

# TO SHARE WITH OLDER ADULTS AND FAMILY CAREGIVERS

<https://www.johnhartford.org/dissemination-center/view/coronavirus-disease-covid-19-resources-for-older-adults-family-caregivers-and-health-care-providers>

The John A. Hartford Center shares resources for older adults, family caregivers, long-term care facilities and health care professionals while moving forward in the COVID-19 pandemic.

<https://acl.gov/COVID-19>

The Administration for Community Living has added new sections on their website for COVID-19 FAQs and resources. The new information includes FAQs for some of the Older Americans Act programs, CMS guidance on HCBS waivers and nursing home visitation, and interim guidance from the CDC for getting an organization ready for an outbreak.

<https://www.youtube.com/watch?v=TjcoN9Aek24&feature=youtu.be>

The CDC has released a video that specifically discusses what older adults need to know about COVID-19 and preventative measures to help protect older adults from the virus.

<https://www.agingresearch.org/common-questions-and-answers-about-covid-19-for-older-adults-and-people-with-chronic-health-conditions/>

The Alliance for Aging Research answers common questions about COVID-19 for older adults and people with chronic health conditions including how to test for COVID-19, how to help loved ones at risk and more.

# WHERE TO FIND THE LATEST COVID-19 INFORMATION

## Nationally

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>  
The CDC's COVID-19 website has links for individuals and providers, as well as latest updates.

[https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20\\_coronavirus-guidance\\_8.5x11\\_315PM.pdf](https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf)

The President's Coronavirus Guidelines for America shares how we can all do our part to slow the spread of COVID-19.



## Utah

<https://coronavirus.utah.gov/>

The Utah government website holds the latest information and case counts for COVID-19 as well as the latest CDC updates for handling the virus.

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## Contact Information

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# COVID-19 AND LONG-TERM SERVICES AND SUPPORTS

**Dear Long-Term Services and Supports and Community Partners,**

***The Utah Geriatric Education Consortium remains committed to supporting our long-term services and supports partners in the care you provide older adults. We know there is a lot of information to sort through about Coronavirus Disease 2019 (or COVID-19). We've compiled a list of trusted resources for you to share with staff, patients and families. In addition, we've attached flyers that you can print out and share as needed.***

***Please reach out if you have urgent educational needs. We will do all we can to provide or find them for you.***

***We are so appreciative of all that you do to keep older adults in our communities healthy. You are our heroes. Thank you!***

***Sincerely,  
Linda S. Edelman PhD, RN  
UGEC Program Director***

<https://www.wa-paltc.com/covid-19-resources>

The Washington State Society for Post-Acute and Long-Term Care Medicine has collected resources including a grand rounds about what to know about COVID-19, Johns Hopkins' real-time map of COVID-19 cases, what to do if your facility has the virus, and best practices for managing COVID-19 in SNFs.

<https://www.geron.org/programs-services/alliances-and-multi-stakeholder-collaborations/national-adult-vaccination-program?start=1>

The Gerontological Society of America lists links for guidance of health care providers, implementation, federal funding notices and congressional updates.

## FOR LONG-TERM CARE/NURSING HOMES/RESIDENTIAL COMMUNITIES

<https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/prevent-spread-in-long-term-care-facilities.html>

The CDC expands on the impact COVID-19 has on long-term care facilities and nursing homes. Due to the group setting and residents with medical conditions, nursing homes are at the highest risk of spreading the virus to healthcare providers, visitors, and other residents. Find the CDC's checklist of procedures to minimize contact in nursing homes here.

<https://www.cms.gov/files/document/qso-20-14-nh-revised.pdf>

The Centers for Medicare & Medicaid Services (CMS) provide guidelines for nursing home facilities that supplement the CDC's guidance for limiting exposure of COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Information regarding prevention for close contact members, including family members and caregivers, can be found here.

## FOR HOME HEALTH AND HOSPICE

<https://www.nahc.org/wp-content/uploads/2020/03/COVID-19-Guidance-Document.pdf>

The COVID-19 Home Care and Hospice Guidance Document outlines the symptoms of the virus, as well as the precautions that should be taken to avoid and limit exposure to patients, caretakers, and others. With an emphasis on home care and hospice, the process of assessment of symptoms, isolation of the patient, and notifying the health department are included in this document.

## FOR STAYING MENTALLY HEALTHY

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

The CDC released information on how stress can negatively affect health outcomes for everyone. They highlight how everyone including parents, responders and people who have been released from quarantine can cope with their stress.

<https://mhanational.org/covid19>

Mental Health America's site provides mental health information for disease outbreaks, resources for mental health providers, parents, caregivers and older adults.

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Important/COVID-19-Updated-Guide-1.pdf?lang=en-US>

The National Alliance on Mental Illness has prepared a report with recommendations for dealing with anxiety, grief, loneliness and isolation due to COVID-19 and provides resources for people who are homeless or uninsured.

**COVID 19** CORONAVIRUS DISEASE **STOP THE SPREAD OF GERMS** Public Health

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information, call The NYS Coronavirus Hotline: 1-888-364-3065

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)