

Essential Caregiver Information Package and Guidelines

Please review these guidelines and expectations below

The government has decided that a limited number of people, designated by the resident (or if they are incapable, their Power of Attorney or substitute decision maker), may be allowed into long term care Homes as Essential Caregivers (Caregivers).

Such Caregivers (who will not be permitted into the Home until they have received in-person education) are seen as essential because they will provide direct care for Dearness Home residents. Such care may be support with eating, mobility, personal hygiene, cognitive stimulation, communication, meaningful connection, relational continuity, and/or assistance in decision making.

Caregivers must be at least 18 years of age. They may be a family member or a privately hired Caregiver, a paid companion or a translator.

A maximum of 2 Caregivers may be designated per resident. At Dearness Home, due to safety issues, only 1 Caregiver per resident should be in the Home at one time.

COVID-19 can be fatal for those who live in long term care (experience elsewhere shows as many as 50% of those infected die) so keeping COVID-19 out of Dearness Home is extremely important. Accordingly, Caregivers will be required to respect and practice the infection control measures required to keep our residents and staff safe. To help ensure this, before Caregivers come in to the Home to provide care they will receive approximately one hour of in-person education on infection control practices (including how to safely put personal protective equipment on and take it off).

If you are the POA or SDM for care, please speak with your loved-one in the Home and your family to decide if you want to designate Caregivers. If so, decide who the Caregiver(s) will be and then **COMPLETE AND RETURN THE REGISTRATION FORM** attached **OR** available at the City of London website: www.london.ca (click the top yellow bar that will link you to all the current COVID information that includes the information for Dearness Home). Note only the resident or the POA/SDM for care can designate a Caregiver.

Those Caregivers who have been trained may begin visiting Dearness Home on September 21st, 2020.

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General Expectations of Essential Caregivers:

The Caregiver must:

- Be tested and receive a negative COVID-19 test result at least every 2 weeks
- Only access the Home during COVID-19 visiting hours (9am to 8pm, Monday through Friday and 9am to 4:30pm at the weekends).
- Avoid coming or leaving between 1:30pm and 2:30pm to allow staff shift change to occur smoothly.
- Ensure only **one** Caregiver per resident is in the Home at a time
- Ensure there is no package exchanges or food/drink sharing during any visit.
- Prior to and upon entering the home:
 - Self-screen at home before coming and do not visit Dearness if there are signs or symptoms of COVID-19
 - Participate in active screening when entering and leaving the building for each visit, including:
 - answering questions, passing temperature checks and attesting they have had a negative test result for COVID-19 within the previous 2 weeks (14 days) and subsequently not tested positive
 - attesting that, in the last 14 days, they have not visited another resident who is self-isolating or symptomatic, and have not visited another Home that is in an outbreak

Infection Prevention and Control Measures –

The Caregiver must:

Follow all the guidelines provided in the in-person education (also included in the educational hand-out), including:

- Practicing good hand hygiene, prior to entering and upon exiting the home
- Wearing the provided surgical mask appropriately at all times while in the home
- Using alcohol-based hand rubs as the preferred method of cleansing (unless hands are visibly soiled, when soap & water would be preferred)
- Where the resident is in isolation, wearing the designated droplet/contact personal protective equipment (such as surgical mask, eye protection, gloves, and a gown) and following protocol to properly put on PPE and remove PPE
- Asking staff for assistance if unsure how to follow these steps

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Essential Caregiver Expectations while in the Home –

The Caregiver must:

- Proceed directly to the resident's room (if the resident is in the common areas, the Caregiver will take them to the room) – Caregivers will not stop to talk to others and will not travel to other areas of the home to visit others
- Stay within the resident's room and ONLY use the call bell if anything is needed outside of the room
- Remain in the resident's room if the Caregiver is staying through a mealtime (the resident meals will be served in the resident's room)
- At the end of the Caregiver session, provide an update to staff on regarding the care and resident well-being of the resident
- Acknowledge that the failure to follow expectations is a serious matter that may result in a discontinuation of Caregiver access

Outbreak Precautions or Failure of Febrile Screening

- In the event a home enters into a COVID-19 outbreak, continuation of visits will be discussed with the Caregiver to review risks of continued visits
- In the event a resident is isolated due to failed febrile screening, return from hospital, etc., the Caregiver will be notified that they will be required to wear the appropriate PPE and will discuss whether they wish to continue the scheduled visits