Listed below are online resources that may assist you in learning how to communicate with your elderly parents about the COVID-19 pandemic. You will also find tips on protecting yourself and others during this time and information on online banking and grocery delivery services. To access the websites, please click on the links below.

**How to Talk About COVID-19**

5 Tips to Help You Talk to Your Older Parents About Social Distancing  

Use Your Managing-up Skills to Talk to Your Parents About COVID-19  

How to Talk to Seniors About COVID-19  

How to Talk with Your Older Parents About the COVID-19 Pandemic—and Have Them Actually Listen  

People Who Need Extra Precautions: Older Adults  

How to Talk to Your Parents About the Coronavirus  

**Protecting Yourself and Others**

Instead of Social Distancing, Try Distant Socializing  

How to Fight the Social Isolation of Coronavirus  

How to Protect Yourself and Others  

Cleaning and Disinfection for Households  

Stress and Coping  

Coronavirus Anxiety: Coping with Stress and Fear  
Bill Paying, Finances, and Online Banking

How to Help Your Aging Parents with Their Finances
money.usnews.com/money/personal-finance/family-finance/articles/how-to-help-your-aging-parents-with-their-finances

Ready, Set, Bank

Are You Ready to Embrace Online Banking?
www.aarp.org/money/budgeting-saving/info-07-2013/seniors-guide-online-banking.html

How A Bill-Paying Service Could Help Your Parent

Daily Money Management Programs for Seniors

Bill Paying for Seniors: Must-Read Money Management Tips
blog.ioaging.org/caregiving/bill-paying-for-seniors-must-read-money-management-tips

Online Grocery Services for Seniors

Best Grocery Delivery Plans for Seniors
www.aginginplace.org/best-grocery-delivery-plans-for-seniors

5 Ways Seniors Can Have Food Delivered to Their Door
www.senioradvisor.com/blog/2017/04/5-ways-seniors-can-have-food-delivered-to-their-door

How to Protect Yourself from Coronavirus When Grocery Shopping

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