

# Thinking About Removing Your Older Loved One from Long Term Care During COVID19?

Here are 25 important questions to consider

## COVID-Related

- Are you in danger of infecting other vulnerable members of your household?

## Environment & Equipment

- Is your home barrier-free? Is your loved one able to get up the front stairs or walkway? Do you have sturdy handrails (preferably one on each side) upstairs and, where possible, in hallways too?
- Do they need to be transferred (bed / toilet / shower)? How would you do that? Do they need a Hoyer lift?
- Do you have an hospital-style, or other appropriate bed with accessibility grips for getting in and out?
- Do they need bedrails or other protective devices or restraints?
- Is your bathroom accessible (toilet / shower / sink)?
- Do they need assistive devices like wheelchairs, canes, or walkers? Do they fit in your house and hallways?

## Medication & Home Care

- Do you have their medications and expertise to provide them with appropriate medical care?
- Are you able to monitor and chart their health conditions (blood pressure / blood sugar / urine output)?
- Can you manage skin care and skin health to prevent bedsores?
- Are you able to support incontinence and access any needed products?
- Do they need oxygen at home and, if so, do you know how to administer it and get new supplies?
- Can you support required physiotherapy or rehab therapies at home? Do you know where to get any related resources (stretch bands, exercises, etc.)?
- Do they have trouble eating or aspirating food? Can you support their unique food needs such as pureed foods, allergies, and sensitivities?

## Access to Medical Care

- Who will you call if your loved one gets sicker (with COVID19 or their underlying health issues)?
- If you discharge them, will they have access to the same doctor they had at the long-term care home? Can they get their meds without seeing a new doctor?

## Financial

- Can you financially afford to provide care during these times of employment uncertainty and unemployment?

## Dementia & Memory

- How will you support them if they have dementia?
- Are you able to support a person with memory loss, sundowning, responsive behaviours, self-harming, hitting, wandering, or other factors secondary to dementia?
- Do you have a safety plan to keep a person with dementia safe and not leaving your home during COVID19?

## Social, Cultural & Emotional

- How will you support social engagement?
- Is your household able to accommodate ethno-cultural, religious, and language needs?
- In this difficult time, is your home a safe, abuse-free, conflict-free place for all, and conducive to the demands of 24/7 nursing care that you would be taking on, on top of your other household pressures?
- Who else in your home needs care? Can you balance that care? Do you have young kids at home, people with special needs, someone who is immune-compromised?

## Post COVID19

- Are they going to lose their placement in the nursing home? As your loved one will be formally discharged from the long-term care home, how long do you think the wait will be to get them readmitted post COVID19?