

With a Little Help, Inc

Home Care with Heart

www.WithaLittleHelp.com | 206.352.7399

Good Morning Everyone,

Thank you for including me in the community conversation on In-Home Care.

I was sorry I missed the end of the WASHAA meeting when I got disconnected due to the fact that I wanted to be able to share a few of these resources with you. Please don't hesitate to reach out to me if you have any questions that didn't get answered or I can provide a resource with you. If I don't know the answer, I will find it out.

Have a fabulous week!

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Home Care Resources

Questions to ask before hiring home care

<https://wahca.wpengine.com/faq/>

During COVID-19

1. What protocols has your company put into place to keep the risk low of spreading COVID-19?
2. What guidelines are you following? (CDC & DOH would be good answers)
3. Have your caregivers been trained in universal precautions? (The answer should be yes as all licensed Home Care Aids, CNA's and NAR's are.)
4. Have your caregivers been COVID-19 trained?
5. Are your caregivers doing screening/symptom checks and if so how often and how do they report it? What questions are included in the screening? (Have they travelled? Have they been exposed to COVID-19?)
6. If a caregiver has been exposed or has COVID-19, how will I be notified and what is your protocol at that point?
7. Have your caregivers been tested? (The answer to this is more than likely no)
8. How many caregivers will it take to cover the number of hours I am requesting?
9. Will my caregiver stay 6 ft away from me unless I need personal care?

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10. Will my caregiver wear a mask/gloves at all times? If not, what is your requirement?
11. Where else is my caregiver working?
12. Will I/client have to wear a mask?
13. Will you provide PPE (Personal Protective Equipment) for me and my caregiver?
14. What happens if I get COVID-19, will you still care for me?
15. What are things you can help me with to help me stay home and stay safe?
16. What services can you provide if I don't want anyone coming into my home?
17. Do I have to have a place for the caregiver to sleep if they are spending the night?
18. Will the caregiver eat with me? Will it be 6ft apart? Do I provide their food?
19. WHY is it important to hire a Licensed Home Care Company?

COVID-19 Guidance for Home Care, Home Health, and Hospice Agencies

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/HomeHealth-Hospiceguidance.pdf>

CDC Information for Healthcare Professionals about COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/index.html>



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Washington Home Care Association

<https://wahca.org/>

Home Care Association of America

<http://www.hcaoa.org/>

Care Availability

<http://availability.retirementconnection.com/>

Retirement Connection

<https://retirementconnection.com/>

NW Mask Brigade-Do you need cloth mask? Sylvie Ward & Holly is her assistant are looking for places to donate.

nwmaskbrigade@gmail.com

<https://www.facebook.com/NWMaskBrigade>

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COVID Resources

Accessibility at Drive-Thru Medical Sites

[http://nwadacenter.org/sites/adanw/files/files/Fact%20Sheet%20Accessibility%20at%20Drive-Thru%20Medical%20Sites\(1\).pdf](http://nwadacenter.org/sites/adanw/files/files/Fact%20Sheet%20Accessibility%20at%20Drive-Thru%20Medical%20Sites(1).pdf)

CDC Protect Yourself and Others

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

Worldometer

<https://www.worldometers.info/coronavirus/>

Long term care data dashboard

<https://www.kingcounty.gov/depts/health/covid-19/data/LTCF.aspx>

Linelist of 84 total long-term care facilities being monitored for COVID-19 as of 05/17/2020

https://www.kingcounty.gov/depts/health/covid-19/data/~/_media/depts/health/communicable-diseases/documents/C19/LTCF-list.ashx

Families First Coronavirus Response Act: Employer Paid Leave Requirements <https://www.dol.gov/agencies/whd/pandemic/ffcra-employer-paid-leave>

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COVID-19 Health

<https://covid19.health/>

Data

<https://www.data.org/>

COVID-19 BEST CHART for States-WATCH Washington

https://public.flourish.studio/visualisation/1632510/?fbclid=IwAR2i_lItDtip5IAVW46heYLkwtWDETz8UnSvGM56cSiafCeYhk-mCCs-H6Y

COVID-19 Hotspots by county

https://www.nationalgeographic.com/science/2020/05/graphic-tracking-coronavirus-infections-us/?cmpid=org=ngp::mc=crm-email::src=ngp::cmp=editorial::add=Science_20200513&rid=ED8F97E0A742E4BF2CD38D51B09733EA

Hard of hearing mask

<https://www.designboom.com/design/student-creates-transparent-masks-deaf-hard-of-hearing-04-08-2020/>

TECH COACHING FOR SENIORS

<https://gentletechhelp.com/>

GrandPad

<https://www.grandpad.net/>

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Fun and Positive Resources

NEW DAY cooperative distribution: groceries delivered to your door, from your favorite local producers!

<https://shop.rethinkinggroceries.coop/Index>

Need a haircut?

<https://www.flowbee.com/>

SNL ZOOM Meeting

<https://www.google.com/search?client=firefox-b-1-d&q=Saturday+night+live+zoom>

The Greater Good

<https://greatergood.berkeley.edu/>

Terry Hershey

<https://www.terryhershey.com/sabbath-moment/>

Some Good News with John Krasinski

https://www.youtube.com/watch?v=F5pgG1M_h_U

LIVE INSPIRED PODCAST WITH JOHN O'LEARY

<http://johnolearyinspires.com/podcasts/>

The Art of Writing a Letter, stationary, letter seals & sealing wax, and stamps as gifts. (Something like this)

<https://www.amazon.com/Art-Letter-Writing-Bodleian-Library/dp/1851243976>

https://www.amazon.com/Sealing-Old-Fashioned-Alphabet-CreativeRomantic/dp/B00HKQMFYG/ref=sr_1_3?dchild=1&keywords=waxing+seal+kit&qid=1590432689&sr=8-3

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Activities for Engagement

1. CREATE A HOSPITAL TO GO BAG (incase there is an emergency trip you can grab it and go)

- a. Five Wishes/Healthcare Directives
- b. Phone
- c. Chargers for phone
- d. Notebook
- e. Pens
- f. File with health info
- g. Contacts
- h. Hand Sanitizer
- i. Bleach wipes
- j. Hydrogen Peroxide
- k. Socks with rubber nonskid bottoms
- l. Picture of you and loved ones
- m. Books-

- i. Something for pleasure
- ii. Safe and Sound in the Hospital

https://www.amazon.com/Safe-Sound-Hospital-Must-Have-Checklists/dp/0615490646/ref=sr_1_1?dchild=1&keywords=Safe+and+Sound+in+the+hospital+book&qid=1589998447&s=books&sr=1-1

- iii. The Secret Language of Health Care-How to Ask for the Care You Deserve

<https://www.amazon.com/Secret-Language-Healthcare-Care-Deserve/dp/1733966609>

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2. Set up a ZOOM meeting with family members

3. Engage in meaningful conversation

- a. When were you born?
- b. How many brothers and sisters were in your family?
- c. What are your sibling's names?
- d. What were the most popular toys or gadgets when you were a kid?
- e. What was your favorite TV show as a child? And now?
- f. What was the first movie you saw in a theater?
- g. Who is your favorite Actress/Actor?
- h. What games do you like to play?
- i. What are your parent's names?
- j. What were your parent's careers?
- k. Did you have a nickname when you were young?
- l. What as your favorite gift you've received?
- m. What was your favorite subject in school and why?
- n. What were you good at in school?
- o. Did you study for exams long before they happened or cram the night before?
- p. Who was your first date with?
- q. What did you do on your first date?
- r. How did you meet your best friend?
- s. What did you and your best friend love to do together?
- t. What type of music do you like?

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- u. What instrument did you play?
 - v. How did you meet your spouse?
 - w. What was your first job?
 - x. What is your biggest accomplishment in your life?
 - y. Who has made the most impact on your life and why?
 - z. What was the most embarrassing thing that happened to you?
 - aa. What is the most interesting place you have been to?
 - bb. Did you have any pets?
 - cc. What was your first care?
- 4. Fill a bird feeder/humming bird feeder and hang them where it can be seen**
- 5. Set up Audible to listen to music and books**
- 6. Plant seeds in egg cartons (It's great to watch something grow and be responsible for watering it) Eldergrow has Virtual Activities during COVID-19**
 - a. <https://www.eldergrow.org/>
- 7.**
- 8. Go for walks**
- 9. Pack a picnic (even if you just go outside to eat it)**
- 10. Art –**
 - a. <https://www.silverkite.us/sparkboxes>
 - b. Paint
 - c. Draw

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- d. Garden art (make pictures out of things you pick up outside)
- 11. Put a puzzle together
- 12. Make holiday cards
- 13. Keep a journal
- 14. Clip coupons
- 15. Frye Art Museum from Home
 - a. <https://www.fryemuseum.blog/>
- 16. MealTrain- organize meals for a friend in need after a birth, surgery or illness
 - a. <https://www.mealtrain.com/>
- 17. Morning Glory Memory Keeper: A Record of Your Daily Routines and Life Stories
 - a. https://www.amazon.com/dp/B06XY5FTS4/ref=cm_sw_r_tw_awdo_x_FJz3ybJFNG25J
- 18. TV for Dementia-to set up as you are leaving
 - a. <https://www.zinniatv.com/>