Coordinating & Managing FTD Care Today
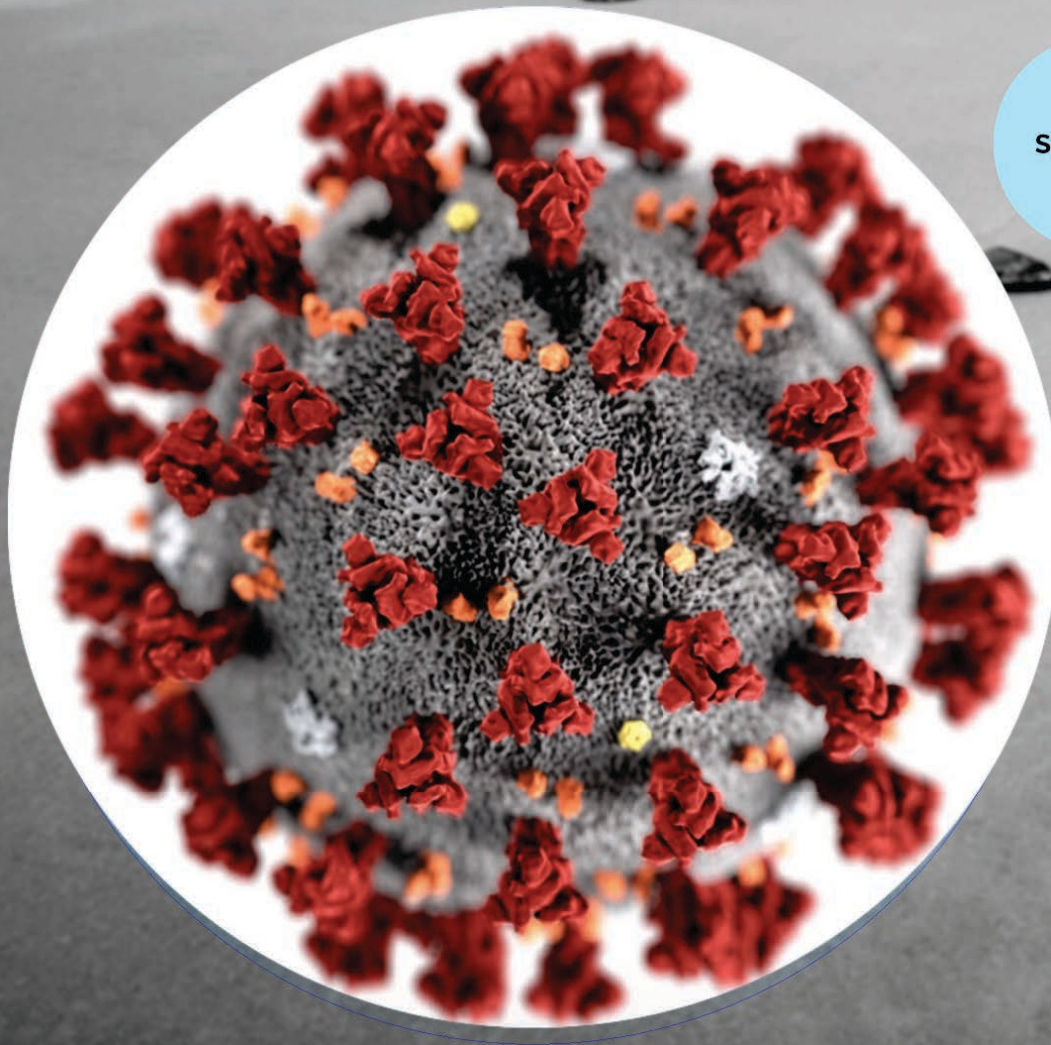
Jennifer Pilcher, Ph.D., CMC
Clear Guidance
04/07/2020

Consider

Prepare

Protect

Learn

Symptoms

Emergency
Warning
Signs

Transmission

Symptoms

Usually begin as mild, can accelerate within 5-7 days

Over 80% have fever

Cough, shortness of breath, loss of taste or smell

Possibly gastrointestinal

NO NSAIDS (MOTRIN or ALEVE)

Use observation and monitoring

Increased or acute change in confusion or disorientation

⚠ WARNING

Emergency Warning Signs

New confusion

Difficulty breathing

Persistent pain or pressure in chest

Bluish lips or face

Those with sleep apnea more at risk

Elevated fever (over 100.4)

Transmission

Transmitted through respiratory droplets

No conclusive evidence yet that it is airborne

Asymptomatic transmission

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Reduce Risk

Hygiene & Sanitizing

Lifestyle Changes

Hygiene & Sanitizing

Make hand washing part of your daily schedule, do it together, use reminders

Use hand sanitizer if hand washing is difficult, dont DIY

Follow CDC guidelines for sanitizing your home
https://www.cdc.gov/coronavirus/2019-ncov/
prevent-getting-sick/cleaning-disinfection.html?
CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov
%2Fcoronavirus%2F2019-ncov%2Fprepare
%2Fcleaning-disinfection.html

Lifestyle Changes

Stay at home, except outside

Set up deliveries of necessary items
https://www.youtube.com/watch?v=sjDuwc9KBps&feature=share&fbclid=IwAR329quYFOXrCe-WFknl8k5pNlWRUYDJUfcCuP49tfxGKDvEO0XaREuV9pk&app=desktop

Sanitize / quarantine packages OR wear mask

Cancel all non essential medical appointments

Stay hydrated

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Prepare/ Plan

Plan for Infection

Prepare your Home

Back up Plan

Review Advanced Directives

Plan for possible infection

Call Primary Care Provider
- Remind them of your diagnosis and living situation
- Ask for protocol for reporting of symptoms
- Ask if they have tests available

Research Test Sites & Hospitals
- Find mobil or tented test sites
- Identify dedicated local hospitals

Prepare Documentation
- Health Care Proxy and Advanced Directives
- Emergency Contacts
- List of diagnoses
- List of providers
- List of medications
- Anything else you would want emergency responders to know

Prepare your home

Prepare for quarantine
- Identify separate bedroom and bathroom that can be used only for infected person

Gather Needed Supplies
- PPE – Personal Protective Equipment (masks, gloves)
- Cleaning supplies
- Disinfectant

Gather detection and treatment items
- Thermometer
- Mucinex or mucus reduction meds (without ibuprofen)
- Tylenol
- Vicks Vapo Rub
- Humidifier
- Laundry detergent
-

Place emergency instructions on refrigerator

Backup Plan

If you have a home care provider, find out their protocols for caring with infected persons

Who will step in if one or both of you gets sick?
- Agreement with family
- Contract with home care agency
- Dedicated rehab facilities, isolation rooms

Identify person (s) who will be responsible and educate them about where to find emergency information

Advanced Directives

Discuss advanced directives - do they still apply in this current environment?

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Getting started Toolkit
https://
www.honoringchoicesmass.com/

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Stress Reduction & Self Care

Routine / Structure

Avoid

Resources

Awareness

Routine / Structure

Example Schedule:

8 am Breakfast / hand washing
8:30 Shower / Personal Care

9:00 Vigorous Exercise
9:50 Hydrate

10:00 Household Chores

10:30 Activity - social or intellectual

12:00 Lunch / Hand washing

12:30 Downtime (read/watch movie/podcast/meditate/rest)

1:30 Activity - social or intellectual

3:00 Vigorous Exercise

4:00 Downtime (read/watch movie/podcast/meditate/rest)

5:30 Dinner / Hand washing

6:00 Activity - social or intellectual

9:00 Downtime (reading only, no TV or electronics)

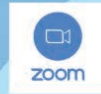10:00 Bedtime

Things to avoid

Television

News in any format

Alcohol Intake

Resources

Zoom & FaceTime Basics
https://www.candootech.com/howto-offerings

Activity Ideas
https://www.linkedin.com/pulse/helping-older-adults-stay-creatively-engaged-during-covid-19-gray/

https://www.aginglifecare.org/alca_web_docs/covid19/Activity%20Ideas%20during%20COVID-19.pdf

Easy / Quick Stress Relief
Calm App - Google and App store
https://www.businessinsider.com/calm-meditation-app-cost-pictures-valuation-2018-3

Bringing loved-ones home?
http://blog.aginglifecare.org/blog/should-i-move-mom-back-home/

Self-Reflection / Awareness of Tension

Acknowledgment of heightened anxiety

Awareness of body language and facial expression

Validate each others feelings first

Acknowledge and accept breakdowns

If communication is difficult, agree to take a break

Practice gratitude

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