Served: Counties served: Platte, Clay, Ray, Jackson, Cass

**Care Connection for Aging Services**  
Warrensburg, MO 64093  
Phone: 660-747-3107  
Alt. Phone: 800-748-7826  
Web: www.goaging.org  
Email: infomation@goaging.org  
Counties served: Carroll, Chariton, Lafayette, Saline, Johnson, Pettis, Bates, Henry, Vernon, St. Clair, Cedar, Benton, Hickory

**Central MO AAA**  
Central Missouri Area Agency on Aging  
Columbia, MO 65201  
Phone: 573-443-5823  
Alt. Phone: 800-369-5211  
Web: www.agingbest.org  
Email: rnowlin@cmaaa.net  
Counties served: Audrain, Boone, Callaway, Camden, Cole, Cooper, Crawford, Dent, Gasconade, Howard, Laclede, Maries, Miller, Morgan, Moniteau, Osage, Phelps, Pulaski, Washington

**Aging Ahead**  
St. Louis, MO 63011  
Phone: 636-207-0847  
Alt. Phone: 800-243-6060  
Web: www.agingahead.org  
Email: info@agingahead.org  
Counties served: Counties served: St. Charles, St. Louis County, Franklin, Jefferson
Senior Age Area Agency on Aging
Springfield, MO 65807
Phone: 417-862-0762
Alt. Phone: 800-497-0822
Web: www.senioragemo.org
Email: hello@senioragemo.org

Aging Matters
Southeast Missouri Area Agency on Aging
Cape Girardeau, MO 63701
Phone: 573-335-3331
Alt. Phone: 800-392-8771
Web: www.agingmatters2u.com
Email: lanaj@agingmatters2u.com

Region X AAA
Joplin, MO 64804
Phone: 417-781-7562
Web: www.aaaregionx.org
Email: jshotwell@aaaregionx.org
Counties served: Barton, Jasper, Newton, McDonald

St. Louis Area Agency on Aging
St. Louis, MO 63103
Phone: 314-612-5918
Alt. Phone: 877-612-5918
Web: www.slaaa.org
Email: slaaa@stlouiscity.com
Area served: St. Louis City

Jewish Family Services
Kansas City, MO 64110
Phone: 913-730-1441
Web: jfskc.org/services/older-adult
Email: olderadults@jfskc.org
Counties served: Greater Kansas City

Missouri Hotlines
The Missouri Department of Health and Senior Services: 24 hour hotline: 877-435-8411

St. Louis Queer+ Support Helpline
Operating Hours: Friday-Monday 1 pm to 7 pm
Local – 314-380-7774
Toll – Free: 844-785-7774
Website: theSQSH.org

Behavior Health Response Helpline: 314-469-6644
Alternative number: 800-811-4760
TTY: 314-469-3638

Missouri’s DHSS Hotline: 877-435-8411
SNAP/Food Stamps: https://mydss.mo.gov/food-assistance
TANF: https://mydss.mo.gov/temporary-assistance
MOHealthNet/Medicaid: https://mydss.mo.gov/healthcare
National Helplines

Trans Lifeline: 877-565-8860
National Suicide Hotline: 800-273-8255
SAMHSA Disaster Distress Hotline: 800-985-5990

For people Living with HIV: https://www.poz.com/article/people-hiv-need-know-new-coronavirus
Smoking Cessation Support: https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html
1-800-QUIT-NOW