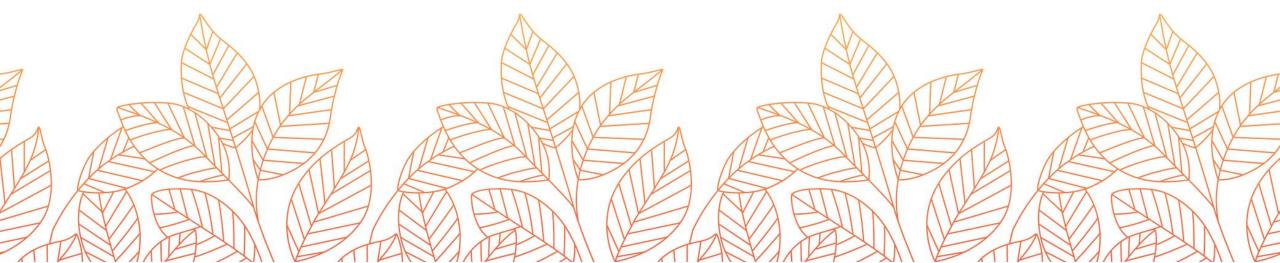


# Relaxing COVID-19 Restrictions in Assisted Living

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## Tricia Medeiros, COO

## The Plaza Assisted Living



Tricia Medeiros is the Chief Operating Officer of The Plaza Assisted Living. Born in Kailua, Hawaii, Medeiros graduated from West Chester University in Pennsylvania with a bachelor's degree in Accounting. Medeiros started her senior living career with Atria Assisted Living over 20 years ago where she worked on the corporate transition team. Medeiros also has an extensive background in working with Dementia and has served a variety of functions (including Chairman) on the Alzheimer's Association (Aloha Chapter)'s Board of Directors.











As you take steps to relax restrictions – assume everyone has COVID-19 and the virus will eventually come into your community. Your goal is to prevent it from spreading!



## Screening





- Establish one main (or limit) entrance into the building. Designate an exit too.
- Screening should be done on every vendor, employee, visitor, and resident! Keep logs for 4 years
- Keep logs for assignments, vendor interactions, essential visitor interactions. This is for contact tracing.
- Alternative option Automated kiosks like Accusheild, Thermologik
  - Advantage relieves staff for screening process
  - Disadvantage individuals more likely to answer honestly when face to face and reliance that visitors complete screening.



# Resident Egress and Ingress



## Resident Egress and Ingress



#### **Pre-Relaxing Steps**

- Residents not permitted to leave community except for essential reasons. This was easy to enforce during "Stayat Home Orders."
- Residents will be forced to guarantine for 14 days if they leave community for non-essential reasons.

- Allowing residents to leave community without quarantine 14 days after Stay at Home orders are lifted.
- Residents must wear a mask the entire time outside of the community and must not participate in group activities with more than 10 people.
- Residents will be screened when they return and will be forced to quarantine if they participated in activities with more than 10 people or they did not wear a mask.



## Entrance and Exit





## **Visitations**



## **Pre-Relaxing Options**

Window visits \* Drive by visits \* Parades \* Zoom Meetings
Intergenerational program note:
Local preschool conducted parade around the

building while residents sat at windows in the building.







## **Visitations - Next Steps**



#### First Step to Relaxing

- One visitor Screened
- By appointment during set visiting hours
- 30 minute max
- Outdoors
- Maintain social distancing

- Everyone wears a mask (alternate face shield)
- No food or eating during the visits
- No touching/kissing
- No visitors under the age of 14
- Educate Visitors (video/handout)
- Sanitize before and after visit

Alternate to outdoor visits - hold in large indoor areas with high ceilings and good air flow while social distancing. Sanitize before and after visit.

#### Next step to visits

All components in the First steps to visitations with the exception of the following:

• Increased number of visitors to a group of three. The three visitors could be an animal or under aged as long as they can wear a mask. Group of three must be social distanced from resident.



# Communal Dining



## **Dining**



#### **Pre-Relaxing Steps**

- All meals served in apartments on disposables
  - Delivered by Nursing Aides to reduce resident/staff interactions
- No self service beverage stations
- No buffets
- No sharing of food items
- No guest dining

Alternative option after next steps:

Allow 50% capacity into dining room No more than two people per table Reduce exposure for spread

- All servers in surgical masks and gloves while serving
- Same servers helping same residents
- Dining with social distancing
  - Masks at all times unless eating/drinking
- One resident per table unless you can achieve social distancing with a larger (or multiple) table
- Multiple seatings
- No condiments on table
- Sanitize hands as entering dining room
- Spouse and roommates can dine together
- No sharing meals or family style dining



# Group Activities



## **Group Activities**



### **Pre-Relaxing Steps**

- No group activities
- Individual Activity Kits
- Hallway activities
- Zoom entertainment



- Group activities limited to less than 10 and social distanced
- All participants in masks
- Whenever possible conduct activity outdoors
- Sanitize hands as residents enter and exit





## Sales – Tours



## **Tours**



### **Pre-Relaxing Steps**

- No tours
- Virtual/Zoom tours only

- Tours allowed face to face
- No more than 2 visitors
- Sales person stays with guest entire time
- Masks at all times
- Screened
- Only viewing model or vacant apartments
- Sales person responsible for ensuring tour has no contact with employees or residents
- Potential residents cannot participate in meals or activities for trial purposes



# **Admissions**



## **Admissions**



#### **Pre-Relaxing Steps**

• No admissions or all admissions will require 14-day quarantine with full PPE

- All admission will require a 14-day quarantine with full PPE
- Admissions have the option to 14-day quarantine at home after screening of household members.
- Screening to include no travel, outside home activities, exposure to COVID PUIs and positive people.
- Admissions/readmissions from healthcare communities will require a COVID negative test.
- Admissions from a healthcare community with an outbreak will require a double negative test result within 72 hours of transfer or REFUSE



# Salon



## Salon



## **Pre-Relaxing Steps**

• Suspend all salon services

- Services resume, stylist must be able to social distance from other stylist
- Stylist and residents must wear mask entire time
- By scheduled appointment only
- No waiting or congregating before or after
- Timing when salons opened in community salons opened in the community-at-large. There was a fear that residents would want to leave to go to the salon



Do another round of COVID-19 training with staff, residents, and families before relaxing.

Communicate openly with everyone and in different ways.

Monitor what is happening... walk the floor and put eyes on what is happening.

Survey everyone!





# Thank you!!!

