



Women's Health Awareness Transforming Communities by Enhancing Women's Health



Issue III: April 17, 2020

Taking Care of Our Most Vulnerable: Our loved ones in nursing homes and long-term care facilities during the COVID-19 pandemic



During this time of COVID-19 quarantine, you may find yourself caring for a loved one from a distance. Distance care giving during this time presents unique challenges. If you find yourself in the distance care giving role, here are **SIX ESSENTIAL TIPS** you may want to keep in mind :

1. Know What You Need to Know as a Distance Caregiver During COVID-19

- Keep current on federal, state, and local directives for nursing homes and long-term care facilities. [NC Gov. Roy Cooper Directive](#)
- Know who to contact. Be familiar with key personnel at the facility where your loved one (i.e. facilities director, lead nurse, and staff of the care giving team).
- Know the state level and [county level ombudsman](#) (Division of Aging and Adult Services) for reporting concerns.
- Know if the facility staff is practicing physical distancing with the residents.
- Know if the facility has the appropriate personal protective equipment (PPE).
- Be sure the long-term care facility knows the federal guidance: [Long-term care facility guidance for COVID-19](#)

2. Plan Your Visits with an Aging Parent or Relative

During COVID-19 it is physically impossible to visit our relatives in person, therefore:

- Use technology: Coordinate with facility staff for virtual visits. Virtual visits can be accomplished using the WebEx, zoom, FaceTime, google duo, and skype.
- Have a telephone installed in your loved one's room or purchase your relative a cellphone if they are able to manage these methods of communication.
- Plan a physical distancing visit! Visit your loved ones by going to the window of their room. Take cheerful signs with you to brighten their day.
- Stay current on your loved one's needs by contacting the facility to learn what they need (i.e. medications, personal care products, favorite snacks, etc.) Schedule a time for curbside drop off.

3. Get In Touch, Stay In Touch

- Contact the facilities personnel by telephone and / or email.
- Schedule conference calls with doctors, social workers, the facilities care giving team, or nursing home staff to get up-to-date information about your relative's health and progress. You might also talk with a family member or friend who has a loved one in the resident community to collaborate and share information. In some cases, this may be another resident in the facility.
- Don't underestimate the value of a phone and email contact list. It is a simple way to keep everyone updated on your loved one's needs.

4. Monitor Your Loved One's Facility

- Utilize media and credible state websites to monitor if there is a COVID-19 outbreak at your loved one's facility.
- Call the facility directly to ask if they have or have had individuals (residents or staff) who have tested positive with COVID-19. Ask if they turned away staff who displayed signs of potential COVID-19 infections (i.e. high temperature).

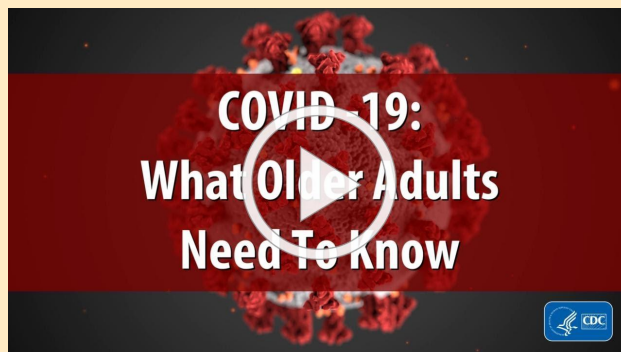
5. Help An Aging Relative Stay In Contact With Family From Afar

- Be creative! Host a Zoom (i.e. WebEx, FaceTime, skype) family gathering with multiple family members including children.
- Be sure to include your family member in social gatherings (birthday parties, anniversaries, birth announcements, etc.) via video conferencing.
- Connect relatives with online religious services via live streams and teleconference calls.

6. Gather A List Of Resources

- Here are links to National Institute on Aging [NIA website](#), [Durham County health department](#), [AARP](#), [NC DHHS](#), [local](#) and [state guidelines](#) for COVID-19.

Adapted from: <https://www.nia.nih.gov/>



Caregivers are Essential

MAKE YOURSELF A PRIORITY, TOO

[TIPS FOR CAREGIVERS]

Nearly
15 million
Americans provide
unpaid care
to an older adult.



National Health and Aging Trends Study, 2011



Caregivers who provide
substantial care are
more likely to have
**physical & emotional
health problems.**¹

National Health and Aging Trends Study, 2011

¹ Substantial care refers to involvement in health care activities, including care coordination and medication management.

[Click Here for More
Information](#)

Take care of yourself.

It is one of the most important things you can do as a caregiver.



Ask for help when you need it.

Spend time with friends.



Join a support group—
in person or online.

Take breaks each day.



Keep up with hobbies.

Use these tips, and learn more about
caregiving at www.nia.nih.gov/caregiving.

NIH National Institute
on Aging

Fast Facts!!!

African Americans are dying from COVID-19 at a more alarming rate than other races.

Emerging data suggest that the African American population is suffering at a higher rate from COVID-19. In NC, African Americans make up 22 percent of the population but account for 39 percent of the COVID-19 cases and 40 percent of COVID-19 deaths. (Data as of April 9th, 2020). For more information see video below.



How can I protect my child from COVID-19 in public settings? Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date. As we are still learning how this virus spreads from person to person, we must continually safe guard our children against COVID-19. Make sure your children are protected with a cloth face mask and gloves. Learn the public health measures to protect your child when in a community setting.

[Click Here for More Information](#)

How do I properly clean my home during this outbreak? The CDC provides recommendations for cleaning and disinfecting your home by providing every day steps and extra steps for when someone sick. Learn how to clean and disinfect soft surface, electronics, and laundry. What you learn can protect you and your family.



[Click Here for More Information](#)

We're Better Together

During this time of physical distancing, if you or someone you care about is in a crisis and feels overwhelmed with emotions like sadness, depression or anxiety, there is help.

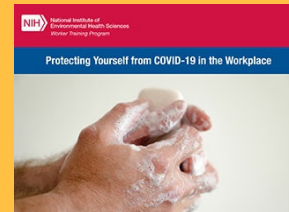
For support or help, contact the [Disaster Distress Helpline](#) at 800-985-5990, or the [National Suicide Prevention Lifeline](#) at 800-273-8255

CALL 911, if you or others you know want to harm themselves

Front-line workers learn to protect yourselves! The

National Institute of Environmental

Health Sciences (NIEHS) has a training site for front-line workers to learn how to protect themselves from exposure to COVID-19 during this pandemic.



[Click Here for Training](#)

This communication was developed by the Office of Human Research Compliance, Clinical Research Branch, National Institute of Environmental Health Sciences.

For additional information regarding Women's Health Awareness, please contact

whad@niehs.nih.gov or 919-541-3852

Lead Sponsor: National Institute of Environmental Health Sciences (NIEHS), Clinical Research Branch, Office of Human Research Compliance

Co-Sponsors: Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc., Durham Alumnae Delta House, Inc., and North Carolina Central University Department of Public Health Education