

Worldwide Infections:	5.69 million
US Infections:	1.74 million
Alaska Resident Infections:	411



CHAP Weekly Update

May 29, 2020

Caring for Elders During the COVID-19 Pandemic

Why is elder care different during a pandemic?

- Elders may have higher risks for serious complications of COVID-19 due to age or chronic medical problems.
- Protection from exposure is really important, *but...*
- Protection from exposure may lead to more social isolation.



"Kind words can be short and easy to speak, but their echoes are truly endless." - Mother Teresa

What is the same about elder care during a pandemic?

- Elders still need care for their chronic medical problems including checkups and medication refills.
- Elders still need human contact and communication.

How can we provide good elder care during a pandemic?

- Visits by phone or by virtual visit depending on available technology
- Home visits
 - Screen for COVID-19 symptoms before arrival.
 - Prepare medications and other supplies ready before entering home.
 - Practice good hand hygiene in the home and afterward.
 - [COVID-19 Tips for Doing a Home Visit in the CHAM](#)
- Identify family members or caregivers that can help with medical care.
 - Teach caregivers good prevention such as hand hygiene, cleaning frequently touched surfaces, etc.
 - Teach caregivers how to give medicine, provide other cares as appropriate and in consultation with your referral doctor.
 - Identify a backup person if the primary caregiver becomes ill.
- Acknowledge this may be a difficult time with social distancing.
 - Support elders and others if they are lonely.
 - Help elders find ways to keep up with outside connections:
 - Help them with phone connections and apps.
 - Connect through social media such as Facebook as appropriate.
 - Use FaceTime or Zoom.

What are the elder's wishes, if they become ill?

Offer to have these difficult conversations:

- Do they want to leave the village for more intensive care?
- Would they rather stay with family?
- What about life-saving measures like intubation and CPR?



Resources to help you start the conversation:

- [Center to Advance Palliative Care](#)
 - Many tips on communicating about difficult issues
 - There are medical tips on this site – remember, your referral doctor will guide any medical care
- [Proactive COVID Planning: Actors demonstrating a short conversation](#)
- Cerner has scripting developed by the palliative care department at ANTHC. Talk with your referral doctor if this is something you might use.

Continuing Education

Check out all of the CE options available at AKCHAP.org
New: Serious Injuries, Stroke, Seizure Awareness and Medicines



Save the Date

Next Session: June 3 at 12:10; Dr. Clifford Schneider, Infectious Disease, will speak on testing, treatment and other things you should know about COVID-19

Many thanks to Marissa Gonzalez for her presentation on Caring for Elders during the COVID-19 Pandemic.



[Check it out! CHAP on Facebook](#)



Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org
 Send questions for presenters and each other, and suggest topics for discussion.