



## COVID-19 RESOURCE LIST as of 8/27/2020

As the COVID-19 pandemic continues to exact a devastating toll on people across the globe and all walks of life, suffering of all kinds can be found everywhere. In light of this time of historic upheaval, Andisheh Center decided to step in and help the community members by gathering and sharing information about resources that might address some of our needs in medical, dental, transportation, social services or other services.

### **Medical, Dental, Medicare Information Counseling**

Multnomah County Indigent Medication Program:  
<https://multco.us/behavioral-health/help-paying-medication>

Oregon Health Plan - free health coverage for those who qualify:  
<https://one.oregon.gov/>

### **Legal aid**

Various COVID-19 resources (low-income):  
<https://oregonlawhelp.org/>

### **Transportation assistance**

For seniors, disabled, low-income:  
<https://rideconnection.org/>

Riding Trimet (in Farsi):  
<https://trimet.org/pdfs/languages/persian.pdf>

Neighborhood House:  
<https://nhpdx.org/senior-services-2/>

Ride To Care - non-emergency transportation to medical appointments for Oregon Health Plan members.  
Portland Metro area: (855) 321-4899

### **Social/recreational opportunities**

Neighborhood House:  
<https://nhpdx.org/senior-services-2/>

Free streaming TV shows and movies:  
<https://www.kanopy.com/>



Free streaming TV shows for kids:

<https://pluto.tv/welcome>

Multnomah County Library:

<https://multcolib.org/>

Washington County Library:

<https://www.wccls.org/>

Khan Academy - free learning website

<https://www.khanacademy.org/>

### **In Home Care/Personal Care**

Providence Home Health Services:

<https://oregon.providence.org/our-services/p/providence-home-health/our-services/>

Senior Home Care:

<https://hde-home-care.com/>

At-home care for people with COVID-19:

<https://www.ohsu.edu/sites/default/files/2020-06/COVID-19%20Home%20Care%20-%20Patient%20Education%20-%20May112020.pdf>

### **Financial Assistance**

Food, medical, utilities, etc. help:

<https://oregonlawhelp.org/issues/government-benefits-taxes>

Senior health benefits:

<https://oregonlawhelp.org/issues/seniors/health-benefits-for-seniors>

Energy costs:

<http://www.oregonenergyfund.org/energy-assistance/>

Housing aid:

Housing, food, utilities:

<https://impactnw.org/programs/housing-and-safety-net/>



Community Action Agencies - assistance with rent for those who qualify:

Washington County: (503) 615-0770

Multnomah County: call 211

Clackamas County: (503) 655-8575

### **Social Services & Counseling**

Lines for Life Senior Loneliness Line: <http://seniorlonelinessline.org/>

Multnomah County mental health general access line: (503) 988-5887

Washington County mental health general access line: (503) 291-1155

Coping strategies for seniors:

[https://ageplus.org/ten-coping-strategies-for-older-oregonians-during-covid-19/?doing\\_wp\\_cron=1598553527.1571071147918701171875](https://ageplus.org/ten-coping-strategies-for-older-oregonians-during-covid-19/?doing_wp_cron=1598553527.1571071147918701171875)

### **General COVID-19 info**

General explanation:

<https://vimeo.com/402796902>

Public health recommendations:

<https://multco.us/novel-coronavirus-covid-19/farsi-covid-19-public-health-recommendations>

Comic book explaining COVID-19:

[https://www.cidrap.umn.edu/sites/default/files/public/php/345/345\\_book\\_farsi.pdf](https://www.cidrap.umn.edu/sites/default/files/public/php/345/345_book_farsi.pdf)

Caring for self and others during COVID-19:

<https://vimeo.com/398097042>

COVID-19 screening tool:

<https://covid19.apple.com/screening>