

Steve Sisolak
Governor



Richard Whitley
Director

State of Nevada
Department of Health and
Human Services

IS CORONA VIRUS THE NEW NORMAL?

Aging and Disability Services Division – PAC Unit

Cheryl R. Coleman, Ph.D.



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Helping people. It's who we are and what we do.



Agenda

1. Current State Mandates
2. Impacts to the Respite Care System During the Corona Virus Pandemic
3. Current Recommendations For Caregivers and Providers of Respite Services
4. What are Others Doing?
5. Accessing and Providing Respite Care during the Pandemic
6. Dealing with Social Isolation
7. What Can We Do In The Meantime?





Current State Mandates

Nevada Health Response



State Mandates for Prevention

- Wear a face covering
- Wash hands often with soap and warm water often, for at least 20 seconds
- Clean frequently touched surfaces (doorknobs, countertops) with household cleaning spray or wipes
- Cover your mouth when you cough or sneeze (use a tissue or your inner elbow, not your hands)



State Mandates for Prevention (Cont'd)

- Use an alcohol-based gel that contains at least 60 percent ethanol (ethyl alcohol)
- Avoid touching eyes, nose, mouth
- Stay home if you are sick and avoid close contact with others
- Think ahead about how to take care of yourself and your loved ones if the virus starts spreading in the community





Impacts to the Respite Care System During the Corona Virus Pandemic

What Caregivers are Experiencing



Respite Caregiver Challenges During the Corona Virus Pandemic

- Deciding whether to allow respite service into the home
 - Ensuring the health and safety of everyone involved in the caregiving process
 - Adapting to the sudden changes
 - Exploring options to reduce risks of contracting the virus
 - Putting off respite care until environment is safer
 - How to deal with social isolation
- Potential burnout from suspended supports



Respite Caregiver Challenges During the Corona Virus(Cont'd)

- Limited interactions with healthcare facilities
- Financial hardship
- *Efforts to pursue necessary respite services/address social isolation issues using innovative means:
 - Access to technology
 - Computer literacy
 - Impersonal nature of virtual interactions





Respite In Action

The New Normal



Indiana

- Indiana:
 - Maintain communication with respite administrators and Direct Service Professionals (DSPs) to stay abreast of changes in policies and procedures
 - Frequently check for updates from governmental entities (e.g. CDC, W.H.O., DHHS)
 - Utilize State resources to receive any assistance that may be needed in the meantime



New Jersey

- Statewide respite network implemented screening procedures to occur 24 hours before services, for service delivery staff, as well as caregivers:
 - Attainment, distribution and use of PPE
 - Assess level of comfort among all stakeholders



How Do I Access (or provide) Respite in COVID times?

Considerations for families and providers





Recommendations for Providers

- Respite Care Providers Should...

1. Not provide respite care if you develop symptoms or have recently been exposed to someone who has been diagnosed with COVID-19
2. Carefully follow recommended guidelines, policies, and procedures including:
 1. Engage in social distancing by staying at least 6-feet away from others, as much as possible
 2. Wear cloth face coverings and use other PPE, as needed
 3. Wash hands regularly and practice good hygiene
 4. Clean and disinfect surfaces regularly



Recommendations for Families

Care Partners and Care Recipients Should...

1. Let your respite care providers/agency know if you or any household members develops symptoms or have recently been exposed to someone who has been diagnosed with COVID-19
2. Carefully follow recommended guidelines, policies, and procedures including:
 1. Engage in social distancing by staying at least 6-feet away from others, as much as possible
 2. Wear cloth face coverings and use other PPE, as needed
 3. Wash hands regularly and practice good hygiene
 4. Clean and disinfect surfaces regularly
 5. Seek to minimize any social isolation you may be experiencing





Social Isolation

Real Impacts of Corona Virus on Caregivers





What is Social Isolation?

Social Isolation is: “a state of complete or near-complete lack of contact between an individual and **society**. It differs from **loneliness**, which reflects temporary and involuntary lack of contact with other humans in the world. Social isolation can be an issue for individuals of any age, though symptoms may differ by age group.”

Symptoms of Social Isolation

- Deep boredom, general lack of interest and withdrawal
- Losing interest in personal hygiene
- Poor eating and nutrition
- Significant disrepair, clutter and hoarding in the home
- Barriers due to Social Distancing Guidelines



Moving Forward

Protecting Yourself and Loved Ones



Useful Resources

Nevada 211: A program of the Nevada Department of Health and Human Services, committed to helping Nevadans connect with the services they need

Dial 2-1-1 or 1
(866) 535-5654

<http://www.nevada211.org/>

Centers for Disease Control and Prevention (CDC): Works to protect the safety, health, and security of America from threats here and around the world.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Nevada Health Response Aims to better share information and resources as regarding the current status of the coronavirus (COVID-19) and its statewide impact.

<https://nvhealthresponse.nv.gov/>

Department of Public and Behavioral Health: (775) 684-4200
Aims protect, promote and improve the physical and behavioral health of Nevadans

<http://dpbh.nv.gov/>

ARCH National Respite Network and Resource Center assists and promotes the development of quality respite and crisis care programs, helping families locate respite and crisis care services, and providing advocacy for respite in all forums.

<https://archrespite.org/contact-usttps://suicidepreventionlifeline.org/>





Road to Recovery: Moving to A New Normal

“The State of Nevada remains in the response stage to the COVID-19 pandemic and will be for the foreseeable future. To be successful, Nevada has developed a sustainable response model, one that will allow the Administration to utilize all available state and county assets in this response and recovery effort, maximize consistency and accountability, and prioritize the communication of the State’s most accurate data to the public and to decisionmakers. This is a natural evolution in the State’s response, and one that recognizes the need for a deliberate and predictable response to the protracted crisis of a global pandemic.”



**SPREAD THE WORD
NOT THE VIRUS!**





Questions?





Contact Information

Cheryl R. Coleman, Ph.D.

Program Officer II

crcoleman@adsd.nv.gov

702/486-2439

www.adsd.nv.gov

