

CREATE YOUR OWN COVID-19 BACK UP PLAN




Seniors and/or their family caregivers should be prepared for the next surge in COVID-19 cases, or the double threat of COVID-19 and the seasonal flu. This tool guides the development of a plan to help ensure you and your loved one's health, safety, and wellbeing during the next surge.

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**Checking In With
Yourself**

Senior Concerns is a nonprofit 501(c)(3) organization, Tax ID#95-2992927, supporting seniors and family caregivers with a wide-variety of programs and services that maximize their quality of life.

Questions to ask yourself:



Do you have access to support during a shelter in place order?

- ☒ Have you created accounts that allow you to do online ordering for groceries, meals, and household essentials?
- ☒ Do you have someone who can run errands for you?
- ☒ Do you have someone who can conduct a daily check-in with you?
- ☒ Do you have a plan and back up equipment should you have an extended power outage?
- ☒ If fire threatens, do you have transportation to get out and an evacuation plan?



Do you have plans to not become socially isolated? *Human beings are social animals. Social isolation can impact both mental and physical health.*

- ☒ How will you communicate with loved ones? Phone, Zoom? Facetime?
- ☒ Can you meet virtually with the groups you belong to? (Faith, social, and hobby groups?)
- ☒ What activity can you do while at home that will bring purpose and meaning to your day?
- ☒ Have you investigated brain stimulating activities like online classes or virtual zoo or museum tours?
- ☒ What are your plans should a lockdown occur during holidays, birthdays, or special family celebrations? Have you discussed this with family?



Do you know how to access medical care?

- ☒ What is the procedure at your doctor's office should you need an appointment? Is your doctor providing telehealth appointments? Do you have the technology to do that?
- ☒ If you need a telehealth or in person doctors appoint, can a loved one attend that with you?
- ☒ Have you given permission to your physicians for a loved one to receive information about your medical condition? Does that loved one have the information they need to advocate for you – a list of your medical conditions, medications, list of physicians, etc.
- ☒ Are there medical appointments (dentist, eye doctor, annual exam) you have put off due to COVID-19? What is your plan to re-establish those appointments before another lock down?



What if you suspect you have COVID-19?

- ☒ Do you know what to do and where to go?
- ☒ Do you have the medical supplies you need should you become sick and are self-quarantined – thermometer, pulse oximeter, gloves, masks, antiseptic wipes, fever reducer, etc.?
- ☒ Do you have pets? Who will care for them if you become sick?
- ☒ Do you have a plan should people need to come into the home – neighbor, caregivers, repair people? What safety precautions will you put in place – temperature check, gloves, face mask, etc.
- ☒ Who gets the first call if you are sick with COVID-19?
- ☒ What is state protocol for what you do next?
- ☒ Will you know how to access pastoral or other spiritual care if you become sick?
- ☒ Does your designated power of attorney know where your legal documents are?



Do you have an appropriate supply of:

- ☒ Medical supplies
- ☒ Food
- ☒ Over the counter medication – fever reducing medications, supplements, etc.
- ☒ Prescription medications
- ☒ PPE – masks, gloves, antiseptic wipes
- ☒ Cleaning and disinfecting supplies
- ☒ Thermometers, pulse oximeters

RESOURCES YOU MAY FIND HELPFUL

Free Shopping Services – Call Senior Concerns at 805-497-0189

Free Pantry Essentials Delivered – Call Senior Concerns at 805-497-0189

Home Delivered Meals - Call Senior Concerns at 805-497-0189

Daily Check-In Call – CareRinger provides a free automated daily telephone check-in call and notifies a designated friend or family member if the call is not answered. To order, call Senior Concerns at 805-497-0189.

SCE Power Shut Off Shut Off Prep and Emergency Evacuation Plan Resources <https://www.sce.com/safety/wildfire/psps>

Shelter at Home Resources - <https://www.comfortkeepers.com/shelter-in-place>

Free Conference Call Service - <https://www.freeconferencecall.com/>

Free Video Conference Service - <https://zoom.us/>

Free COVID Toolkit – Includes thermometer, pulse oximeter, hand sanitizer, antiseptic wipes, disposable face mask, cloth face mask, disposable gloves, File of Life, an activity guide, and Toolkit booklet. While supplies last, must be age 75+, living at home and live in Simi Valley, Thousand Oaks, Newbury Park, Westlake Village, Oak Park and Agoura Hills. Call Senior Concerns at 805-497-0189 to reserve. Based on availability.

Free File of Life - The “File of Life” enables emergency personnel to obtain a quick medical history when you are unable to give one. The complete “File of Life” sleeve, is taken off the refrigerator, out of the wallet or vehicle and will accompany you to the hospital. Call Senior Concerns at 805-497-0189 to have one sent to you.

Pet Care: Hands To Cuddle, Paws To Love partners with local community resources to keep pets and loved ones together until the end. Health related issues are a leading cause for individuals becoming unable to care for their pets. Call Assisted Home Health and Hospice at 800-949-6555.

VC Emergency: <https://www.vcemergency.com/> for updates on all Public Health Orders

What to Consider If You Have Home Care Workers In The Home

Questions to ask yourself:



If you or your loved one contracts COVID-19 and there is a home care worker in the home, would that home care worker stay to help provide care?

- ☒ Would the homecare agency allow a care worker to live-in for 2 weeks, through the quarantine period?
- ☒ Would the agency arrange for another care worker to come into the home?



Is the care worker using public transportation to get to your or your loved one's home?



If shelter in place orders are re-instituted for everyone – who stays, and who goes – for example, care worker, housekeeper, gardener, etc.

- ☒ What about other support – life care managers, family, people making deliveries of medical supplies and food – especially if you or your loved one lives in an apartment building – can these providers enter the elevator or are residents required to come down to pick up items?



What do you require (masks, gloves, temperature checks) of home care workers at every visit?



How do you communicate with your loved one's home care worker?

RESOURCES YOU MAY FIND HELPFUL

Free Care Manager Consultation – <https://www.seniorconcerns.org/caregiver-support-center-and-care-management-services/> Senior Concerns' Care Manager Carie Salas, is available to answer questions and provide one-on-one consultation and support with regards to any questions around in-home care. You can reach her Monday to Friday from 9 am - 4 pm at 805-807-7781

What to Consider If Relocating a Loved One In Your Home

Questions to ask yourself:



Have you considered relocating an older loved one to your home?

If so, have you considered and discussed the new routines, roles and planning that will be required?

- ☒ For example, does the move mean your loved one will need to see a different set of doctors?
- ☒ How will they stay in touch with their friends?



What if, after the move, you have the sudden realization that your loved one's needs are greater than you imagined?

- ☒ For example, what if you find you are now a 24/7 caregiver, or your loved one's behavior is erratic and there is a need to stabilize their meds?



What if someone in your household gets COVID-19? What is the plan to prevent your older loved one from getting sick?

- ☒ You may want to consider obtaining a geriatric assessment of your older loved one now, so you may understand their functionality should further shelter in place orders occur.

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Ventura County Ombudsman - <http://www.ombudsmanventura.org/> The Ventura County Ombudsman Program advocates for the highest quality of life and care possible for all our elderly living in long term care facilities. Contact them if you have a concern or complaint about a residential facility that cares for the elderly. Also provides pre-placement counseling to assist before selecting a facility

What Legal Documents To Have For You Or Your Loved One

Questions to ask yourself:



Have you or your loved one completed and updated an Advance Healthcare Directive?

Have you or a loved one assigned a Power of Attorney?



Are you or your loved ones selected healthcare agents aware of their responsibilities?

☒ Do they have copies of your or your loved ones' documents?



Do you or your loved one have a POLST (Physician's Order for Life Sustaining Treatment)?

☒ If yes, is it displayed prominently?



Do you or a loved one have a DNR (Do Not Resuscitate Order) that is accurate for your/their wishes?

☒ Who has a copy?



Do your physicians have copies of your important documents?

RESOURCES YOU MAY FIND HELPFUL

Free Legal and Financial Consultation - <https://www.seniorconcerns.org/programs/financial-and-legal-concerns/>. Call Senior Concerns at 805-497-0189

Free Senior Advocacy - <https://www.seniorconcerns.org/programs/senior-advocates/> Call Senior Concerns at 805-497-0189

Having the Conversations – Ventura County Coalition for Compassionate Care <http://www.vccccc.org/>. It is important to have a conversation with your loved ones to understand their wishes about treatment options, care, and end of life issues.

Questions to ask yourself:



What emotions am I feeling?

What are my fears; what am I worried about?



What is helping me currently? (friends, music, pets)

What am I grateful for today?



Which member of your family/ friend group have you been thinking about the most during this time? Why?

Who am I checking in on, or connecting with today?



What am I stressed about, and how important is it?

What expectations of “normal” am I letting go of today?



How am I getting outside for some fresh air today?

How am I moving my body today?



What message am I communicating, cultivating, or inviting in today?

What new habits do I want to form now?



If I get very sick, what would I undergo for another breath?

Who is your support system?



Who do you support?

It is important to check in with yourself both emotionally and physically. Make your own emotional wellness a priority and reach out for support when needed.

It is normal for our emotional to fluctuate during difficult times. Find what brings you calm and reduces your stress and focus on including this into every day.

RESOURCES YOU MAY FIND HELPFUL

California Department of Aging: Feeling Good and Staying Connected Activity Guide: <https://aging.ca.gov/download.ashx?1E0rcNUV0zYlqz5kxLW8bA%3d%3d>