

March 27, 2020

## Good ideas!

### Living with Covid-19 and supporting aging loved ones

Practical strategies to help ease worries, feel better

### Following safety precautions is still the best way to care for each other

A review of the guidelines on risk reduction and what to do if you have symptoms



Trusted Guidance for Aging Adults and Families

Even in these difficult times, every day safety and security remain essential to well being. **If you or an aging loved one have an urgent need to secure daily support or adjust your living arrangements**, then please connect with us. Our knowledge of local services, senior housing and retirement community options, and our experience and ability to quickly navigate and find the best match for you will give you safe access to the information and advice you need to ensure you or your loved ones' needs can be met and worries eased.

You can connect with us directly by calling your FSEAP hotline and requesting to speak with an Eldercare Counselor. Call 1.877.553.7327.

## Living and coping with Covid-19

Ease the spirit. Lighten your worries.

With no real sense of how long the Covid-19 crisis will last, it is important for isolated older adults to still have a sense of purpose and pleasure in their day and find a "new normal".

### Here are four suggestions to keep you going!

#### 1. Encourage physical wellness:

##### Window walking and community spirit

Older adults and community members of all ages who are enjoying regular walks are taking delight in the many **pictures and signs popping up in the windows** of homes and other buildings. The window art is part of an initiative to add an element of discovery and joy to the outings of others and remind us that "we are all in this together". Sometimes the window art follows a theme. For those not able to get out for a walk, creating a picture or sign to post in your own window is a great way to participate as well. Check out your neighborhood association's website to learn more.



## 2. Create new routines:

### Plan your days for purpose and pleasure

We are all creatures of habit and the cancellation of many programs, group gatherings, club functions, work and volunteer commitments etc., might leave some feeling a bit adrift. If your aging loved one's weekly routine has been disrupted by COVID-19, take some time to help them create a new and meaningful one that will help guide them through the days and weeks ahead and ensure there is a balance between **PURPOSE** (food prep, laundry, ordering or getting groceries for example) and **PLEASURE** or self-care activities (exercise, phone calls or Facetime with others, reading, spiritual care, a creative hobby, or other project).

### 3. Help others. Make a difference.

Picking up groceries for a neighbour, share a new game idea, send a daily joke or did-you-know fact, be a patient listener on a phone call, invite someone to go for a walk while respecting social distance requirements, or simply sending an email or note to say "I am thinking you!" will make a difference in their day and your own. Yes, we can all be in this together even if we are (at minimum!) six-feet apart.

*Signs of Spring are a welcomed sight!*



### 4. Give thanks and manage the noise.

Despite the challenges big and small we are currently facing **giving thanks** for the small joys and blessings we have will keep us grounded and help give us the **patience and resilience** to carry on.

Mental health therapist Jessica Grace, Our Mama Village, reminded us in a recent CBC interview the importance of **not dwelling on what we can't control, but rather on what we can**. While it is important to stay current and receive important updates, it is ok to turn off the news feed or gently tell someone its time to the change the subject for a while.

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## Resources and information

[Loblaws on-line grocery orders for pick up](#)

[Loblaws on-line grocery orders for delivery](#)

[Instacart](#) - delivery from Staples, The Real Canadian SuperStore, Walmart, Loblaws, Shopper's Drug Mart and others

[In a buggy](#) - delivery from Metro, Costco, PetSmart, Loblaws, M&M, Canadian Tire and others. In a Buggy has an app too.

OTHER...

Your Councillor's office and City of Ottawa website for important updates

Your Community Association for local updates and suggestions for supporting your well being.

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## Following safety precautions will help!

We need everyone to continue their efforts to reduce the risk of COVID-19 transmission. Following recommended safety precautions is the best way to care for each other, and to protect both your health and that of your community.

### What you can do:

- Wash hands thoroughly with warm water and soap
- Maintain a distance of 1 - 2 metres between you and those around you
- Stay home and self-isolate as able
- Sneeze or cough into the crook of your arm
- Avoid touching your face, nose, mouth and eyes
- Utilize home delivery services of groceries and pharmaceuticals where possible
- Ask neighbors or family to pick up essential items for you when they are replenishing their own supplies



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## Your symptom response plan

### What to do if you have symptoms

Ottawa Public Health has opened a **COVID-19 Assessment Centre** at Brewer Arena. The centre is located off of Bronson Avenue and across from Carleton University at 151 Brewer Way, Ottawa, ON K1S 5T1. The assessment centre was opened to ease pressure on hospital emergency rooms and to offer an **early screening opportunity for mild – moderate, suspected cases of COVID -19.**

The following chart will help you understand your symptoms, risk level and what action to take:

Description	What to do
<b>Mild symptoms</b> - low grade fever, - cough, - managing symptoms well	Do NOT call Ottawa Public Health or visit the Assessment Centre  Self-isolate (14 days often recommended) and monitor symptoms
<b>Moderate symptoms</b> - upper respiratory fever of 38 C or higher - worsening cough - 60 years of age or older - underlying health conditions of concern - have traveled outside Canada in last 14 days, - have been in contact with someone with COVID-19 symptoms in the last 14 days	Do NOT call Ottawa Public Health  Visit the COVID-19 assessment centre (a referral is not needed)  Call your health care provider  If neither the COVID-19 assessment centre nor your health care provider's office is open, go to Emergency
<b>Severe symptoms</b> - fever - frequent shortage of breath and difficulty breathing - cannot manage symptoms	If a medical emergency, call 9-1-1 immediately  Go to hospital emergency and pay attention to special signage

## COVID-19 Assessment Centres across Ontario.

There are now approximately 17 assessment centres across Ontario. Check on-line for the nearest one to you or your loved ones, and whether a referral is required.

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## Even while taking precautions, there are things you can still do!

### Provisions and supplies

If you need groceries or prescriptions go to the store or ask a relative, neighbor or friend to pick them up for you when they are purchasing their own supplies.

Consider taking advantage of on-line home shopping services or ask us for assistance with this task.



### Exercise and stay connected

With Spring around the corner, go for a walk and enjoy the outdoors. Continue to connect with family, friends and others by phone, email, Facetime or Skype.

Staying active and in touch with others is important to your mental health and physical well being.



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## Be Prepared.

### A COVID-19 Checklist

The following checklist to help you prepare for a period of isolation or potential supply chain interruptions. **We are happy to review by phone your level of preparedness and offer troubleshooting solutions** to help you stay supplied and feeling secure.

#### Food

Dried pasta  
Pasta sauce  
Prepared canned soups  
Canned vegetables, beans, meats  
Cereals  
Powdered milk

#### If you have a freezer

Frozen fruit and vegetables, extra bread and/or baked goods, milk (can be frozen), Juice concentrate

For more information, visit the [Government of Canada's COVID-19 Being Prepared website](#).

#### Medications or over the counter

A minimum a one month supply  
Vitamin C supplements  
Tylenol or other anti-inflammatory

#### Also a good idea to have on hand

Pet food  
Toilet paper, Kleenex or tissues  
Hand soap and hand/body lotion  
Toothpaste and dental hygiene needs  
Thermometer  
Continence supplies  
Paper toweling  
Laundry detergent  
Sanitizers or surface cleaners