

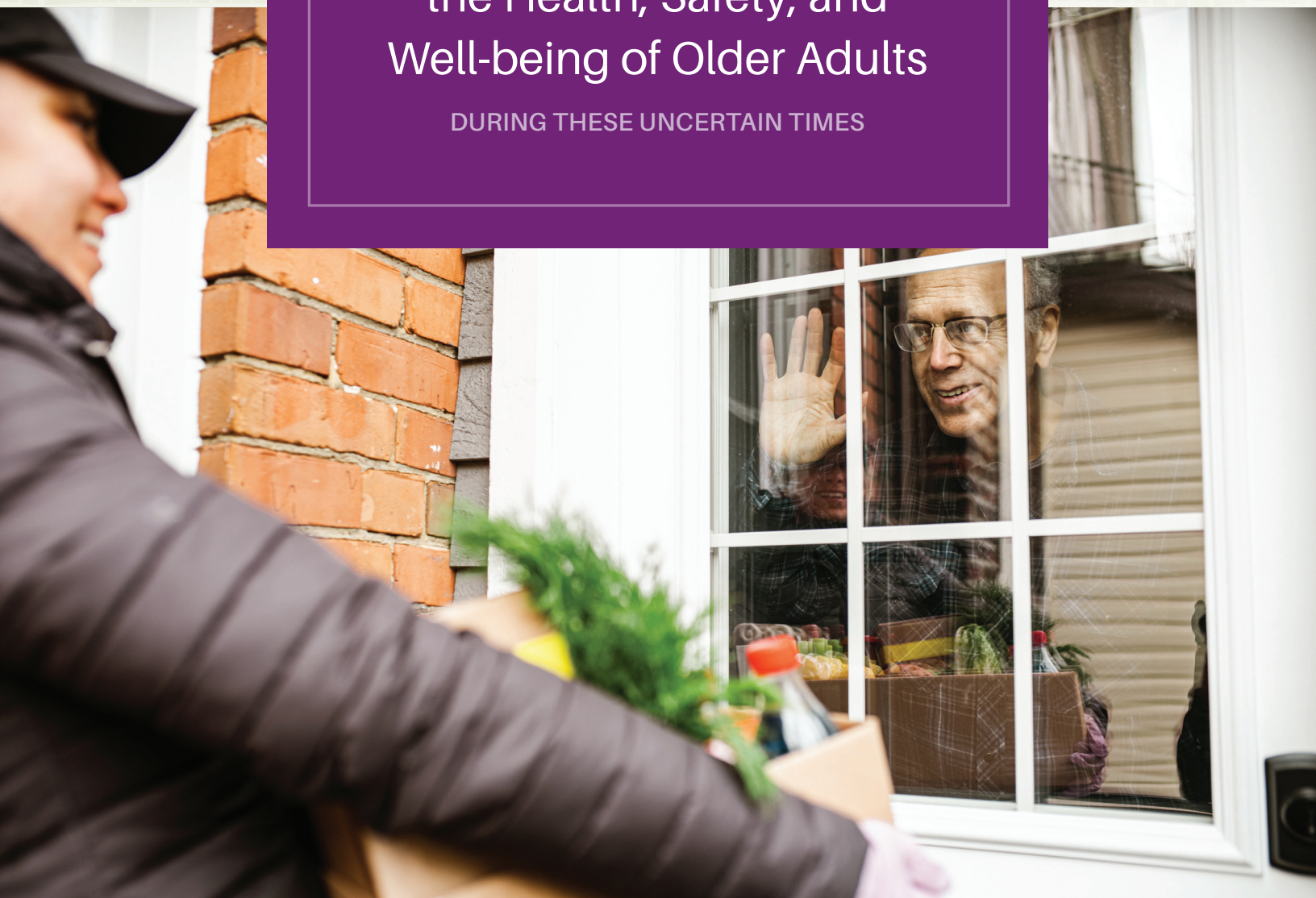


Family &
Nursing
Care®

Since 1968

Supporting
the Health, Safety, and
Well-being of Older Adults

DURING THESE UNCERTAIN TIMES



Introduction

As the COVID-19 pandemic continues to impact our daily lives, we recognize the incredible amount of stress and worry that older adults and the individuals who care for them are feeling.

Older adults are at a significantly higher risk of serious complications should they contract Coronavirus, making social distancing imperative during this time. However, many seniors already experienced feelings of isolation and loneliness before the pandemic. Even less socialization now can have severe effects on their mental health.

Caring for an older adult is a full-time job. Trying to keep your loved one safe, healthy, and mentally engaged while taking care of yourself can be overwhelming on your own. In an effort to provide support, Family & Nursing Care has created this guide with helpful

information, including links to activities to keep older adults' minds and bodies active while following stay-at-home orders. We have also included information about the value of home care during COVID-19 as an option to consider for those who may be in need of assistance.

We hope this guide will provide value to you and your family as we navigate these difficult times. We believe the best way to get through this situation is to come together to help one another. By doing so, we will be better equipped and empowered to provide for the older adults in our lives who need our support.

Caregivers Are Essential

Dealing with a global pandemic or not, caregivers are essential to the well-being of older adults. In-home caregivers allow individuals to continue living safely in their homes, providing them short or long-term care that results in more independence and a higher quality of life.

Home care isn't simply about assisting with bathing, dressing, and mobility. It's about providing the vital social support and companionship that older adults need to thrive.

Family & Nursing Care has helped tens of thousands of families by providing access to caregivers who assist with the following:

- **Activities of Daily Living:** Bathing, dressing, personal hygiene, meal preparation, feeding, toileting, continence care, transferring, and lifting.
- **Nutrition:** Prepare healthy meals, assist with feeding, encourage/restrict fluids as needed.
- **Mobility Assistance:** Range of motion exercises, assistance with walking, and turning/positioning in bed.
- **Companionship:** Engaging in activities and hobbies, keeping the body and mind stimulated, medication reminders, and encouraging independence.
- **Support Services:** Linens, laundry, light housekeeping, shopping and errands, accompanying and transporting to/from appointments.
- **Medication Administration:** Certified Medication Technicians (CMTs) administer prescribed medications under the supervision of a Registered Nurse (RN).
- **Skilled Nursing:** Medication management, Diabetes management, tube feeding, wound care, injections, and ostomy care.

In addition, caregivers are trained to work with a variety of conditions and diagnoses. Wherever your loved one is—whether it be in a private home, retirement community, independent or assisted living facility, nursing home, rehabilitation center, or hospital—home care services are available to provide assistance, in whatever way works best for you and your family.



Caregiving During COVID-19

The COVID-19 pandemic has shown us just how important the home care industry is. Family & Nursing Care continues to work with families and healthcare professionals alike to keep clients safe at home and protect them from this virus.

Home Care Serves as a Vital Support System to Keep Seniors Safe, Cared for, and at Home

✓ Caregiving Promotes Social Distancing

Caregivers can help with getting medications, grocery shopping, meal preparation and companionship for vulnerable individuals during this uncertain time.

✓ Virtual Support by Experts

Family & Nursing Care will initially connect with clients and their loved ones to discuss their caregiving needs. A **Client Services Manager** will be the family's primary point of contact for all their home care needs, both practical and emotional.

✓ Respite for Primary Caregivers

If you are a primary caregiver for an older adult, you may be feeling the stress now, more than ever. Without regular breaks, those not trained can experience immense frustration and feelings of helplessness and isolation. Caregivers provided by Family & Nursing Care can give respite for family members caring for older adults during this pandemic. Whether it is helping with laundry and meals while you lay down to rest or providing companionship for your loved one while you run to the grocery store or take a walk, we are here for you.

✓ Care After Hospitalizations or Rehab

Caregivers provided by Family & Nursing Care are well-equipped to care for older adults following a hospitalization or rehabilitation. Certified nursing assistants and home health aides take extra precautions with these clients during this delicate time.



Combating Isolation

During normal conditions, older adults are at a greater risk for isolation and depression caused by lack of ability to do things that used to bring them joy and decreased interactions with people and the world around them. During the COVID-19 pandemic, we are all experiencing this—and perhaps have a better understanding of the mental health challenges our senior population faces. We understand that social, emotional, physical, and intellectual stimulation should not stop during this time—including for older adults. That's why we have put together a list of activities to keep clients engaged, positive, and moving forward. Now, more than ever, we must combat isolation so common among seniors and keep their minds and bodies active.



Mind

AARP Free Online Games

games.aarp.org

The AARP has a number of online games available for seniors to play for free.

Coursera

www.coursera.org

Sign up to take free courses from leading universities in a huge variety of subjects.

American Archive of Public Broadcasting

americanarchive.org

A searchable archive of publicly funded radio and television from across America.

The Center for Mindful Living Virtual Events

living-mindfully.org/calendar

The Center for Mindful Living is hosting a series of free online classes in meditation, yoga, and mindfulness.



Body

Go4Life Workout Videos

bit.ly/35yQ5c5

These YouTube videos from the National Institute on Aging offer sample workouts for older adults ranging from a 10-minute session up to a full 60-minute workout.

YMCA 360: Health & Fitness Videos

gwrymca.org/virtual-workouts

The YMCA is offering free virtual courses during the COVID-19 pandemic. Courses include a variety of activities, including workouts for active older adults and tai chi sessions.

Senior Planet Online Events

seniorplanet.org/coronavirus-2/

SeniorPlanet.org is hosting several virtual events for older adults during social isolation, including a morning stretch and breathing meditation class.



Spirit

The Hidden Worlds of the National Parks

bit.ly/2A1BrhW

Take a virtual trip through 5 U.S. National Parks. Virtual tours include activities like repelling down a glacier in Kenai Fjords, spelunking through a cave in Carlsbad Caverns, and diving a shipwreck in Dry Tortugas.

National Aquarium Web Cams

bit.ly/2YY6pBQ

Enjoy a piece of Baltimore's National Aquarium from the comfort of your home! Viewers can catch livestreams featuring a variety of aquatic animals, including reef sharks, jellyfish, whiptail rays, and much more.

The Metropolitan Opera Nightly Opera Stream

bit.ly/2LeKy1f

Watch live performances every night with The Metropolitan Opera's Nightly Opera Stream. Live performances happen each night at 7:30pm and remain available for free for 24 hours.

Google Arts and Culture

bit.ly/2xEWKFe

Take virtual tours of over 500 famous museums from across the globe.



Resources

In this time of uncertainty, information is key. Family & Nursing Care has compiled the following resources for your convenience.



General Resources

- COVID-19 Guidance for Older Adults
cdc.gov/aging/covid19-guidance.html
- Maryland Department of Health: Coronavirus
coronavirus.maryland.gov
- Ensuring Access to Needed Medications
bit.ly/3dghn9O
- 7 Ways to Boost Your Loved One's Morale During the Coronavirus Epidemic
bit.ly/2W3782R
- Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak
<https://bit.ly/2SBR5YP>
- AARP Neighbors Helping Neighbors
aarpcommunityconnections.org
- Friendship Line (Institute on Aging): 1-800-971-0016
bit.ly/2xA57BN
- Disaster Distress Helpline (SAMHSA): (614) 466-2596
bit.ly/3fpko9y
- Coronavirus Scams: What the FTC is doing
bit.ly/2YCrimc



Videos

- General Prevention: https://youtu.be/nCmYRq_v7Fc
- Good Health: <https://youtu.be/MBexavPw-M>
- Group Dining: <https://youtu.be/dzXqUCFmhhc>
- Hand Washing: <https://youtu.be/qoXvR6lgHks>
- Health Conditions: <https://youtu.be/rx8-NdVEZ70>
- Home Sanitation: https://youtu.be/faY_GnPY5gw
- Home Signage: https://youtu.be/ettC_p4SWMc
- Informing Others: <https://youtu.be/iumpyQfmOFs>
- Senior Call Check: <https://youtu.be/xBNVyE7cfBo>
- Senior Center Closures:
<https://youtu.be/qDaxxKGCEuo>
- Social Distancing: https://youtu.be/sQYHEH_vYkQ
- Stay Informed: <https://youtu.be/AZJC1v6bLrs>
- Symptoms: <https://youtu.be/PSm7N4asmLA>



About Family & Nursing Care

Family & Nursing Care is one of the oldest and most respected resources for compassionate, progressive, and reliable home care. With over 50 years of experience, we have perfected the art of ensuring that you have access to compassionate caregiving, and continue to seek new ways to support and improve the lives of our clients and their families, caregivers, and our community as a whole.



The Highest Care Standards

Our Client Services Model ensures a premium experience and the highest quality support for our clients, the Caregivers, and healthcare professionals. In addition, our rigorous screening process enables us to source from a selection of 1,300+ of the best-of-the-best Caregivers with diverse skills and training.





Recognized for Excellence

According to our independent client survey, 97% of respondents said they would refer Family & Nursing Care to a friend, family member, or a colleague. We also receive a variety of awards annually for our commitment to corporate culture, client satisfaction, service offerings, and more.



Invested in the Community

The Family & Nursing Care Foundation was established in 2008 by our founder, Sandy Kursban, in an effort to support older adults by awarding grants to community partners to help lower-income adults gain access to home care and by providing scholarships for students to pursue a career as a Caregiver.



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