

COVID-19

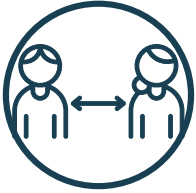
CHECKLIST

for people living in PSRs
and their family caregivers

MAXIMUM ALERT
IN ESTRIE

Level **4**

BASIC MEASURES to be applied at all times



2 metres
(6 feet)

+



Procedure mask
(often blue)

+



Handwashing
(with soap or alcohol-based
solution for 20 seconds)

+



Respiratory etiquette
(cough and sneeze into your elbow, throw
away your tissue immediately after use,
and wash your hands immediately)



INSTRUCTIONS

FAMILY CAREGIVERS

PERMITTED: One person at a time (except in situations of end-of-life care)



Definition: Any person who, on a continuous or occasional basis, **provides support to a member of their circle** who has a temporary or permanent disability and with whom they share an emotional bond, whether family or not.

Support is offered on a nonprofessional basis, without regard to the age, living environment, or nature of the disability of the circle member, be it physical, psychic, psychosocial, or other. It can take a variety of forms, such as assisting with personal care, providing emotional support, or organizing care. **This means that close relatives and the immediate family must have access to the living environment of their loved one.**

Examples allowed: Son or daughter who brings groceries and medication twice a week; brother who comes for offer moral support 4 times a week; two friends who come to give hygiene care each week in turn; lady companion.

VISITORS

NOT PERMITTED: Not indoors, on the grounds, or in the common room (except in situations of end-of-life care)

Definition: Anyone who **wishes to visit the resident but is not a close relative or member of the immediate family** and who does not meet the definition of a family caregiver. A visitor can be **someone who is known but who has occasional contact that is not essential** for the resident's physical or psychological integrity. It may also be an unknown person.



Care and services in the resident's apartment

- NOT PERMITTED: Staff hired by the resident or their family

- PERMITTED: Residence services
- PERMITTED: Employees of home-support service companies (EÉSAD)
- PERMITTED: Employees paid through the service employment paycheque program
- GIVE PREFERENCE TO: Virtual consultations with health-care professionals



Care and services in the PSR

- PERMITTED: Shops in the residence (e.g., convenience store, hair salon)



Dining room: Accessible only to residents

- PERMITTED: But not recommended

Maintain free meal service in the resident's apartment, if required



Activities: Swimming pool, training room, activity room, etc.

- PERMITTED: If the bubble concept is applied.

No sharing of items (decks of cards, bean bags, books, etc.)



Outings

- PERMITTED: Walking outside
- PERMITTED: ESSENTIAL APPOINTMENTS ONLY (medical, services, and health care)
- NOT PERMITTED: Visits in the family (same instructions as for the general population)

Residents can use their own vehicles or other means of transportation (taxi, public transit, paratransit, etc.).



Purchases: Restaurant food, groceries, pharmacy, goods, gifts, etc.

- Give preference to: Delivered items (pick-up at the reception desk in compliance with disinfection rules)