



Should I move Mom?



Meet Mom & Dad



Sue, 84

Charles, 84

COVID-19 is impacting us all, but none more than seniors

As family caregivers charged with caring for those we love, we are forced to re-evaluate the “right” answer for where does Mom live.

Should I move Mom to my home? Can I?

Will she have the right care in this crisis?

I see Mom’s limitations living alone and I cannot help her from a distance?

What does Mom really need to be successful?

 Bucks County Courier Times

Coronavirus infection numbers in Pa. nursing homes, assisted living mostly secret

Pennsylvania health officials are refusing to release county-level data on COVID-19 infections in state licensed long-term care centers.

3 days ago



 Grand Island Independent

9 coronavirus cases at Callaway assisted living facility

An outbreak of the novel coronavirus has struck a central Nebraska assisted living facility, health officials said this weekend.

2 days ago



 The Boston Globe

More than 200 coronavirus cases reported at Cambridge nursing, assisted living facilities

Cambridge officials on Monday said 212 people who reside and work in the city's skilled nursing and assisted living facilities tested positive ...

2 days ago



 The Colorado Sun

Deaths of at least 32 Colorado nursing home, senior living center residents linked to coronavirus

The deaths of at least 32 residents of nursing homes and senior living



No matter your current situation, COVID-19 is forcing us all to address important decisions

3 different starting points for thinking about where should Mom live...



with one common framework to think through the decision.

7 steps for success

Step 1 Understand implications of Covid 19 status (on Mom and on the household).

Step 2 Understand Mom's Specific Needs

Step 3 Write out a Plan

Step 4 Define roles and responsibilities.

Step 5 Review the legal and financial needs and the big What-Ifs.

Step 6 Agree upon what Mom wants?

Step 7 Have a plan for the post pandemic state

Step 1: Map all the transition requirements

COVID-19 Status
(testing/no testing)

- Are tests available in your state?
- How do you access them if so?
- What are your options if not?

Quarantine/ Self-Isolation

- Can self-isolation be done effectively?
- If so, what protection must you put in place?
- If not, what are the risks?

PPE & Proper Procedures
(masks/gloves/etc)

- Do you have access to the equipment you need?
- Do you understand how to use/maintain?

Cognitive Capability

- Does your parent understand the rules?
- Do others in the house understand?
- If young children are involved, will they comply?

Step 2: Understand Mom's specific needs



- 1 Medical condition safely managed in 7 key areas in order to have the slowest progression of the disease and fewest possible impairments and exacerbations.
- 2 Must reduce these specific risks in order to reduce unsafe occurrences.
- 3 Must get ADL and IADL needs met safely in the key areas in order to live in the environment of one's choice.

- 4 Must safety manage the physical, mental, psychological, financial stressors associated with the caregiving experience.
- 5 To continue to progress a person must participate in meaningful engagements at a specific threshold and frequency.



Safety

Three types of risks:



Task

Are there risks in the way certain types of things are done such that specific techniques or assistive devices should be used



Environment

Are there things that could put mom at risk for, as an example, a fall or other unsafe occurrence



Individual

Does mom have specific limitations that present risk - for example, left side weakness, or weak upper body strength or inability to climb a flight of stairs

Medical Condition Management

- Medication Administration (Get, Dose, Take as prescribed and Document)
- Monitor and Maintain Vitals within designated parameters
- Manage Specific Health Needs (Compliance & Precautions)



Independence

Can Mom get her basic Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs) met

Activities of Daily Living (ADLS)	Instrumental Activities of Daily Living
<ul style="list-style-type: none">● Feeding● Contenance Care / Toileting● Transferring● Dressing● Bathing	<ul style="list-style-type: none">● Using the telephony / Get Help● Shopping● Preparing Food● Housekeeping● Laundry● Using transportation● Handling Finances

Quality of Life Engagement

In times like this tradeoffs must be made but the structure of:

- **Being**
- **Belonging**
- **Becoming**

Is insightful to ensure we connect to ourselves and others even now.

If the plan is long term, then can you support a robust life experience for mom?

Being	Belonging	Becoming
Physical Being	Physical Belonging	Practical becoming
Psychological Being	Social Belonging	Leisure becoming
Spiritual Being	Community Belonging	Growth becoming

Burden of Care

Burden of Care is a concept emerging in the literature that describes the physical, emotional, social, and financial problems that can be experienced by family caregivers.

In short, is the circle of care in place able to manage the stressors associated with being a caregiver? Will you be able to disconnect? Can you supplement with outside help?

Step 3: Write out the plan

Care Plan Outline

- Care needs
- Medical needs
- Nutrition & Dietary
- ADLs / IADLs
- Life & Community Engagement



Name: _____

Care Plan/information handoff

Attached documentation

- Medical record
- Meds- schedule, current supply, organization box, renewal information
- PCP contact information

Nutritional support

Topic	Services	Timing	Provider	Notes
Diet - meal assist	<input type="checkbox"/> Independent <input type="checkbox"/> Assistance (chewing / swallowing difficulties)	M T W Th F S Su Morning Afternoon Evening		
Meal prep	<input type="checkbox"/> Independent <input type="checkbox"/> Requires assistance	M T W Th F S Su Morning Afternoon Evening		
Fluids	<input type="checkbox"/> Independent <input type="checkbox"/> Restriction <input type="checkbox"/> Encouragement	M T W Th F S Su Morning Afternoon Evening		
Special	<input type="checkbox"/> Low salt			

Step 3: Write out the plan



Move-out Considerations

- Facility policies
- Financial considerations
- COVID-19 Risk Management @ Home
- Home Safety
- Support

Assisted Living Facility Move-out Considerations Worksheet

The purpose of this worksheet is to gather information that will be used to help walk you through the decision of whether or not bring your loved one home from an assisted living facility (ALF) during the COVID-19 outbreak. Please answer each question to the best of your ability. There is no right or wrong answer.

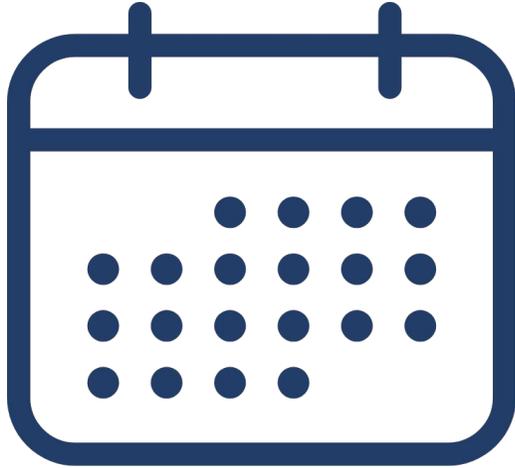
Caregiver Name: _____

SECTION 1: Please answer the following questions about the decision to moved your loved one

ALF relationship details	Yes	No	Unsure	N/A	Comments
--Would you need to pay the cost of rent and/or meals to the ALF while your loved one is out?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
--Are you familiar with the going (back) to ALF terms?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
--If a long term care insurance policy is being used, are you familiar with the elimination period terms (if applicable)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Financial considerations	Yes	No	Unsure	N/A	Comments
--Would be able to afford homecare in addition to rent (if unable to get refund from the ALF)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
--Would you be able to buy necessary equipment/tools? (i. e. medical equipment, assistive equipment, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
--Would you be able to keep your loved one at home for longer than the planned duration if the situation requires?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
--Will moving your loved one impact you work/ability to earn living? If yes, how?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Step 4: Determine family members roles & responsibilities



- Build a schedule and make sure everyone is aligned as to who does what when.
- Consider using an app or another tool to help coordinate your tasks.
- Technology can be your friend - especially with face-to-face contact is limited.

Step 5: Evaluate the Legal and Financial aspects and the big What-ifs

Understand your timeline

- For the move in
- Thoughts on the move back or out

Are there legal considerations

- Do others have to weigh in or approve decisions
- Do leases have to be re-negotiated

Are there financial considerations

Answer the big “What ifs”

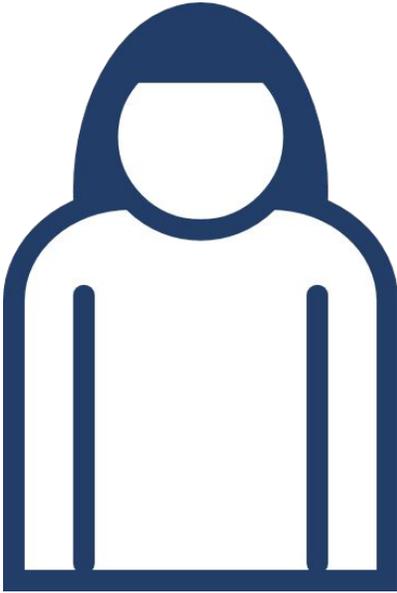
Health

Financial

Logistics



Step 6: How does Mom feel about this



Is Mom in agreement? Does she/he understand the full picture and the “rules”?

- Timeline
- Costs
- Duration
- Isolation needs

If not in agreement, are you willing to override her objections?

Step 7: Post Pandemic

Our views and status of:

- What does Mom need?
- Where does Mom live?
- What are my capabilities as a caregiver?
- What does good look like?
- What must I have or Mom have versus what do we want?

These are all questions that are going to render different answers after this crisis than they did before. Simply going back to the way things is not likely an option as we will all have a new norm?

Have an open conversation, at least with yourself about what your goals are for yourself and for Mom post crisis

In Summary: 7 steps for success

Step 1: Understand implications of Covid 19 status (on Mom and on the household).

Step 2: Understand Mom's Specific Needs

Step 3: Write out a Plan

Step 4: Define roles and responsibilities.

Step 5: Review the legal and financial needs and the big What-Ifs.

Step 6: What does Mom want?

Step 7: Have a plan for the post pandemic state

You are not alone.

Call us: (888) 478 - 1478
Visit us: www.assured.care
Email us: service@assuredallies.com