

**Caring in times of uncertainty:  
Helping adult children of aging  
parents find support**

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Disclaimer: Not offering mental health or medical consultation or advice on this webinar. Please contact your health care provider if you are concerned about your mental health or health.

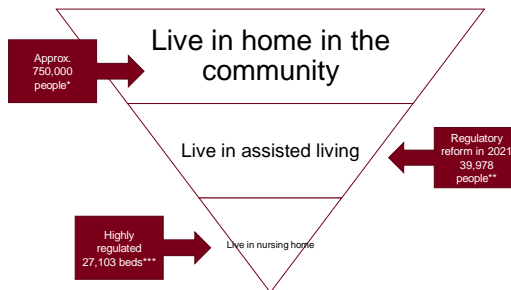
**Aging & Caregiving**

“There are only four kinds of people in the world. Those who have been **caregivers**. Those who are currently **caregivers**. Those who will be **caregivers**, and those who will need a **caregiver**.”

–Rosalyn Carter



**Senior Living**



\*Minnesota Compass  
\*\*Department of Human Services, Measure: The Number of Assisted Living Beds per 1,000 Persons Age 65 and Over by County  
\*\*\*Department of Health, Health Care Provider Directory

**Covid-19 in Minnesota**

**Covid-19 is Adversely Affecting Older People in Minnesota**

- 49 Median Age of Covid-19 in MN (range 4 weeks – 109 years)
- 63 Median Age of Hospitalized cases (range 4 weeks-102 years)
- 64 Median Age of Cases in ICU (range 16-95 years)
- 83 Average of Deaths (range 30-109 years)

**Long-Term Care Settings Are Seeing a Large Surge Nationwide**

- 11,000+ deaths in long-term care facilities in the United States
- 25% of all cases are exposed in long-term care facilities in MN
- 19% of cases are residing in long-term care in MN
- 79% of deaths in MN are from long-term care facilities (271/343)
- 121 facilities have cases of Covid-19 in MN (10 or more residents)
- Only 4/19 were nursing homes required to notify & report.

**COVID-19 & Senior Care**

Home Based Practices

1. Stay at Home Order
2. Social distancing

“Assisted Living” Practices

1. Laws differ state to state
2. MN low regulated industry
3. Advised to use nursing home practices

**COVID-19 & Senior Care (Nursing Home)**

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**Initial Responses**

1. Social Isolation (quarantining in rooms)
2. Cohorting
3. Screening of workers and residents for symptoms
4. Testing only symptomatic residents/workers



**Recent Responses/Recommendations**

1. Masks for everyone (especially workers)
2. Separate Teams
3. Separate Facilities
4. Facility-Wide Testing (Sentinel Screening, Repeated testing)
5. Disclosure

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**Should you consider taking a loved one out of a long-term care facility?**

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**Questions to ask yourself**

1. Can you get appropriate care outside the facility?
2. Will return to the facility be restricted later?
3. What will the impact be on your family?
4. How well can you control infection risk?
5. How accessible is your home?

**Questions to ask the facility**

1. What is your quarantine policy?
2. How well are infection control procedures adhered to?
3. How often are you screening?
4. What will happen to older adults that move out and recover?
5. What are my loved one's care needs?

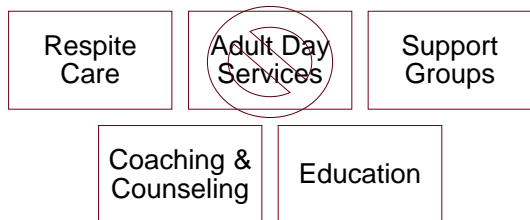
Source: <https://www.nextavenue.org/taking-loved-one-out-of-long-term-care-facility/>

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**Caregiver Support & COVID-19**

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**Caregiver Services During COVID-19:**

**Case Example from FamilyMeans**

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- ✓ Caregiver consultation over the phone
- ✓ Clients receiving individual calls to ensure needs met
- ✓ Respite care over the phone
  - ✓ Movie watching ☺
- ✓ YouTube videos from staff
- ✓ Memory Cafes via zoom
- ✓ Zoom coffee breaks with staff
- ✓ Weekly emails to caregivers

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**Resources**

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Helpolderadultsmn.org

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**What can family members do with loved one in long-term care?**

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**Connect often with Loved One**

- Call/FaceTime/Skype/Letters – Window Greetings

**Send Activities to Loved One**

- Photobooks, iPad, Puzzles, Fidget Blankets, etc.

**Connect Often with Extended Family**

- Support, Planning, Reassurance

**Thank Workers**

- Send thank you cards, small gifts

**Advocacy**

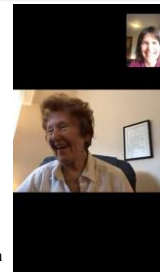
- Advocate for changes at facility, state, etc.

**Start or Join a Peer Support Group on Social Media**

- <https://www.facebook.com/groups/minnesotafamilies>

**Recognize Competing Responsibilities/Stress**

- Working from home, children, feelings of helplessness



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**Maintaining Connections Through Tech**

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FaceTime/Message	Free	iOs (iPhone/iPad) video/SMS chatting
Facebook Messenger	Free	Facebook account
Google (see next slide)		
GoTo	\$19/month+	Up to 10 – price then increases
Signal	Free	Easy – no limit to group chats
Skype	Free+	Call landlines for price, can buy credit
WhatsApp	Free	Up to 4 people
Viber	Free+	Like Skype – can call landlines for price
Zoom	Free+	Unlimited 1:1; 40 mins on groups

See <https://zapier.com/blog/best-texting-app/> for top texting apps

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**Google**

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Hangouts	Video chat for people with @gmail.com accounts
Hangouts Chat	Paid team chat (have a company account)
Hangouts Meet	Paid team video chat (have a company account)
Duo	Android video chatting
Messages	Android texting (SMS)

See <https://zapier.com/blog/google-hangouts-meet-guide/>

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**Sources of Information**

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**Minnesota Department of Health**

- <https://www.health.state.mn.us/diseases/coronavirus/index.html>
- <https://www.health.state.mn.us/diseases/coronavirus/situation.html>

**Minnesota Department of Health Long-Term Care – Covid-19**

- <https://www.health.state.mn.us/diseases/coronavirus/hcp/ltc.html>

**Centers for Disease Control**

- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html>

**Centers for Medicare and Medicaid**

- <https://www.cms.gov/outreach-education/partner-resources/coronavirus-covid-19-partner-toolkit>

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