

## **HAMILTON CONTINUING CARE CENTER'S RULES FOR ESSENTIAL CAREGIVERS DURING THE COVID-19 PANDEMIC**

Recognizing the critical role family members and other outside caregivers (e.g., friends, volunteers, private personal caregivers) often have in the care and support of residents, and pursuant to the New Jersey Department of Health (NJ DOH) Executive Directive No. 20-026, Hamilton Continuing Care will permit outside Essential Caregivers to assist in the care of individual residents. An Essential Caregiver is an outside individual who was previously actively engaged with the resident or is committed to assisting and encouraging with activities of daily living and other care needs. The decision to designate an Essential Caregiver will be individualized and integrated with person-directed care planning.

### Choice of Essential Caregivers

- 1) All residents may receive Essential Caregiver visitation, except for those residents in a 14-day quarantine period, positive for COVID-19, and have not yet met the criteria for the discontinuation of isolation.
- 2) Hamilton Continuing Care staff members must consult the resident or resident's representative (i.e., Power-of-Attorney) about the resident's wishes or best interests to determine whom to designate as the Essential Caregiver.
- 3) Those interested in serving as Essential Caregivers must complete the "Hamilton Continuing Care Essential Caregiver Application." The Administrator, in collaboration with the Director of Nursing or Director, will approve or deny the application to serve as an Essential Caregiver.
- 4) Both the resident and Essential Caregiver must sign the "Hamilton Continuing Care Visit Rules, Informed Consent, Hold Harmless, & Release Regarding COVID-19" and "Hamilton Continuing Care Essential Caregiver Agreement" prior to beginning the Essential Caregiver relationship.
- 5) Residents or residents' representatives may express a desire to designate more than one Essential Caregiver based on their past involvement and needs (e.g., more than one family member previously split time to provide care for the resident). In these unique situations, Hamilton Continuing Care staff will work cooperatively with the resident and family to work out a schedule to accommodate the Essential Caregivers. A resident may have no more than two (2) Essential Caregivers.
- 6) Essential Caregivers must be at least eighteen (18) years old.
- 7) Essential Caregivers must plan to visit residents at least once per week, absent exceptional circumstances or community prohibitions on entry.

### Role of Essential Caregivers

- 8) Essential Caregivers will support and encourage residents with activities of daily living (ADLs) and have an essential purpose.
- 9) Essential Caregiver visitation is not solely to provide social visits.
- 10) Hamilton Continuing Care staff will hold a care conference and care plan the role of each Essential Caregiver.

## Testing & Screening Essential Caregivers

- 11) For the safety and wellbeing of the residents and associates, Hamilton Continuing Care staff strongly recommend that Essential Caregivers demonstrate results of two negative COVID-19 tests before providing care to the residents: the first negative COVID-19 test should occur seven (7) days prior to the second test. The second test should occur no more than five (5) days prior to the visit to the Hamilton Continuing Care center. The Essential Caregiver should thereafter continue to demonstrate negative COVID-19 tests on a weekly basis or two (2) negative COVID-19 tests prior to returning to provide care within Hamilton Continuing Care.
- 12) Essential Caregivers can undergo COVID-19 testing through their own healthcare providers. Essential Caregivers also have the option of undergoing COVID-19 testing at the Hamilton Continuing Care by providing valid insurance information; Essential Caregivers are responsible for the unpaid costs of any COVID-19 testing at Hamilton Continuing Care.
- 13) Essential Caregivers will always be screened prior to being allowed access into the Hamilton Continuing Care center community. Screenings shall include temperature checks, questioning on symptoms and diagnosis of disease (including COVID-19), and questioning on travel and interaction with those with COVID-19 and suspected of having COVID-19.
- 14) For the safety and wellbeing of the residents and associates, Hamilton Continuing Care staff strongly recommend that Essential Caregivers provide proof of having received a flu vaccination to Hamilton Continuing Care staff by November 1, 2020.

## Essential Caregiver Visitation Details

- 15) Essential Caregiver visits will be scheduled in advance with the Hamilton Continuing Care. Essential Caregivers may visit during the following hours: M-F, 9a-4p, and Saturday-Sunday, 10a – 4p. To reduce congestion during the screening process, Essential Caregivers may not enter the center during the changes of shift.
- 16) When Hamilton Continuing Care is in the Red Zone (Phase 0 pursuant to NJDOH guidance), a resident may have Essential Caregiver care one (1) visit per week for a maximum of two (2) hours (per visit).
- 17) When Hamilton Continuing Care is in the Orange Zone or Yellow Zone (Phase 1 or Phase 2, respectively, pursuant to NJDOH guidance), a resident may have Essential Caregiver care for two (2) visits per week for a maximum of two (2) hours (per visit).
- 18) When Hamilton Continuing Care is in the Green Zone (Phase 3 pursuant to NJ DOH guidance), regular visitation will resume at Hamilton Continuing Care center.
- 19) Essential Caregivers must remain in their assigned areas for the duration of their visits.
- 20) Essential Caregivers must engage in hand hygiene and social distancing from others besides the resident while in Hamilton Continuing Care center.
- 21) The Essential Caregiver must maintain social distancing of at least 6 feet with staff and other residents while in the center.

- 23) Hamilton Continuing Care staff may stop any Essential Caregiver visit or visits if it is believed that the visit or visits are not in the best interests of the resident or community.
- 24) Essential Caregivers must sign in and sign out of Hamilton Continuing Care at the “Front Desk”.

#### Personal Protective Equipment (PPE)

- 25) The Essential Caregiver must always wear proper Personal Protective Equipment (PPE) while in the Hamilton Continuing Care center. Depending on the NJDOH Phase, this PPE could include a mask, face shield, and isolation gown. Essential Caregivers must always wear masks while in Hamilton Continuing Care center.
- 26) Essential caregivers must provide their own PPE.
- 27) Essential Caregivers must watch the Centers for Disease Control and Prevention (CDC) video on donning and doffing PPE (available at <https://www.youtube.com/watch?v=1xy00pLT9M4&feature=youtu.be>) and sign an attestation that they have watched same.