

Essential Caregiver Information Package and Guidelines

An Essential Caregiver (EC) is the only type of visitor that may visit when the resident's Home-area is in outbreak. ECs are designated by the resident and/or their Power of Attorney or Substitute Decision Maker (POA/SDM) for care. Essential Caregivers, may provide direct care to the resident (e.g., supporting feeding, mobility, personal hygiene, cognitive stimulation, communication, meaningful connection, relational continuity, and assistance in decision-making).

At Dearness Home:

- There is no maximum number of ECs registered to one resident
- The same person may be designated as an EC for more than one resident (access to residents may be limited by public health where outbreak measures are in effect)
- ECs must be at least 16 years of age; if younger then permission from the parental guardian is required
- All ECs at Dearness will be educated in person prior to gaining the EC designation
- During outbreak and when the resident they are visiting is in isolation, ECs will wear the designated PPE (Personal Protective Equipment) during their visit

Essential Caregivers must respect and practice the infection control measures required to keep our residents, staff and volunteers safe. Essential Caregivers will receive approximately one hour of in-person education on the Dearness Home Visitor Policy, general expectations, infection control practices as well as how to safely put personal protective equipment on and take it off.

If you are the POA or SDM for care, please speak with your loved-one in the Home and your family to decide if you want to designate Essential Caregivers. If so, decide who the Caregiver(s) will be and then please contact Cheryl Gilmour, Manager Community Life by email cgilmour@london.ca or by phone **519-661-0400 x8271** to arrange a mutually agreed upon training time. Please check all the latest updates on the Dearness Home website <https://london.ca/living-london/community-services/senior-supports/dearness-home>

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The Essential Caregiver must:

- Come to the Home during visiting hours (9am – 9pm 7 days/week including holidays)
- Self-screen at home and do not visit Dearness if there are signs or symptoms of COVID-19
- Read the Dearness Home website for any updates to the current landscape of Government guidelines or changes to visiting
- Upon entering the home:
 - Wear the Essential Caregiver identification sticker on your upper body or where it will be **visible at all times**
 - Sign in and out at the Entrance/Exit
 - Read and be able to answer “no” to the passive screening questions

Infection Prevention and Control Measures –

The Essential Caregiver must:

Follow all the guidelines provided in the in-person education (also included in the educational hand-out), including:

- Practicing good hand hygiene, prior to entering and upon exiting the home
- Using alcohol-based hand rubs as the preferred method of cleansing (unless hands are visibly soiled, when soap & water would be preferred)
- Where the resident is in isolation, wearing the designated droplet/contact personal protective equipment (surgical mask, eye protection, gloves, and a gown) and following protocol to properly put on PPE and remove PPE
- Wear the Essential Caregiver identification sticker on the upper body and ensure it is clearly visible at all times
- Acknowledge that the failure to follow expectations is a serious matter that may result in a discontinuation of Caregiver access