

Newsletter

June 17, 2020

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## Community Care Foster Family Home Program

Aloha CCFFH Operators,

DOH COVID-19 Materials

CTA is distributing this information on behalf of the Office of Health Care Assurance.

If you have a question or concern related to the Coronavirus please email it to [covid19@comties.com](mailto:covid19@comties.com).



Note: This is being resent and is now hopefully in a fairly printable format.

Community Ties of America, Inc. provides licensure and certification on behalf of the State of Hawaii, Office of Health Care Assurance

The Department of Health (DOH), Office of Health Care Assurance (OHCA) has asked CTA to send the 5 flyers below to all homes. If you wish to have better printable copies please use the links

Our website address to find forms, information and helpful tools:

<http://comties.com/HIforms.html>

OHCA website for posted surveys

<http://health.hawaii.gov/ohca/inspection-reports/>

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## STEPS TO PREPARE YOU FOR CARING FOR A PERSON IN A FOSTER OR CARE HOME

Older adults and persons with disabilities are at higher risk for developing complications of COVID-19. These steps are based on Centers for Disease Control and Prevention (CDC) and Hawaii Department of Health (DOH) guidelines, it is important for those who support them to understand how to minimize risk when continuing care in the foster or care home.

### 1. Make a Plan

- Train everyone on infection control
- Arrange for back-up staff if needed.
- Know signs and symptoms of COVID-19.
- Review who to contact in emergencies  
(e.g., family, physician, health plan service coordinator)



### 2. Anticipate Challenges

Plan for challenges during isolation or self-monitoring. Prepare a crisis plan for emergency situations.

### 3. Establish a Routine



Routines reduce anxiety during transitions. Establish a routine that works for everyone. Use this time to improve mental health, communication, and relationships.

### 4. Prevent Spread of Disease

Practice infection control, social distancing, stay home, and limit visitors and staff (essential only). Use personal protective equipment (PPE) when required. Follow guidelines to reduce community infection.

### 5. Monitor Safely

Dry cough, fever, and difficulty breathing are signs of infection that may worsen with time. Wear PPE as indicated. Contact your physician or 911 for support when advanced medical care is required. Follow CDC and DOH recommendations on when to discontinue home monitoring.



Hawaii Department of Human Services  
Med-QUEST Division  
Health Care Services Branch

for more info -  
<https://health.hawaii.gov/coronavirusdisease2019/>  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>  
Adapted from the Developmental Disabilities Division May 1, 2020

# WHAT TO DO IF YOU ARE A CAREGIVER WITH COVID-19



If you are a caregiver of an older adult or a person with disabilities, it is important that you plan ahead.

## 1- MAKE A PLAN

1. Identify who your back-up caregiver will be if you get sick. This could be family, friend, or a substitute caregiver.
2. Review the Service Plan with your back-up caregiver.
3. Communicate with your back-up person the type of daily support the member will need.
4. Notify the Service Coordinator if you think additional in-home supports will be needed.



- Create a list of emergency contacts and share it with your back-up caregiver.
- Support the emotional well-being of person member throughout the emergency by acknowledging any feelings the member may have and talk about things that can help bring the stress level down.

## 2- PREVENT THE SPREAD OF DISEASE



Follow the steps from the [Center for Disease Control and Prevention](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## 3- MONITOR SAFELY

- Dry cough, fever, and difficulty breathing are signs of infection that may worsen with time.
- Wear PPE as indicated.
- Contact your physician or 911 for support when advanced medical care is required.
- Follow CDC and DOH recommendations on when to discontinue home monitoring.



### For more info, visit -

<https://health.hawaii.gov/coronavirusdisease2019/>  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>  
<https://ad.gov/sites/default/files/common/Plain-Language-Tips-For-Working-With-Support-Staff-during-COVID-19-March-30-2020.pdf>

Adapted from the Developmental Disabilities Division May 1, 2020

Steps You Can Take to Protect Yourself  
and Others from COVID-19

# 5 STEPS TO PRACTICE EVERYDAY

**1**

## Practice Social Distancing

- Stay at least 6 feet from other people
- Do not gather in groups

**2**

## Practice Good Daily Hygiene

- Wash hands often and use a face mask
- Avoid touching your face with unwashed hands
- Cover your mouth and nose when coughing or sneezing

**3**

## Avoid Close Contact

- Avoid contact with people who are sick
- Stay home as much as possible

**4**

## Clean and Disinfect

- Clean and disinfect frequently touched surfaces.  
This includes tables, doorknobs, counter-tops, phones, toilets,  
faucets, and sinks

**5**

## Minimize Unnecessary Visitors in the Home

for more info visit:

<https://health.hawaii.gov/coronavirusdisease2019/>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>



# 5 STEPS WHEN CARING FOR A PERSON WITH COVID-19 IN THE HOME

People with disabilities can be at increased risk of becoming infected or having unrecognized illness. If someone who lives in your home becomes infected with COVID-19, following these guidelines will help prevent the spread of infection.

## 1. PREVENT THE SPREAD OF DISEASE



- Have the person stay in a separate bedroom by themselves, away from others utilizing their own bathroom, if possible.
- Avoid unnecessary visitors, limit to essential visits only.
- Maintain at least a 6 foot distance from each other whenever possible.
- Have the person with COVID-19 wear a mask.
- If person cannot wear a mask, caregiver should use PPE when treating the person.

## 2. PERIODIC SYMPTOM MONITORING



- Monitor household residents and support staff for fever, cough, shortness of breath, or at least 2 other symptoms such as muscle pain, sore throat, headache, loss of taste or smell
- Contact a healthcare provider if anyone experiences these symptoms

## 3. PROVIDE SYMPTOM TREATMENT



- Follow the guidance of your health care provider on treating fever, shortness of breath, or other symptoms
- Contact your healthcare provider if considering ending isolation

## 4. WORSENING SYMPTOMS: CALL 9-1-1



- Trouble breathing, shortness of breath
- Persistent pain
- Pressure in the chest
- New confusion
- Bluish lips or face

## 5. KEEP OTHERS INFORMED



- Inform necessary people of COVID-19 infection in the home and provide updates to: service coordinator, parent/guardian, and family

for more info, visit -

<https://health.hawaii.gov/coronavirusdisease2019/>  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

Adapted from the Developmental Disabilities Division May 1, 2020

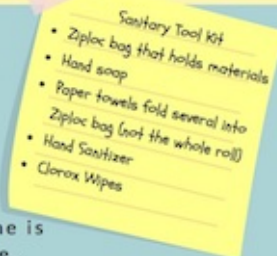
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## GUIDANCE FOR OTHER CAREGIVERS AND CASE MANAGERS

Essential workers like caregivers and nurses are critical in ensuring the health and safety of older adults and people with disabilities. For essential workers that need to have direct contact with the person, it is important to follow these steps.

### PREPARE AHEAD OF TIME

- Bring only items necessary for the visit into the home.
- Bring Sanitary Tool Kit into the home.
- Do not bring personal items into the home, whenever possible
- Stay home if you are sick.
- Contact the family member or caregiver prior to conducting the home visit to confirm no one in the home is showing any signs of illness and ask permission to come.
- If anyone is ill or if the family or caregiver is uncomfortable with visitors, the visit should be canceled.



### PRACTICE DAILY HYGIENE AND INFECTION CONTROL



Greet families verbally and avoid physical contact.



Keep 6 feet distance between people, if possible.



Wash hands often with soap upon arrival, departure, and as needed.



Wear a mask if interacting with a person who is symptomatic.



Check for the latest CDC guidelines.



Cover your mouth with a tissue or sleeve when coughing or sneezing.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Clean and sanitize items between home visits.

### FOR MORE INFO, VISIT -

<https://health.hawaii.gov/coronavirusdisease2019/>  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>

Adapted from the Developmental Disabilities Division May 1, 2020

Mahalo,

Angel England, RN  
Operations Manager



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