



From the IIMHL and IIDL Update List

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## Rapid Review on Coronavirus/COVID-19: Policies, Actions and Resources related to Mental Health Services for Older people across IIMHL countries

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*“Whether the Covid-19 crisis proves to be a watershed moment for social care in the UK remains to be seen, but we owe it to those lives lost to this tragedy and to their families to see a positive legacy emerge from it”.<sup>1</sup>*

### Introduction

This report is a rapid review of how IIMHL countries are addressing the impact of Covid-19 on the older people who are more vulnerable than most. All IIMHL countries have been included in this Rapid Review Update of Covid-19 information. The aim is to share information quickly across countries. This information focuses on policies, actions and resources related to older people’s mental health in the context of the COVID-19 pandemic.

We are grateful for the people from international and national agencies who have shared information with us. There are a wide range of resources contained in this briefing, and we hope you will find much of interest and use. To aid you in navigating the variety of information quickly, we have set out below the top takeaway messages from those resources, enabling you to see the key themes, and then dive more deeply into those of most relevance to you. We hope you find this document is helpful.

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<sup>1</sup> Nuffield Trust 4/5/20

## Key takeaways

- All countries see older people as having a higher risk for Covid-19 and this is borne out by the statistics of infection and deaths.
- Simple instructions as to why staff are wearing PPE are important in order to allay anxiety – particularly for people with dementia.
- The “social distancing” distance varies across countries; for example, in Australia it is 1.5 metres, in New Zealand and the UK it is 2 metres.
- Language differs over countries; for example, Ireland uses “cocooning” which means staying home in all circumstances. In New Zealand it would be quarantining. “Seniors” in the US are “older people” in New Zealand.
- All countries have larger numbers of infection and death in long term care homes compared to other people.
- All countries have plans in place for solving this tragic issue in care homes.
- In general staff in care homes are often immigrant women with clinical oversight
- Whose responsibility for the quality of care in care homes is confusing in some countries. Most care homes are privately owned but also under the oversight of government health services (e.g. New Zealand).
- There appears to be an audit system in place for care homes in most countries (e.g. the Ministry of Health Certification team undertake quality audits in New Zealand)
- Many countries see COVID-19 as a vehicle to improve care home services in the future.
- In some countries (e.g. Canada) the military have been brought in to help care homes and feed people (England). In others statutory agencies are working in a wider role (e.g. Care Quality Commission in the UK) in order to assist COVID-19 work.
- Some government agencies are collecting examples of provider innovation during the COVID-19 pandemic (e.g. the Australian Aged Care and Safety Commission).
- There are some agencies highlighting excellent care (e.g. Care Quality Commission in the UK).
- As with other IIMHL & IIDL reports, some information on webpages is not dated, and in this ever moving COVID-19 world it is difficult to foresee Government timelines for policy approaches.

## International organisations

### World Health Organisation (WHO)

#### **Supporting older people during the COVID-19 pandemic is everyone’s business**

Older people face significant risk of developing severe illness if they contract the disease due to physiological changes that come with ageing and potential underlying health conditions.

*“Support for older people, their families and their caregivers is an essential part of the countries’ comprehensive response to the pandemic. During times of isolation and quarantine, older people need safe access to nutritious food, basic supplies, money, medicine to support their physical health, and social care. Dissemination of accurate information is critical to ensuring that older people have clear messages and resources on how to stay physically and mentally healthy during the pandemic and what to do if they should fall ill”.*

<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/news/news/2020/4/supporting-older-people-during-the-covid-19-pandemic-is-everyones-business>

## **WHO Country and Technical Guidance – COVID-19 Analysis of the Focus on Older People 20/4/20**

<https://ifa.ngo/wp-content/uploads/2020/04/WHO-Guidance-Summary-FINAL.pdf>

Q & A on COVID-19 and older people 8<sup>th</sup> May 2020

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-on-on-covid-19-for-older-people>

In late April 2020 more than 95 percent of coronavirus-related deaths in Europe were in people aged over 60, according to [World Health Organization](#) figures. Eight out of 10 people to die had pre-existing conditions, such as cardiovascular disease, hypertension and diabetes.

<https://eachother.org.uk/ageism-in-the-age-of-covid-19/>

## **Older people are more at risk but all must act to prevent community spread**

<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/statements/statement-older-people-are-at-highest-risk-from-covid-19,-but-all-must-act-to-prevent-community-spread>

Posters for older people: Two examples:

<https://who.canto.global/v/coronavirus/library?keyword=older%20people&viewIndex=1&gSortingForward&gOrderProp=name&display=thumbnail&from=thumbnail&column=image&id=mo7sgduen957rfv6i91qiun427>

<https://who.canto.global/v/coronavirus/library?keyword=older%20people&viewIndex=1&gSortingForward&gOrderProp=name&display=thumbnail&from=thumbnail&column=image&id=ret8ef7a9t7mv1em54m9c2vf3l>

## **United Nations**

**1<sup>st</sup> May 2020 "Our response to COVID-19 must respect the rights and dignity of older people"**

On 1<sup>st</sup> May the UN launched a 16-page policy brief that provides analysis and recommendations to address these challenges. They stated that the response to COVID-19 must respect the rights and dignity of older people.

[https://www.un.org/sites/un2.un.org/files/un\\_policy\\_brief\\_on\\_covid-19\\_and\\_older\\_persons\\_1\\_may\\_2020.pdf](https://www.un.org/sites/un2.un.org/files/un_policy_brief_on_covid-19_and_older_persons_1_may_2020.pdf)

*“There are four main messages (summarised).*

*“First, no person, young or old, is expendable. Older people have the same rights to life and health as everyone else.*

*Second, while physical distancing is crucial, let’s not forget we are one community and we all belong to each other. We need improved social support and smarter efforts to reach older people through digital technology.*

*Third, all social, economic and humanitarian responses must take the needs of older people fully into account, from universal health coverage to social protection, decent work and pensions.*

*And fourth, let’s not treat older people as invisible or powerless.*

*Many older people depend on an income and are fully engaged in work, in family life, in teaching and learning, and in looking after others. Their voices and leadership count.”*

<https://www.un.org/en/coronavirus/our-response-covid-19-must-respect-rights-and-dignity-older-people>

### **ISSUE BRIEF: OLDER PERSONS AND COVID-19 A Defining Moment for Informed, Inclusive and Targeted Response April 2020**

<https://www.un.org/development/desa/ageing/wp-content/uploads/sites/24/2020/04/POLICY-BRIEF-ON-COVID19-AND-OLDER-PERSONS.pdf>

### ***‘Rights and dignity’ of older people must be respected during COVID-19 and beyond***

*“The COVID-19 fatality rate for people over 80-years-old, is five times the global average, the UN Secretary-General said on Friday, launching a new policy initiative to address this and many other challenges faced by the elderly, during and after the biggest public health crisis to hit the world in a century”.*

<https://news.un.org/en/story/2020/05/1063052>

### **European Centre for Disease Prevention and Control**

KNOW, PREPARE, PROTECT: Information on COVID-19 for people with chronic diseases, their family members and care givers. A two-page leaflet.

[https://www.ecdc.europa.eu/sites/default/files/documents/Leaflet-Covid-19\\_chronic-diseases.pdf](https://www.ecdc.europa.eu/sites/default/files/documents/Leaflet-Covid-19_chronic-diseases.pdf)

## Human Rights Watch

### **Rights Risks to Older People in COVID-19 Response**

Combat Ageism; Ensure Access to Health Care, Services

Human Rights Watch have stated that governments should respect the rights of older people in their response to the COVID-19 epidemic.

Available evidence has shown that older people are more likely to experience serious and life-threatening complications from COVID-19 infection. Older people also face a heightened risk of infection if they live in institutions like nursing homes and may face severe social isolation if they remain at home. They face further risks to their health and rights in detention, and with reliance on humanitarian aid.

“Older people are disproportionately affected by COVID-19, and many governments are racing to respond,” said Bethany Brown, researcher on older people’s rights at Human Rights Watch. “But older people face risks to their rights as well if governments do not take their specific experiences into account and do not actively combat age discrimination.” More than 95 percent of the people who have reportedly died of COVID-19 in Europe were over age 60. The US Centers for Disease Control and Prevention reported that from February 12 to March 16, 2020, COVID-19 fatality in the United States was highest in people over 85, followed by people ages 65 to 84.

In addition to the greater risk of severe illness and death from the virus, discriminatory attitudes and actions threaten older people’s rights. A United Kingdom newspaper opinion piece about the economic impact of the coronavirus said that the death of older people could actually be beneficial by “culling elderly dependents.” In a March 22 interview, Ukraine’s former health minister said people over 65 are already “corpses” and the government should focus its COVID-19 efforts on people “who are still alive.”

<https://www.hrw.org/news/2020/04/07/rights-risks-older-people-covid-19-response>

## Alzheimer Europe

### **Alzheimer Europe recommendations on promoting the wellbeing of people with dementia and carers during the COVID-19 pandemic**

In this statement, Alzheimer Europe looks at some of the key issues and challenges faced by people with dementia, informal carers, and health and social care professionals, and provides some recommendations. Many people with dementia are older and hence at greater risk of being adversely affected by this virus but not all people with dementia are older and the virus affects people of all ages. Having dementia per se is not believed to increase the risk of contracting COVID-19 but people with dementia may find it more difficult to adopt or comply with various protective measures (e.g. linked to hand washing, coughing, distancing, isolation and

lockdown) and to obtain necessary support during this difficult time. It is therefore important to be particularly vigilant during the pandemic in order to protect their wellbeing, safety and rights, and to ensure that they and their carers have the support they need.

The agency gives recommendations for:

- Alzheimer Associations
- Health & Social Care staff
- For Governments

<https://www.alzheimer-europe.org/Policy/Our-opinion-on/Wellbeing-of-people-with-dementia-during-COVID-19-pandemic>

### **International Federation of Aging**

The International Federation on Ageing fondly known as “IFA” is an international non-governmental organization (NGO) whose members are government, NGOs, academia, industry, and individuals in nearly 80 countries. IFA believes that all these members working together are essential to help shape and influence policy and good practices.

IFA stands to drive the agenda for the world’s population ageing. We are proud to have general consultative status at the United Nations, and its agencies, and in formal working relations with the World Health Organization.

“At this time, when the epidemic broke out in many countries, causing both human and property losses, age discrimination continued to appear in the community. This means that besides the COVID-19 pandemic, we are facing another pandemic called 'ageism'. In the context that the health system is overloaded, with age discrimination, older people may be neglected or denied treatment”.

<https://ifa.ngo/about-us/>

### **Help Age International**

COVID-19: Guidance and advice for carers of older people at home.

<https://www.helpage.org/what-we-do/covid19-guidance-and-advice-for-carers-of-older-people-at-home/>

Protecting older people. HelpAge International has provided six key messages for decision makers at global and national levels:

<https://www.helpage.org/what-we-do/protecting-older-people-during-the-coronavirus-covid19-pandemic/>

## IIMHL Countries

### Australia

#### Prime Minister Morrison 1<sup>st</sup> May 2020

“Residential aged care providers will benefit from an additional COVID-19 specific support package totalling \$205 million under targeted measures announced today by the Morrison Government. It takes the total COVID-19 specific Federal Government funding for aged care to more than \$850 million”.

Prime Minister Scott Morrison said the latest injection of funds was aimed at ensuring aged care providers can offer reinforced levels of safety and care for those who need it most.

*“Senior Australians are highly vulnerable to coronavirus and we are seeing the cost the pandemic is having on facilities around the country,”* the Prime Minister said. *“This is about keeping those people in residential aged care, protected and safe.”*

<https://www.pm.gov.au/media/new-covid-19-payment-keep-senior-australians-residential-aged-care-safe>

#### Federal Government Daily Update

Daily update on COVID-19 “Protecting Older Australians” One example 7/5/20:

[https://acsa.asn.au/ACSA/media/General/Documents/Aged%20Care%20Emergency%20Planning/2020-05-07\\_Protecting-Older-Australians.pdf](https://acsa.asn.au/ACSA/media/General/Documents/Aged%20Care%20Emergency%20Planning/2020-05-07_Protecting-Older-Australians.pdf)

**Head to Health** Mental Health support:

<https://headtohealth.gov.au/covid-19-support/covid-19>

#### Australian Government: Department for Health

Coronavirus (COVID-19) advice for the health and aged care sector

We are providing up-to-date and authoritative information and advice on COVID-19 for the health and aged care sector.

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-advice-for-the-health-and-aged-care-sector>

#### Information for aged care residents and families issued in April 2020

[Coronavirus \(COVID-19\) information for families and residents on restricted visits to residential aged care facilities](#) 30 April 2020

[Coronavirus \(COVID-19\) information for older Australians](#) 30 April 2020

[Coronavirus \(COVID-19\) advice for retirement villages](#) 30 April 2020

[Coronavirus \(COVID-19\) – Restrictions on entry into and visitors to aged care facilities](#)

[It's ok to have home care](#) 16 April 2020

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources#for-aged-care-residents-and-families>



## **Coronavirus (COVID-19) advice for older people**

People aged 70 years and over, people aged 65 years and over with chronic medical conditions, people with compromised immune systems, and Aboriginal and Torres Strait Islander people over the age of 50, are at greater risk of more serious illness if they are infected with coronavirus.

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-older-people>

Fact sheet: Assistance with meals issued April 2020

<https://www.health.gov.au/sites/default/files/documents/2020/04/assistance-with-food-and-meals-for-older-australians-impacted-by-covid-19.pdf>

MyAgedCare – list of supports available

<https://www.myagedcare.gov.au/covid-19-information-support>

### **Australian Government: Commonwealth resources**

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/aged-care.aspx>

## **Coronavirus (COVID-19) advice for Aboriginal and Torres Strait Islander peoples and remote communities**

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-aboriginal-and-torres-strait-islander-peoples-and-remote-communities>

## **Coronavirus (COVID-19) advice for people in aged care facilities**

Everybody is at risk of contracting COVID-19 so you need to protect yourself and others. Managers, staff, family, friends and residents need to work together to protect older people in aged care facilities.

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-people-in-aged-care-facilities>

### **Australian Government: Aged Care & Safety Commission**

The Australian Government continues to closely monitor the Coronavirus COVID-19 situation and calibrate its response in line with the latest advice from the Department of Health and other health authorities. Its stated priority is to protect and enhance the safety, health, well-being and quality of life of aged care consumers.

<https://www.agedcarequality.gov.au/covid-19-coronavirus-information>

Due to the unprecedented nature of the pandemic, the Commission is encouraging aged care providers to come up with innovative ways to ensure the ongoing health,



safety and wellbeing of consumers in their care, from keeping in touch with family and friends to activities that promote engagement. Examples are:

<https://www.agedcarequality.gov.au/providers/success-stories-and-innovation-during-covid-19-pandemic>

### **Australian Government: National Mental Health Commission**

#InThisTogether: Supporting our mental health during Coronavirus (COVID-19)  
<https://www.mentalhealthcommission.gov.au/InThisTogether>

Information on one state as an example:

### **New South Wales Government**

In NSW coronavirus-related deaths in aged care homes have accounted for more than one-third of the state's overall tally.

The outbreak has prompted renewed calls for increased testing in aged care homes, with elderly people at significantly higher risk of death if they become infected.

"[Aged care facilities] are places where you absolutely need to act down on it immediately and that really means extensive testing, including individuals with no symptoms."

<https://www.theage.com.au/national/victoria/covid-19-cluster-at-aged-care-home-linked-to-spike-in-victorian-cases-20200430-p54ome.html>

### **COVID-19: Advice for aged care services Guidance**

- [Guidance for aged care facilities](#)
- [Residential care facilities and influenza](#)
- [Public Health \(COVID-19 Residential Aged Care Facilities\) Order 2020 - Frequently asked questions](#)
- [Discharging new and returning residents during COVID-19](#)
- [Dementia Support Australia - pandemic resources](#)
- [Medication Safety and Quality - Clinical Excellence Commission](#)
- [Clinical Excellence Commission - Resources for health professionals in different settings](#)

### **Fact sheets**

[Information for residential care facility staff](#), also available

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/aged-care.aspx>

COVID-19 (Coronavirus) – Guidance for residential aged care facilities

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/residential-aged-care.aspx>

Aboriginal resources – several posters

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/resources.aspx#Aboriginal>

## Aged and Community Services Australia

Resources – a huge list

<https://acsa.asn.au/Home/Aged-Care-Emergency-Planning/Coronavirus/Department-of-Health-COVID-19-Resources>

## Council on the Aging

COVID-19 (Coronavirus) – Information for older Queenslanders

<https://www.cotaqld.org.au/information/covid-19-coronavirus-information-for-older-queenslanders/>

## Beyond Blue

Supporting older people during the coronavirus pandemic

<https://coronavirus.beyondblue.org.au/i-am-supporting-others/older-people/supporting-older-people-during-the-coronavirus-pandemic.html>

## Dementia Australia

### **“Isolating doesn’t need to mean isolated”**

“For people living in residential aged care we encourage staff to involve families wherever they can to actively plan for different forms of engagement and methods of communication.” Some of the fantastic examples we have heard about through aged care providers and our clients are:

- Maintaining regular visits from a family member at key times of importance for a person with dementia so that routines are maintained as much as possible or to assist with the care of their loved one;
- Staff scheduling window visits with phone calls, walks in gardens and courtyards within the homes so loved ones have been able to visit safely with no contact with other residents;
- Sharing of photos of residents enjoying activities with families;
- Arranging video calls, or if that isn’t practical, sharing video messages between residents and families;
- Printing out emails or photos to give to residents to enjoy;
- Providers inviting schools and community groups to send jokes, stories and messages to share;
- Where residents have needed to be confined to rooms, providing writing materials for residents to write notes to each other;
- Staff creating WhatsApp chats for residents to help maintain social interaction when perhaps they are not able to see each other as much;
- Providers creating closed Facebook Groups for families to communicate with each other and the staff;

<https://www.dementia.org.au/media-releases/2020/isolating-does-not-have-to-mean-isolated>

## Canada

### Prime Minister Justin Trudeau - 7 May 2020

The Prime Minister, Justin Trudeau, announced on 7<sup>th</sup> May that all provinces and territories have confirmed, or are in the process of confirming, plans to cost share wage top-ups for their essential workers. The Government of Canada will provide up to \$3 billion in support to increase the wages of low-income essential workers. Each province or territory will determine which workers would be eligible for support, and how much support they will receive.

<https://pm.gc.ca/en>

### Long-term care homes in Canada

These facilities, whose residents are more vulnerable to COVID-19, the respiratory illness caused by the coronavirus, have been hard-hit. In Canada, almost half of the country's total deaths have been in nursing homes.

"We need to do better," Trudeau told reporters at his daily briefing. "Because we are failing our parents, our grandparents, our elders - the greatest generation who built this country. We need to care for them properly." Ontario and Quebec, the country's largest provinces, have both requested military help as officials face deadly outbreaks and severe staffing shortages in nursing homes.

<https://www.reuters.com/article/us-health-coronavirus-canada-seniors/we-are-failing-our-grandparents-canadas-trudeau-says-as-covid-19-hammers-nursing-homes-idUSKCN2253I6>

### Government of Canada

Vulnerable populations and COVID-19 include anyone who is:

- an older adult
- at risk due to underlying medical conditions (e.g. heart disease, hypertension, diabetes, chronic respiratory diseases, cancer)
- at risk due to a compromised immune system from a medical condition or treatment (e.g. chemotherapy)...and more
- 

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/vulnerable-populations-covid-19.html>

Factsheet:

<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerable-populations/covid-19-vulnerable-populations-eng.pdf>

### Age distribution of Canadian COVID-19 cases as of May 7, 2020

As of May 7, 2020, adults between the ages of 50 and 59 accounted for around 16.5 percent of all COVID-19 cases in Canada. A similar share of cases was reported in adults aged 80 years and older.

### **Which groups of people are at higher risk?**

COVID-19 remains a significant threat in Canada, and the risk of infection is particularly high for older people, especially those with pre-existing medical conditions. It is not surprising, therefore, that adults aged 55 years and older are more concerned about contracting the disease than younger age groups. During these challenging times, it is important to protect older people living alone and those in care facilities. Groups should not be discriminated against because of age, and all communities need to be supported.

<https://www.statista.com/statistics/1107149/covid19-cases-age-distribution-canada/>

### **Health Canada**

This agency developed the [new national guidelines](#) for care homes which are very extensive. Among the infection prevention and control recommendations:

- Restricting visitors and volunteers;
- Screenings before shift for staff and before any essential visitor enters;
- Prohibiting staff with symptoms from coming to work;
- Wearing masks, and other personal protective equipment;
- Limiting employees to working in a single facility; and
- Cancelling any non-essential outings and maintaining physical distance during meals

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevent-control-covid-19-long-term-care-homes.html>

### **National Institute for Aging**

Advice for Older Canadians during COVID-19

<https://static1.squarespace.com/static/5c2fa7b03917eed9b5a436d8/t/5ea744b207d2077ec4908105/1588020404025/NIA+Older+Canadians+and+COVID-19+Final.pdf>

Advice for caregivers of older people

<https://static1.squarespace.com/static/5c2fa7b03917eed9b5a436d8/t/5ea745095474b84e5496133d/1588020489972/NIA+Caregivers+and+COVID-19+FINAL.pdf>

### **Hospital News**

Dr John Muscedere, an intensivist and respirologist at Kingston General Hospital and Scientific Director of the [Canadian Frailty Network](#) says, “A major consideration as we prepare to mitigate the spread of COVID-19 is to be aware of the different

regional impacts it might have. Some communities have larger concentrations of seniors, including older people with frailty, and other underlying health conditions. These are the people most at risk so we may need to be aware of these regionalities for planning purposes such that we can direct our health care resources accordingly.”

**The Canadian Frailty Network (CFN)** defines [frailty](#) as a state of increased vulnerability and functional decline. Individuals who are frail are more likely to have many health problems, take multiple medications and be limited in their ability to get around and carry out activities of daily living.

<https://hospitalnews.com/dont-leave-older-canadians-behind-in-covid-19-preparedness/>

## **What to do if a loved one is in a care home**

### **Stay in touch**

With virtually all visitors are barred from nursing homes since mid-March, frequent contact with loved ones via telephone calls or video visits has become even more important. In addition to providing much-needed emotional support, it signals to staffers that family members are vigilant.

"When a facility knows someone is watching, those residents get better care," said Daniel Ross, senior staff attorney at Mobilization for Justice, a legal aid agency in New York City. "Obviously, the ban of visitors is a real problem, but it doesn't make family oversight impossible."

Advocacy group [AARP is pressing for Congress](#) to require nursing homes to offer video visitation and to provide federal funding for the needed technologies. If you can afford to do so, buy a tablet for your loved one or organize a group of families to buy several.

### **Band together**

More than likely, other families have similar concerns and need for information. Reach out through email chains or telephone trees, suggested Richard Mollot, executive director of the Long Term Care Community Coalition in New York City.

Ask your nursing home administrator to update families weekly through a conference call or Zoom video chat. Explain that families will probably call less often with repetitive questions if communication is coordinated.

<https://edition.cnn.com/2020/05/01/health/family-nursing-home-elderly-care-coronavirus-wellness-partner/index.html>

## **England**

**The Department of Health & Social Care (DHSC) and Public Health England (PHE) are leading the UK government response to the coronavirus (COVID-19) outbreak.**

You can get up-to-date information about Coronavirus (COVID-19) and what you need to do on [www.gov.uk](http://www.gov.uk)

There is coronavirus information for people and businesses in:

- Scotland on the Scottish Government website
- Wales on the Welsh Government website
- Northern Ireland on the nidirect website

## GOV.UK

### **Guidance: Staying at home and away from others (social distancing) Updated 1 May 2020**

When we reduce our day-to-day contact with other people, we will reduce the spread of the infection. That is why the government has introduced three new measures.

- Requiring people to stay at home, except for very limited purposes
- Closing certain businesses and venues
- Stopping gatherings of more than two people in public

“Clinically vulnerable people are those who are:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab as an adult each year on medical grounds)”

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others/full-guidance-on-staying-at-home-and-away-from-others>

## GOV.UK

### **The English Department of Health and Social Care - Policy paper COVID-19: our action plan for adult social care 16/4/20**

#### **Contents**

Our action plan for adult social care:

1. Controlling the spread of infection in care settings
2. Supporting the workforce
3. Supporting independence, supporting people at the end of their lives and responding to individual needs
4. Supporting local authorities and the providers of care

List of key guidance

The 1.5 million people who make up the paid social care workforce, in local authorities and the independent and not-for-profit sectors, together with 5 million unpaid carers provide an invaluable service to the nation – especially during the COVID-19 pandemic. They work tirelessly to support the most vulnerable in our

society, and as this pandemic has made clear, we as a nation are indebted to their selfless dedication.

Care workers, caterers, cleaners, nurses, occupational therapists, personal assistants, registered managers, social workers, and others – all have a critical role to play to ensure that people’s needs are met during this crisis.

Clearly the challenges of COVID-19 go far beyond anything we have previously experienced. Our approach is made of four pillars:

- controlling the spread of infection
- supporting the workforce
- supporting independence, supporting people at the end of their lives, and responding to individual needs
- supporting local authorities and the providers of care

<https://www.gov.uk/government/publications/coronavirus-covid-19-adult-social-care-action-plan/covid-19-our-action-plan-for-adult-social-care>

#### **COVID-19: how to work safely in care homes 27 April 2020**

<https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-care-homes>

#### **Public health directors in England are asked to take charge of Covid-19 testing published 8<sup>th</sup> May 2020**

Ministers have asked local directors of public health to take charge of Covid-19 testing in English care homes in what will be seen as a tacit admission that centralised attempts to run the programme have fallen short.

In a letter to sector leaders, seen by the Guardian, the care minister, Helen Whately, acknowledged that testing of care home residents and staff needs to be “more joined up”. She describes the new arrangements as “a significant change”. Under the new approach, public health directors employed by local councils will take lead responsibility for arranging the testing of some 400,000 care home residents and 500,000 staff, in discussion with directors of adult social services, local NHS bodies and regional directors of Public Health England (PHE).

Critically, the local public health directors will decide which homes should have priority in the testing programme, which is still working up to a capacity of 30,000 tests a day for the sector.

<https://www.theguardian.com/world/2020/may/08/public-health-directors-take-charge-covid-19-testing-care-homes>

#### **The Coronavirus Act**

The [Coronavirus Act 2020](#) put in place the mechanisms for changes relating to the registration of deaths in all four countries of the UK. Subsequent changes have been



made to regulations and procedure. More detail is available for each nation: [England](#); [Northern Ireland](#); [Scotland](#); and [Wales](#).

<https://www.cqc.org.uk/news/stories/joint-statement-care-quality-commission-general-medical-council-healthcare-improvement>

### **The Act (359 pages)**

[http://www.legislation.gov.uk/ukpga/2020/7/pdfs/ukpga\\_20200007\\_en.pdf](http://www.legislation.gov.uk/ukpga/2020/7/pdfs/ukpga_20200007_en.pdf)

Human Rights Watch, the UK National Survivor User Network (NSUN), and international human rights expert Gerard Quinn, said that the UK's Coronavirus Act has serious implications for the rights of people with disabilities and older people, and its implementation needs to be carefully monitored to protect people's rights to health care, education, and freedom,

The legislation gives the UK authorities emergency powers to address the unprecedented coronavirus pandemic and needs to be renewed by parliament every six months.

"These are unprecedented times, but weakening the safeguards in an already coercive Mental Health Act, and extending its powers, is a grave step and risks the rights of people with disabilities," said Akiko Hart, CEO of NSUN. "Given the serious implications of the Coronavirus Act for some of the people it seeks to protect, it's vital that the government ensure that the new law doesn't undermine rights and do lasting harm.

The weakened detention safeguards are likely to disproportionately impact people from Black, Asian and Minority Ethnic (BAME) communities. A 2019 independent review of mental health legislation found members of BAME communities are overrepresented in detention, have longer than average lengths of stay in psychiatric hospitals, and are eight times more likely to be subject to involuntary outpatient treatment.

<https://www.hrw.org/news/2020/03/26/uk-covid-19-law-puts-rights-people-disabilities-risk>

### **Care Quality Commission (CQC)**

The CQC have published the answers to questions adult social care providers have asked us during the coronavirus outbreak. We've dated our answers so you can see how recent they are. They will continue to update this page as things change.

<https://www.cqc.org.uk/guidance-providers/adult-social-care/information-adult-social-care-services-during-coronavirus-outbreak>

**Joint statement from Care Quality Commission, General Medical Council and Healthcare Improvement Scotland on death certification during the COVID-19 pandemic**

This statement, issued jointly with the General Medical Council and Healthcare Improvement Scotland, is about death certification during the coronavirus (COVID-19) pandemic.

*“In the circumstances of there being no positive swab diagnosis, it is satisfactory to apply clinical judgement. Doctors are expected to state the cause of death to the best of their knowledge and belief, it is not required that the cause must be proven.*

*Doctors are under a duty to complete the MCCD as accurately as possible. The inclusion of COVID-19 in any part of the MCCD is a matter for the doctor completing the form and there should be no expectation or pressure placed upon them to include or exclude it during the pandemic period.”*

<https://www.cqc.org.uk/news/stories/joint-statement-care-quality-commission-general-medical-council-healthcare-improvement>

## Care England

The number of care home residents who have died from coronavirus could be more than five times the government’s estimate, the sector’s main charity has warned.

Care England, Britain’s largest representative body for care homes, told the Daily Telegraph that up to 7,500 care home residents may have died of the virus. This is significantly higher than the figure of 1,400 people estimated to have died by the government earlier this week.

<https://www.theguardian.com/world/2020/apr/18/uk-care-home-covid-19-deaths-may-be-five-times-government-estimate>

## Nuffield Trust: Deaths in care homes: what do the numbers tell us?

Since the beginning of the year, care homes have accounted for 16% of all Covid-19 deaths. Covid-19 was only mentioned in 2,050 of cases. The reluctance to record the contribution of Covid-19 in the absence of a test may explain some of this, and therefore it is likely that a significant proportion of the remaining 5,162 additional deaths can be directly or indirectly attributed to it. This probably makes 16% a sizeable underestimate.

Many homes struggled to source enough PPE and field enough staff, with pre-existing shortages exacerbated by sickness and self-isolation. High use of agency staff who may work across multiple homes has been identified as a key factor in rapid spread between homes in the USA, and may also have played a part in the UK.

There is a tangible risk that the growing pressures from lost income, the costs of sourcing PPE and the extra staff required to put in place containment measures in the event of an outbreak will lead to [widespread failure of the market](#).

What we have observed when studying the reforms to care systems in [Germany](#) and [Japan](#) is that support for change had been building among the public over time, but it took a major political or economic event to force eventual

change. In Germany, reunification; in Japan, the stock market crash of the early 1990s.

[https://www.nuffieldtrust.org.uk/news-item/deaths-in-care-homes-what-do-the-numbers-tell-us?gclid=CjwKCAjwqdn1BRBREiwAEbZcRx-sljM9lxvSKpzL3Uvx\\_XGNHGGPIQ26w\\_0QNrf1rphavoeDmuOmxcoCOA0QAvD\\_BwE](https://www.nuffieldtrust.org.uk/news-item/deaths-in-care-homes-what-do-the-numbers-tell-us?gclid=CjwKCAjwqdn1BRBREiwAEbZcRx-sljM9lxvSKpzL3Uvx_XGNHGGPIQ26w_0QNrf1rphavoeDmuOmxcoCOA0QAvD_BwE)

### British Geriatrics Society

#### **Good practice guide: COVID-19: Dementia and cognitive impairment**

This short paper attempts to summarise some of the key issues around people with dementia and their carers in relation to COVID-19 (coronavirus). While there is ample general advice about COVID-19 and its management ([www.england.nhs.uk/coronavirus](http://www.england.nhs.uk/coronavirus)), the following ten key points have been devised which reflect clinical advice and specific information about dementia. It may be helpful to clinicians and planners.

There are an estimated 675,000 people with dementia in England, the majority of whom are over 65 and have comorbid health conditions, making them particularly vulnerable to develop severe symptoms and complications. They are supported by a similar number of carers, most of whom are older people themselves. A quarter of people in acute hospitals and three quarters of residents of care homes have dementia.

<https://www.bgs.org.uk/resources/covid-19-dementia-and-cognitive-impairment>

#### **JOINT STATEMENT: CARERS UK and CARERS TRUST COVID-19**

Carers UK and Carers Trust are making this joint statement regarding the coronavirus – or COVID-19. This covers an overview of the current advice for people who are providing unpaid care. We also set out what we believe services should be planning and preparing, making sure that everyone from Government, to the NHS, to social care understand the role that unpaid carers play in society; how they should be adequately accounted for in planning and supported. Whilst we can advise carers, they are also concerned with the ‘what if?’. We raise their questions in this document. The 2011 Census tells us that there are 6.5 million carers . Carers UK’s polling research suggests that this could be far higher with 8.8 million over the age of 162 . In addition, there are many young carers. Carers Trust quotes research which suggests there could be as many as 800,000 young carers.

[https://www.carersuk.org/images/News\\_and\\_campaigns/Coronavirus/Covid-19\\_Joint\\_Statement\\_one.pdf](https://www.carersuk.org/images/News_and_campaigns/Coronavirus/Covid-19_Joint_Statement_one.pdf)

### AgeUK

Information on coronavirus, including updates on how you can look after yourself and loved ones, comments from Age UK, and ways you can support older people.

<https://www.ageuk.org.uk/information-advice/coronavirus/>

## Care Homes

What started as a sense of unease about the extent to which care homes are getting the Government help they need is turning rapidly to anger and real alarm. Some 400,000 older people live in care homes in this country and the vast majority are vulnerable by any definition; most have dementia or other forms of cognitive decline, often in combination with serious long term physical health problems like diabetes and heart disease.

<https://www.ageuk.org.uk/discover/2020/04/government-care-homes-coronavirus/>

## KeepSafe

Poster explaining the use of PPE

<https://static1.squarespace.com/static/5e74a4169b3712658a63f54f/t/5ead66b835a4926fb71368bd/1588422334725/8.PPE-Poster-0520.pdf>

## Ireland

### Government of Ireland

#### **Government launches initiative to phone older people to check on wellbeing during COVID-19 crisis**

Published: 2 April 2020

From: [Department of Rural and Community Development](#)

The initiative will allow older people to receive a regular phone call to check on their wellbeing and needs during the current COVID-19 emergency.

<https://www.gov.ie/en/press-release/eb8344-govt-launches-initiative-to-phone-older-people-to-check-on-wellbeing/>

### Health Service Executive Health Protection Surveillance Centre

#### **Guidance on cocooning to protect people over 70 years and those extremely medically vulnerable from COVID-19** Published 6/5/20 11 pages

This guidance is for people over 70 years of age, those who are at very high risk of severe illness from coronavirus (COVID-19) because of an underlying health condition, and for their family, friends and carers. It is intended for use in situations where the extremely medically vulnerable person is living in their own home, with or without additional support or in long term residential facilities.

Cocooning is a measure to protect people who are over 70 years of age and those who are extremely medically vulnerable by minimising all interaction between them and others.

**We are strongly advising people over 70 years of age and those with serious underlying medical conditions (as listed below) which put them at very high risk of severe illness from coronavirus (COVID-19) to rigorously follow cocooning measures in order to keep themselves safe.**

<https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/guidance/vulnerablegroupsguidance/COVID-19%20Guidance%20for%20extremely%20medically%20vulnerable%20groups.pdf>

Cocooning

<https://www2.hse.ie/conditions/coronavirus/cocooning.html>

### Seniorline

Seniorline is a confidential listening service for older people provided by trained older volunteers, that is open 365 days a year, from 10am to 10pm. Freephone 1800804591.

*“COVID-19: Any caller, concerned about COVID-19, will receive the most up to date guidance as recommended by Government sources. This information is updated daily as the situation changes and is available to each of our volunteers at the phones”.*

<http://www.thirdageireland.ie/>

### ALONE

#### **Coronavirus helpline for older people 0818222024**

“Since it launched in March, ALONE’s national helpline for older people has received over **17,600 calls**”.

*“A national strategy to combat loneliness, the delivery of Housing with Support to enable older people to live in their communities for longer, and the implementation and funding of a statutory home care scheme are just some of the actions we need to discuss now”.*

<https://alone.ie/>

### Alzheimers Society of Ireland

3 page tip sheet for COVID-19 - people living alone.

<https://alzheimer.ie/wp-content/uploads/2020/03/Tips-to-support-vulnerable-people-in-the-communityv3.pdf>

## Age and Opportunity

Resources to help you stay safe, connected, creative and active during the Covid-19 pandemic.

<https://ageandopportunity.ie/covid/>

## St Patricks Mental Health Services

Advice and psychological support for family members, friends or healthcare professionals who provide our senior citizens care.

<https://www.stpatricks.ie/media-centre/blogs-articles/2020/march/covid19-and-older-people>

## AgeFriendly Ireland

COVID-19 Age Friendly Ireland Daily Update 08 May 2020  
National and local updates for older people.

[https://agefriendlyireland.ie/wp-content/uploads/2020/05/Age-Friendly-Ireland-Daily-News\\_080520.pdf](https://agefriendlyireland.ie/wp-content/uploads/2020/05/Age-Friendly-Ireland-Daily-News_080520.pdf)

## AgeAction

Age Action operates a busy information service on older people's issues and services throughout Ireland. Trained information officers provide information or referrals to the appropriate organisations.

<https://www.ageaction.ie/how-we-can-help/information>

## Volunteer Ireland

Volunteer Ireland and the network of Volunteer Centres are working to make sure the most vulnerable members of our communities are looked after during this time. We are doing this in the following ways

<https://www.volunteer.ie/about-us/covid-19/>

## New Zealand

### Health Quality & Safety Commission

#### **Guidance for preventing and controlling COVID-19 outbreaks in New Zealand aged residential care**

3 Apr 2020 | Aged Residential Care

*“This guidance document and supporting resources provide practical assistance to aged residential care facilities in response to the global COVID-19 pandemic”.*

There are a series of policy documents and downloadable plans to assist care home providers.

Please note: These documents are being updated regularly and links may change. Instead of downloading the documents, please use and share the link to this page and return here to get the most recent versions.

<https://www.hqsc.govt.nz/our-programmes/aged-residential-care/publications-and-resources/publication/3975/>

## Ministry of Health

This agency has extensive information for older people on its website. Older people are seen as being at greater risk for Covid-19: *“Older people and people with some existing health conditions have a higher risk of more severe symptoms if they contract COVID-19”*.

<https://www.health.govt.nz/system/files/documents/pages/covid-19-advice-for-higher-risk-people-2may2020.pdf>

### **COVID-19: Advice for older people and their family and whānau - What you need to know right now to stay safe and healthy**

This is where you will find information specifically for older people and their family and whānau. If you are a disability or aged care provider see [Disability, aged care and hospice providers](#).

If you are looking for information for disabled people and their whānau see [Information for disabled people and their family and whānau](#).

Easy read information is available:

<https://covid19.govt.nz/assets/resources/Easy-read-resources/COVID-19-Full-welfare-factsheet-getting-the-help-and-support-you-need-during-COVID-19-Easy-Read.pdf>

On this page:

- [General guidance](#)
- [Alert Level 3](#)
- [Building your bubble](#)
- [Getting food, supplies and medicine during Alert Level 3](#)
- [Services in the health and disability system at Alert Level 3](#)
- [Mental health and wellbeing resources](#)
- [Caring for a person with dementia at home](#)

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/covid-19-advice-older-people-and-their-family-and-whanau>



## COVID-19 Resources for Health professionals

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-resources-health-professionals>

### Preventing the spread of COVID-19 with safe bubbles

*Older people may have underlying health issues, including respiratory conditions that make them more vulnerable to COVID-19, so it is especially important to follow advice.*

**This information includes a brief video which is helpful.**

- Creating safe bubbles for older people who live alone or in a retirement village
- This information is for older people who live alone, including in a retirement village, so they can create safe bubbles at Alert Levels 3, 2 and 1.
- Creating a bubble will keep you safe, in contact with family and friends, and help reduce the chance of people becoming isolated or lonely.
- Under Alert Level 4, older people living alone could create a bubble buddy with someone else who was also living alone. If they were living in a retirement village, their bubble buddy also had to live in the same retirement village.

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/covid-19-advice-older-people-and-their-family-and-whanau/preventing-spread-covid-19-safe-bubbles>

### COVID-19 - People receiving hospice care in the home

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/covid-19-people-receiving-hospice-care-home>

### COVID-19: Supporting a person with dementia at home

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/covid-19-supporting-person-dementia-home>

### COVID-19: Disability, aged care and hospice providers

- [Personal protective equipment](#)
- [Disability providers](#)
- [Aged care providers](#)
- [Hospice providers](#)

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-resources-health-professionals/covid-19-disability-aged-care-and-hospice-providers>

## **Certification of health care services**

HealthCERT is responsible for ensuring hospitals, rest homes, residential disability care facilities and fertility providers provide safe and reasonable levels of service for consumers, as required under the Health and Disability Services (Safety) Act 2001.

HealthCERT's role is to administer and enforce the legislation, issue certificates, review audit reports and manage legal issues.

## **Hospitals and rest homes**

Our database of certified health providers lets you search for rest homes, hospitals and fertility clinics. The database includes summaries of rest home audits.

<https://www.health.govt.nz/our-work/regulation-health-and-disability-system/certification-health-care-services>

## **Māori Response Action Plan**

The Initial COVID-19 Māori Response Action Plan (the Plan) establishes a framework to ensure the health and wellbeing of Māori is protected during the COVID-19 pandemic.

This Plan also makes an important contribution to the all-of-government response to COVID-19 in mitigating the social impact of COVID-19 on whānau Māori.

*“The severe impact of the 1918–19 pandemic on Māori and the increased susceptibility of Māori to the 2009 H1N1 influenza A pandemic provide rationale to strengthen the Māori-specific response to COVID-19. It is evident from previous pandemic responses that the business-as-usual model previously used preferentially benefited non-Māori and failed to protect whānau, hapū, iwi and Māori communities from the worst outcomes. It is critical that the specific needs of Māori, particularly equity and active protection, are integral to the health and disability response to COVID-19”. P.5*

[https://www.health.govt.nz/system/files/documents/publications/initial\\_covid-19\\_maori\\_response\\_action\\_plan\\_-\\_web\\_.pdf](https://www.health.govt.nz/system/files/documents/publications/initial_covid-19_maori_response_action_plan_-_web_.pdf)

## **Pasifika Communities**

Loneliness, isolation, anxiety and fear among New Zealand's Pacific elderly population are just some of the challenges Treasuring Older Adults (TOA) Pacific Inc. is tackling during the COVID-19 outbreak.

The South Auckland-based not-for-profit organisation founded in 1995 promotes the rights, safety, wellbeing and prolonged independence of Treasured Older Adults, aiga carers and Pacific families.

Founder and Chief Executive Officer of TOA Pacific Malia Hamani says it is the organisation's vision to ensure every Pacific older adult, aiga carer and family in Aotearoa is safe, well and valued by their community.

<https://www.mpp.govt.nz/news-and-stories/covid-19-and-staying-in-touch-with-older-pacific-peoples/>

Associate Professor Michal Boyd, Professor Merryn Gott, Dr Lisa Williams, Dr Jackie Robinson, Dr Aileen Collier from the Te Ārai Palliative Care and End of Life Research Group, School of Nursing, University of Auckland.

“It is time that we stop the worn-out view of aged care as a tragedy and instead value the essential care it provides for the most frail in our population. Often the knee-jerk response to improving quality in aged care is yet another audit from outside agencies. Instead, what is needed is a realistic review of the current population's 24-hour care requirements. This must be done in collaboration with aged care providers to actually supply the resources necessary for specialised frailty care that is needed not just during times of extreme crisis like the Covid-19 pandemic but always. This would likely result in improved staffing models, better payment structures and more recognition that aged care homes are not only where people die, but where they live during the last stages of their long lives”.

[https://www.newsroom.co.nz/2020/05/04/1155073/covid-19-and-care-homes-the-myths-and-realities?utm\\_source=Friends+of+the+Newsroom&utm\\_campaign=308a0e42f0-Daily+Briefing+04.5.20&utm\\_medium=email&utm\\_term=0\\_71de5c4b35-308a0e42f0-97839487](https://www.newsroom.co.nz/2020/05/04/1155073/covid-19-and-care-homes-the-myths-and-realities?utm_source=Friends+of+the+Newsroom&utm_campaign=308a0e42f0-Daily+Briefing+04.5.20&utm_medium=email&utm_term=0_71de5c4b35-308a0e42f0-97839487)

## Te Pou

### **Supporting older people during the COVID-19 pandemic May 2020**

COVID-19 restrictions and physical distancing measures can have an impact on older people's wellbeing. This resource provides practical tips for the support workforce to use to support older people in their own homes using the Whare Tapa Whau framework.

<https://www.tepou.co.nz/uploads/files/Supporting%20older%20people%20during%20COVID-19.pdf>

Building robust data and information is a priority area for the Working with older people project. ADOM and HoNOS65+ measures are used in New Zealand.

<https://www.tepou.co.nz/initiatives/information-research-and-evaluation/243>

### **Working with older people: Mental health and addiction workforce development priorities**

New Zealand's population is ageing. The number of people aged 65 years or over is expected to grow by nearly 40 per cent over the next 10 years. Average life

expectancy is increasing, and the population of older people is increasingly diverse across a range of factors including culture and ethnicity; religion and spirituality; and gender identity, relationships and sexuality (people from LGBTQIA+ communities).

[https://www.tepou.co.nz/uploads/files/resource-assets/Working%20with%20older%20people%20report\\_Final.pdf](https://www.tepou.co.nz/uploads/files/resource-assets/Working%20with%20older%20people%20report_Final.pdf)

## **ElderNet**

<https://www.eldernet.co.nz/Home>

## **NZ Dementia Cooperative**

<https://nzdementia.org/>

## **Age Concern**

*“Do you need help or support during this crisis? Age Concern are here to help”*

[https://www.ageconcern.org.nz/ACNZPublic/Home/Loneliness/ACNZ\\_Public/Loneliness\\_and\\_Social\\_Isolation.aspx](https://www.ageconcern.org.nz/ACNZPublic/Home/Loneliness/ACNZ_Public/Loneliness_and_Social_Isolation.aspx)

Elder abuse and neglect

[https://www.ageconcern.org.nz/ACNZPublic/Services/EANP/ACNZ\\_Public/Elder\\_Abuse\\_and\\_Neglect.aspx](https://www.ageconcern.org.nz/ACNZPublic/Services/EANP/ACNZ_Public/Elder_Abuse_and_Neglect.aspx)

Valuing Age The economic contribution of older New Zealanders

<https://www.ageconcern.org.nz/files/valuingage.pdf>

## **Scotland**

### **Scottish Government**

Coronavirus (COVID-19): national clinical and practice guidance for adult care homes – updated 8 May 2020 This guidance provides targeted clinical and practice advice about COVID-19 to support those working with adults in care homes. It has been updated by the Care Homes Clinical and Professional Advisory Group (CPAG), a short life multi-disciplinary group chaired by members of the Chief Medical Officer and Chief Nursing Officer directorates. The group has been established to provide clinical and professional advice throughout the evolution of the COVID-19 pandemic. The guidance considers some of the practical steps that are required to support good infection control within care homes and is based on Health Protection Scotland COVID-19 - Information and guidance for care home settings.

<https://www.gov.scot/publications/coronavirus-covid-19-clinical-guidance-for-nursing-home-and-residential-care-residents/>

The following areas have been updated or added to in the guidance.

- supporting staff and resident wellbeing;
- ensuring adequate staffing during the COVID outbreak to ensure the safety and wellbeing of residents;
- updates on testing arrangements following recent announcements on care home admissions and enhanced surveillance testing;
- education and training;
- role of all partners – providers, Health and Social Care Partnerships Local Authorities and NHS Boards, to ensure that the care home sector is supported at this time.

<https://www.gov.scot/binaries/content/documents/govscot/publications/advice-and-guidance/2020/03/coronavirus-covid-19-clinical-guidance-for-nursing-home-and-residential-care-residents/documents/letter-regarding-covid-19-guidance-for-care-homes---8th-may-2020/letter-regarding-covid-19-guidance-for-care-homes---8th-may-2020/govscot%3Adocument/Letter%2Bregarding%2BCOVID-19%2Bguidance%2Bfor%2Bcare%2Bhomes%2B-%2B8th%2BMay%2B2020.pdf>

**The country's peak industry body Scottish Care has asked for the army and family doctors to help deal with coronavirus outbreaks in several aged care homes.** 8<sup>th</sup> May 2020

Scotland had 4,229 positive cases as of Wednesday and 296 deaths. Local GPs have reportedly been refusing to visit homes – even though residents were too ill to leave and none has been tested for the virus, while staff are not being tested either – even when there are outbreaks in their homes. Scottish Care's CEO Donald Macaskill said GPs should be required to visit care homes or take residents to hospital when necessary – and that the army could be drafted in to provide logistical support and deliver PPE supplies to ensure they were available around the clock. Nicola Sturgeon, the First Minister, agreed that care staff should be treated by the NHS as key workers and prioritised for virus testing – however, she did not respond to a question from the BBC about whether the military should be used to deliver PPE supplies.

<https://www.theweeklysource.com.au/scotland-aged-care-home-operators-call-on-army-and-gps-to-combat-covid-19/>

## Health Protection Scotland

The guidance for care homes provides advice about COVID-19

- [\(COVID-19 Information and Guidance for Care Home Settings \(PDF, 1137KB\)](#)
- [Incident or outbreak control tool for social or community care or residential settings \(PDF, 368KB\)](#)
- [COVID-19 Incident or outbreak control tool for social or community care or residential settings \(DOCX, 319KB\)](#)
- [Advice for Social or Community Care and Residential Settings Staff \(PDF, 336KB\)](#)

<https://www.hps.scot.nhs.uk/web-resources-container/covid-19-information-and-guidance-for-care-home-settings/>

## The Scottish Parliament Information Centre (SPICe)

SPICe provides impartial, factual, accurate information and analysis to Members in support of Scottish Parliament parliamentary business.

This has *many* pages of information on health – the latest being:

- **NEW!** SPICe has produced a [blog that details the potential impact of the end of the Brexit transition period on UK-EU coordination of vaccines and medicines to tackle COVID-19](#) (4 May 2020)
- **Scottish Government** proposed that as part of the next emergency coronavirus legislation, an additional £19.2 million investment in Carer's Allowance Supplement will enable [a special one-off Coronavirus Carer's Allowance Supplement in June](#) (6 May 2020)

<https://spice-spotlight.scot/2020/05/06/coronavirus-covid-19-constituency-support-updated-19-march-2020/#Health,%20welfare%20and%20social%20security>

**Social care support** is about supporting people to:

- live independently
- be active citizens
- participate and contribute to our society
- maintain their dignity and human rights

The Scottish government is committed to supporting people to stay at home or in a homely setting with maximum independence, for as long as possible. We also aim to retain the right people to work in social care support and social work and to raise the status of social care as a profession.

More information is in the following sections:

- [free personal and nursing care](#)
- [care homes](#)
- [unpaid care](#)
- [ordinary residences](#)

<https://www.gov.scot/policies/social-care/social-care-support/>

It is providing funding for [Care Information Scotland](#) (CIS) which gives information on care and support services for older people.

The [Care Inspectorate](#) is the national regulator for care services in Scotland. [Revised guidance on charging for residential accommodation](#) (CCD2/2019) is on the SEHD website.

[More information about care and care services](#) is on the mygov.scot website.

## Unpaid care

The Carers (Scotland) Act 2016 puts in place a system of carers' rights designed to listen to carers, make support more consistent between areas, and to prevent problems – helping to protect carers' health and well-being. [More information on unpaid care.](#)

<https://www.gov.scot/policies/social-care/social-care-support/>

Guidance about coronavirus (COVID-19), including business, health, education and housing.

<https://www.gov.scot/collections/coronavirus-covid-19-guidance/#health,careandsocialwork>

## NHS Inform

Latest coronavirus (COVID-19) guidance from NHS Scotland and the Scottish Government, including physical distancing measures and advice for infected households.

<https://www.nhsinform.scot/coronavirus>

## Age Scotland

Additional funding for the Age Scotland helpline was announced by the First Minister Nicola Sturgeon as she met staff at the charity's Edinburgh offices. She highlighted the service as an example of the important role the third sector can play in mitigating the impact of COVID-19. The extra £80,000 being provided by the Scottish Government will cover new equipment, allow staff to work from home and help increase the helpline's capacity from about 100 calls a day to approximately 1,500.

<https://www.gov.scot/news/vital-service-for-older-people/>

## Age UK "Love later life"

*"Together, we'll get through this.*

*The coronavirus pandemic has changed life for everyone, but some older people are among the hardest hit. Age UK is determined to be there during this crisis - but we can't do it without your support"*

The Government's guidance and what we know about the virus is changing, so it's important to stay up to date with the latest advice.

Information on coronavirus, including updates on how you can look after yourself and loved ones, comments from Age UK, and ways you can support older people.

<https://www.ageuk.org.uk/>



## Sweden

### **Sweden's response to COVID-19 Lena Hallengren, Minister for Health and Social Affairs**

Six-page summary of Sweden's approach.

[https://apps.who.int/gb/COVID-19/pdf\\_files/23\\_04/Sweden.pdf](https://apps.who.int/gb/COVID-19/pdf_files/23_04/Sweden.pdf)

### **Government Offices of Sweden**

Decisions and guidelines in the Ministry of Health and Social Affairs' policy areas to limit the spread of the COVID-19 virus

The Government continues to maintain a close dialogue with relevant expert government agencies on effective measures to counter the spread of the coronavirus, which can cause COVID-19. Read more below about the most recent recommendations and decisions in the Ministry of Health and Social Affairs' policy areas of public health, medical care, social care and social insurance.

<https://www.government.se/articles/2020/04/s-decisions-and-guidelines-in-the-ministry-of-health-and-social-affairs-policy-areas-to-limit-the-spread-of-the-covid-19-virusny-sida/>

### **Public Health Agency of Sweden**

*With the ongoing community transmission, how can we protect people over the age of 70?*

As COVID-19 is now spreading in the community, it is particularly important to protect elderly people from disease. Do not have close contact with people over the age of 70 unless it is absolutely necessary.

Stay at home if you have any symptoms of illness, even if you only feel a little bit unwell. It is very important not to risk passing the illness to anyone else.

*I am 70 years old, how should I protect myself now that COVID-19 is spreading in the community?*

The number of cases of COVID-19 continues to increase around the world, especially in Europe. Therefore, we recommend that anyone who is 70 or older limit their social contacts from now on.

To avoid getting infected the Public Health Agency asks you to stay at home. You should avoid travelling by bus, tram or subway, shopping in supermarkets, or visiting venues where many people gather at any one time. Instead, ask friends, family or neighbours to do your shopping etc. While remaining at home, you may still go out for walks.

<https://www.folkhalsomyndigheten.se/the-public-health-agency-of-sweden/communicable-disease-control/covid-19/>

Fact sheet: If you are 70 or over – limit close contact with other people

<https://www.folkhalsomyndigheten.se/contentassets/0370ba3bd2cb48358e2bfc1156a32cad/faktablad-covid-19-70-ar-engelska.pdf>

## The Netherlands

### Government of the Netherlands

#### Changes to the coronavirus control measures from 11 May 2020

Handwashing, staying at home as much as possible, working from home, keeping a distance from others – all these measures advised by experts have been extended.

If you are over the age of 70 or have health issues - Take extra care. It is a good idea to stay at home as much as possible for now.

<https://www.government.nl/latest/news/2020/05/06/avoid-busy-places-and-stay-1.5-metres-away-from-others>

#### **National Institute for Public Health and the Environment *Ministry of Health, Welfare and Sport***

People who belong to a risk group are people who have a higher risk of becoming seriously ill if they are infected with the novel coronavirus. The risk groups include people aged 70 years and older.

<https://www.rivm.nl/en/novel-coronavirus-covid-19/risk-groups>

#### **The three scenarios (16/3/20)**

The novel coronavirus has spread across the Netherlands by now. At this point, there are three possible approaches for how our country can respond. Since the televised address by Prime Minister Mark Rutte (16/3/20), they have been referred to as 'the 3 scenarios'. What do these scenarios entail?

##### **1. Maximum control of the virus.**

The Netherlands has chosen the approach of maximum control of the virus. That means working together to ensure that people follow the hygiene rules, avoid public venues (such as cafés), and maintain physical distance from each other. By taking this approach, we can ensure that people will infect each other less easily. This is known as social distancing. The virus will not be able to spread as quickly, and we can spread out the infections over a longer period. That leads to a controlled spread among the groups least at risk.

##### **2. Allowing the virus to run its course unchecked.**

If we do not take steps to prevent it, the virus will spread faster and faster. Each new patient will infect two more people on average. The huge disadvantage is that our healthcare system would be completely swamped. In this scenario, there would not be enough capacity to help vulnerable older people and other high-risk patients.

### **3. Maximum containment of the virus.**

This approach is also known as a lockdown. That means shutting down everything completely and requiring everyone to stay in their own homes.

#### **16<sup>th</sup> April 2020**

At this point in time, the Cabinet has opted for the first scenario. RIVM is monitoring the progress of the outbreak very closely.

<https://www.rivm.nl/en/novel-coronavirus-covid-19/what-are-we-doing-in-the-netherlands-in-response-to-the-coronavirus>

#### **March 27<sup>th</sup>**

In a national address to the Dutch nation on Monday, March 16th, Prime Minister Mark Rutte said his country would aim to develop immunity to the novel coronavirus among its population by allowing large numbers to contract the illness at a controlled pace. Initially, creating herd immunity for the novel coronavirus was one of two main objectives of Dutch government policy: Controlling spread of the virus while protecting vulnerable groups, including the elderly and people with underlying health conditions. By striking this balance rather than instituting a national lockdown, the thought was the nation could avoid a situation in which post lockdown - when society returns to normal - it would be exposed to the danger of a new outbreak as too few people would have become infected and therefore immune.

<https://www.forbes.com/sites/joshuacohen/2020/03/27/caught-between-herd-immunity-and-national-lockdown-holland-hit-hard-by-covid-19/#35912df3557c>

#### **Coronavirus (COVID-19) death rate in the Netherlands as of May 2020, by age**

As of May 6, 2020, the coronavirus (COVID-19) pandemic in the Netherlands resulted in 5,204 deaths. However, the distribution of these deaths differed greatly by age. To this day, most deaths occurred in older patients. In the Netherlands, roughly 80 percent of casualties occurred in patients aged 75 years old and over. As of the 6th of May, 22 percent of deaths were notably reported in patients aged 85 to 89 years old.

<https://www.statista.com/statistics/1109459/coronavirus-death-casualties-by-age-in-netherlands/>

#### **Dutch end-of-life debate flares as coronavirus tests healthcare limits**

THE HAGUE (Reuters) - Doctors in the Netherlands have been advising elderly patients to think twice before agreeing to COVID-19 treatment in hospital intensive-care units, drawing criticism that they are attempting to ration scarce ICU beds. Health Minister Hugo de Jonge, the country's top official handling the response to the coronavirus crisis, rejected assertions the doctors' calls were official government policy. He said 'advanced care planning' discussions between general practitioners and patients with serious medical conditions were not unusual.

"This is standard practice for doctors. We call it advanced care planning, it means having the conversation with people about 'what you would want to happen if you get sick'," De Jonge said.

“Patients can then say ‘if it gets to the point where I need a ventilator, where I need to go into the ICU, I would prefer not to do that’. That is a possibility, but those conversations are not based on the age of patients.”

<https://www.reuters.com/article/us-health-coronavirus-netherlands-elder/dutch-end-of-life-debate-flares-as-coronavirus-tests-healthcare-limits-idUSKBN21K2B6>

## US

### CDC

#### **COVID-19 Guidance for Older Adults**

Older adults, 65 years and older, are at higher risk for severe illness. COVID-19 is a new disease and we are learning more about it every day. Information is available in multiple languages.

- [Running Essential Errands Safely](#)
- [People Who Need to Take Extra Precautions](#)
- [Racial and Ethnic Minority Groups](#)
- [Who is at Higher Risk?](#)
- [What You Can Do](#)
- [Symptoms of Coronavirus](#)
- [How to Protect Yourself](#)
- [What to Do If You Get Sick?](#)
- [Checklist for Your Home](#)
- <https://www.cdc.gov/aging/covid19-guidance.html>

#### Stress and Coping

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

#### **Long-Term Care Facilities**

##### Key Strategies for Long-Term Care Facilities

COVID-19 cases have been reported in all 50 states, the District of Columbia, and multiple U.S. territories; many having wide-spread community transmission. Given the high risk of spread once COVID-19 enters a long-term care facility (LTCF), facilities must act immediately to protect residents, families, and staff from serious illness, complications, and death.

- [Key Strategies to Prepare for COVID-19 in Long Term Care Facilities](#)
- [Responding to COVID-19 in Nursing Homes](#)
- [Testing for COVID-19 in Nursing Homes](#)

#### **Guidance for Long-Term Care Facilities**

People with loved ones in nursing homes, assisted living facilities, and other types of senior living facilities may be understandably concerned about their loved one’s risk of illness from COVID-19. To protect these vulnerable friends and family members, CDC has advised that long-term care facilities restrict visitors, regularly check

healthcare workers and residents for fevers and symptoms, and limit activities within the facility to keep residents safe.

- [Preventing the Spread of COVID-19 in Long-term Care Facilities](#)
- [Preparedness Checklist for Facilities pdf icon](#)[PDF – 1MB]
- [Caring for Patients with Confirmed or Suspected COVID-19](#)

<https://www.cdc.gov/aging/covid19-guidance.html>

Healthcare Facilities: Preparing for Community Transmission

[https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-hcf.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhealthcare-facilities%2Fguidance-hcf.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-hcf.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhealthcare-facilities%2Fguidance-hcf.html)

### **Older adults**

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Resources are listed.

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

## **SAMHSA**

### **Coronavirus (COVID-19)**

SAMHSA recognizes the challenges posed by the current COVID-19 situation and is providing the following guidance and resources to assist individuals, providers, communities, and states across the country. SAMHSA stands ready to assist in any manner possible.

<https://www.samhsa.gov/coronavirus>

TAKING CARE OF YOUR BEHAVIORAL HEALTH  
Tips For Social Distancing, Quarantine, And Isolation  
During An Infectious Disease Outbreak

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

### **Department of Health and Human Services**

Guidance for Infection Control and Prevention of Coronavirus Disease 2019 (COVID-19) in Nursing Homes (REVISED) Match 13 2020

<https://www.cms.gov/files/document/3-13-2020-nursing-home-guidance-covid-19.pdf>

Information for Healthcare Facilities Concerning 2019 Novel Coronavirus Illness (2019-nCoV) 6<sup>th</sup> February 2020

<https://www.cms.gov/files/document/gso-20-09-all.pdf>

Information for PACE Organizations Regarding Infection Control and Prevention of Coronavirus Disease 2019 (COVID-19) 17<sup>th</sup> March 2020

<https://www.cms.gov/files/document/covid-19-pace-memo-3-17-20.pdf>

## **Institute for Healthcare Improvement (IHI)**

COVID-19 Resources: Care of Older Adults

Older adults and individuals with underlying, serious medical conditions are at higher risk of morbidity and mortality related to COVID-19. In particular, residents of long-term care nursing facilities (NFs), skilled nursing and rehabilitation settings (SNFs), and assisted living residences (ALRs) may be at higher risk. IHI has compiled a list of national resources that provide updated information on COVID-19 and older adults.

Resources to Support Age-Friendly Health Systems

- [Age-Friendly Health Systems Design to Address COVID-19](#) (advice on how to limit the exposure of older adults to the coronavirus in various care settings)
- [4Ms: Asking and Acting on What Matters During COVID-19](#) (guidance on how to ask older adults What Matters during COVID-19, particularly advance care planning)
- [Age-Friendly Northeast Victoria: An Age-Friendly Approach to Disaster Recovery](#) (example of a community plan)  
<http://www.ihl.org/Topics/COVID-19/Pages/COVID-19-Care-of-Older-Adults.aspx>

## **Johns Hopkins Medicine**

Coronavirus and COVID-19: Caregiving for the Elderly

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-caregiving-for-the-elderly>

## **National Council on Aging**

UPDATED: Coronavirus: What Older Adults Need to Know  
This has a range of useful advice.

[https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/?utm\\_source=ncoa&utm\\_medium=homepage](https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/?utm_source=ncoa&utm_medium=homepage)

## **National Council for Behavioral Health**

Resources for COVID-19

<https://www.thenationalcouncil.org/covid19/>

## Mental Health America

### **Older Adults & Isolation During COVID-19 Presentation slides**

Being an older adult comes with unique challenges. Many face dramatic changes in their relationships and employment, grief over the loss of loved ones, and changes in their physical health. During COVID-19, these concerns can be magnified. Deeper degrees of isolation, fear about one's own health, and concerns about family members are just some of the things they may be experiencing. Older adults may experience fear about being able to meet their basic needs and anxiety over the constant news cycle.

<https://mhanational.org/sites/default/files/Older%20Adults%20and%20Isolation%20During%20COVID%2019%20PPT.pdf>

### **Center for Faith & Opportunity Initiatives US Dept. Health & Human Services** Considering Faith, Community, and Mental Health During the COVID-19 Crisis

<https://www.hhs.gov/sites/default/files/4-2-2020-mental-health-covid-final.pdf>

### **Administration for Community Living**

#### **What do Older Adults and People with Disabilities Need to Know?**

<https://acl.gov/COVID-19>

## Alzheimers Association

### **Coronavirus (COVID-19): Tips for Dementia Caregivers**

Most likely, dementia does not increase risk for COVID-19, the respiratory illness caused by the new coronavirus, just like dementia does not increase risk for flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk.

For example, people with Alzheimer's disease and all other dementia may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia.

[https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

### **Recovering from the COVID-19 Pandemic: A Focus on Older Adults**

Morrow-Howell et al. April 2020

*“The challenges we are facing can be expected, and in fact, none of them are new. Our state and regional agencies on aging, private and non-profit agencies, advocacy organizations, and universities have been grappling with these issues in one form or another for years.*”



*But now, it seems our efforts to improve policies and programs for longer, healthier lives might be more productive, as we communicate to consumers, public officials, and everyday citizens who may be more aware of what isn't working, what is at stake, and what might be improved.*

*Further, we can hope that the spotlight thrown on the inequalities experienced by disadvantaged people during this crisis will bring a stronger commitment to working toward social justice and health equity”.*

<https://www.tandfonline.com/doi/full/10.1080/08959420.2020.1759758>