

NEWSLTR

A PUBLICATION OF THE FLORIDA DEPARTMENT OF ELDER AFFAIRS

COVID-19 (CORONAVIRUS)
FOR THE LATEST UPDATES VISIT
WWW.FLORIDAHEALTH.GOV/COVID-19

CORONAVIRUS
DISEASE



Prevent COVID-19 —it's in your hands!

FloridaHealth.gov



Wash your hands often with soap and water.
If you don't have soap and water, use a hand
sanitizer that is at least 60% alcohol based.



Clean and disinfect frequently
touched surfaces.



Stay home when you're sick, and keep your
children home when they're sick.

Cover your mouth and nose with a tissue
when you cough or sneeze. If you don't have
a tissue, cough or sneeze into your upper
sleeve or elbow, not your hands.



Try not to
touch your
face with
unwashed
hands.

Don't touch or shake hands with
people who are sick.



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Social Distancing for Infectious Disease

Florida Department of Health • FloridaHealth.gov

Social distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

Protect yourself and your community.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.

If you don't have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol. Avoid close contact with people who are sick, and stay home when you're sick.



Change your daily habits.

Avoid shopping at peak hours and take advantage of delivery or pick-up services with retailers.



Work with your employer.

Cooperate with leadership to change company practices, set up flexible shift plans, have employees telecommute, and cancel any large meetings or conferences.



Look for communications from universities and colleges:

Regarding suspending classes, going to web-based learning and canceling all large campus meetings and gatherings.



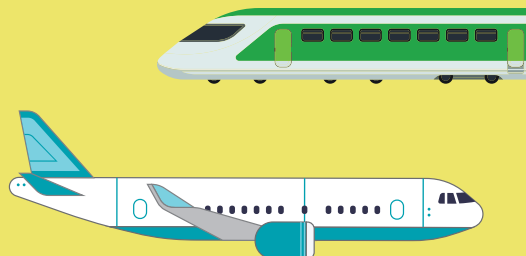
Stay within six feet of other people.

Avoid shaking hands as a social greeting.



Avoid public transit if possible.

Don't travel to areas with active outbreaks.



Avoid crowded places.

Sporting events, community festivals, and concerts



Learn more:

tinyurl.com/CDCgatherings

tinyurl.com/FLcdcprevention



COVID-19

Protection, Planning & Care for Older Adults

Florida Department of Health • FloridaHealth.gov

According to the Centers for Disease Control and Prevention, older adults may have a greater chance for serious illness from COVID-19—especially people with weak immune systems or underlying chronic medical conditions like heart, lung, diabetes or kidney disease.

- **Symptoms include:** fever, coughing, and shortness of breath. **If you develop symptoms,** stay home and call your health care provider. You may be able to recover at home.
- **You need emergency help** if symptoms become more severe, there is chronic chest pain, breathing is difficult or your lips turn bluish.



Protection

Wash your hands often with soap and water for at least 20 seconds. Wash after blowing your nose, coughing or sneezing, Wash after spending time in a public place. Wash before and after touching people you're caring for. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

Cover your coughs and sneezes. Use a tissue or your sleeve when coughing.

Practice Social Distancing:

- Avoid crowds and large gatherings, especially in venues with poor ventilation.
- Don't shake hands with people.
- Keep at least 6 feet between you and other people.
- Stay away from people who may be sick.
- Try shopping during off-hours—later on weeknights or earlier on weekends—when crowds at stores are lower.
- Avoid touching “high-touch” surfaces: elevator buttons, door handles, handrails, etc.
- Find out if family or friends have been sick in the past two weeks **BEFORE** they visit. If they have been sick, reschedule at least two weeks out.

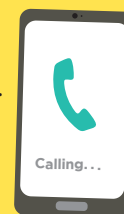
Planning

Get a flu shot if you are showing no symptoms of illness.

If you depend on regular medical treatment like dialysis, wound care, etc., talk to your health care provider about special arrangements.

Create a contact list of family, friends, neighbors, health care providers, community assistance programs and drivers. Make sure phone numbers are up-to-date.

Stay in touch with the people on your list and let them know you may need them for help if you become sick.



Have a two–three week supply of the following:

- Non-perishable food
- Medical and health care supplies
- Prescriptions: make sure they are up-to-date



Care

Caregivers, help prevent the spread of COVID-19.

If the person you're caring for lives in a facility:

- Know the facility's outbreak protocol.
- Ask daily about the health of the other residents.
- Monitor visitors. Ask if they've been ill over the past two weeks or if they currently have a fever. A “yes” answer means the visit needs to be postponed for at least two weeks.

If you're caring for someone at home, you'll need to prepare a separate bedroom and bathroom for them. Learn more about this type of at-home care: [CDC.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)

HYGIENE
IS IMPORTANT.
FOLLOW
PROTECTION
GUIDANCE
ABOVE.

The Florida Department of Elder Affairs is holding multiple weekly calls with the Area Agencies on Aging and the Aging Network lead and local service providers. The Comprehensive Assessment and Review for Long-Term Care Services is providing evaluations, 24-hour notices of appointments and remote medical files for individuals in homes, nursing facilities and assisted-living facilities.

Florida Health Office of Communications 03-08-20

The Florida Department of Health has developed resources addressing COVID-19 in multiple languages. To view these resources, please visit floridahealthcovid19.gov/resources.

COVID-19 STAKEHOLDER CALL



The Centers for Medicare & Medicaid Services (CMS) is taking action to protect the health and safety of our nation's patients and providers in the wake of the Coronavirus (COVID-19) outbreak.

CMS held a National Stakeholder Call on March 13, 2020, to update the healthcare community on the rapidly evolving COVID-19 situation which was declared a national emergency by President Trump on March 13. This bold move empowered CMS to waive certain federal requirements in Medicare, Medicaid, and the Children's Health Insurance Program (CHIP) to rapidly expand the Administration's aggressive efforts against COVID-19 led by White House Coronavirus Taskforce.

Also, to help you stay up-to-date on CMS and the U.S. Department of Health and Human Services (HHS) materials available on the Coronavirus, a virtual toolkit has been posted. We encourage you to share the toolkit with your network. Please visit cms.gov/outreach-education/partner-resources/coronavirus-covid-19-partner-toolkit to view the toolkit.

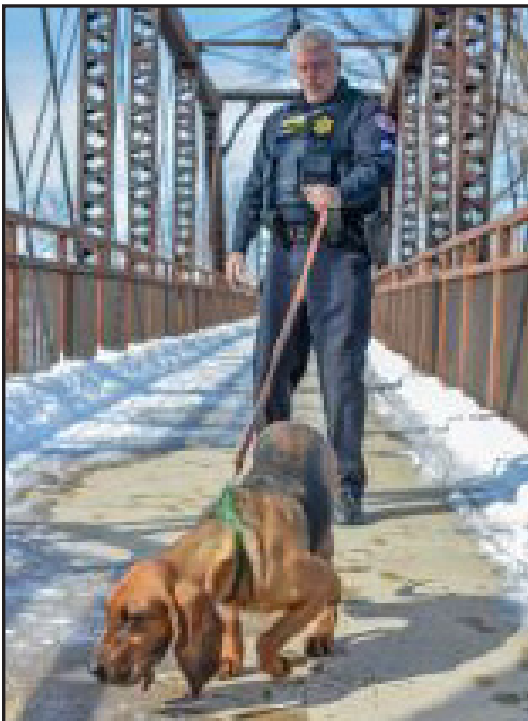
To keep up with the important work the White House Task Force is doing in response to COVID-19, please visit coronavirus.gov.

Elder Update

The *Elder Update* is a bi-monthly news publication produced by the Department of Elder Affairs. It is distributed for free to more than 50,000 Floridians including seniors, caregivers, policymakers, and elder-care service providers. To subscribe to the *Elder Update*, fill out our online form at elderaffairs.state.fl.us/does/elder_update.php

JUST NOSEY ENOUGH — SCENT EVIDENCE K-9

Learn more about Scent Evidence K-9's Just Nosey Enough Initiative in the June e-newsletter



ONLINE SECURITY TIPS FOR WORKING FROM HOME

By Lisa Weintraub Schifferle, Attorney, FTC, Division of Consumer & Business Education, March 18, 2020

Teleworking during the Coronavirus outbreak? While working from home can help slow the spread of the virus, it brings new challenges: juggling work while kids are home from school; learning new software and conferencing programs; and managing paper files at home. As you're getting your work-at-home systems set up, here are some tips for protecting your devices and personal information.

Start with cybersecurity basics. Keep your security software up to date. Use passwords on all your devices and apps. Make sure the passwords are long, strong and unique: at least 12 characters that are a mix of numbers, symbols and capital and lowercase letters.

Secure your home network. Start with your router. Turn on encryption (WPA2 or WPA3). Encryption scrambles information sent over your network so outsiders can't read it. WPA2 and WPA3 are the most up-to-date encryption standards to protect information sent over a wireless network. No WPA3 or WPA2 options on your router? Try updating your router software, then check again to see if WPA2 or WPA3 are available. If not, consider replacing your router. For more guidance, read "Securing Your Wireless Network" at consumer.ftc.gov/articles/0013-securing-your-wireless-network and "Secure Remote Access" at ftc.gov/tips-advice/business-center/small-businesses/cybersecurity/securing-remote-access-to-your-network.

Keep an eye on your laptop. If you're using a laptop, make sure it is password-protected, locked and

secure. Never leave it unattended – like in a vehicle or at a public charging station.

Securely store sensitive files. When there's a legitimate business need to transfer confidential information from office to home, keep it out of sight and under lock and key. If you don't have a file cabinet at home, use a locked room. For more tips, read about physical security at ftc.gov/tips-advice/business-center/small-businesses/cybersecurity/physical-security.

Dispose of sensitive data securely. Don't just throw it in the trash or recycling bin. Shred it. Paperwork you no longer need can be treasure to identity thieves if it includes personal information about customers or employees.

Follow your employer's security practices. Your home is now an extension of your office. So, follow the protocols that your employer has implemented.

Want to learn more? Read our small business cybersecurity materials at ftc.gov/tips-advice/business-center/small-businesses/cybersecurity and our online security articles at consumer.ftc.gov/topics/online-security. If you're able to work from home, thanks for helping slow the spread of the Coronavirus.



HOW TO USE A FEW USEFUL DIGITAL PLATFORMS

By Anne Chansler, Director of Elder Protection, Serving Health Insurance Needs of Elders (SHINE) Florida Department of Elder Affairs

As we progress through the coming weeks, many of us in our professional and social lives will likely be traveling less and using more digital platforms to interact. Below are helpful resource links on how to create Facebook Live Posts and how to setup a Zoom account for virtual meetings and presentations.



To learn how to create a Facebook Live post, visit blog.hubspot.com/marketing/facebook-live-guide



To learn how to use Zoom for live webinars and meetings, visit support.zoom.us/hc/en-us



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CORONAVIRUS (COVID-19)

TIPS *for* Caregivers

*of Elders
with Memory
Disorders*

MARCH/APRIL 2020

When providing daily care to a person with Alzheimer's or dementia, caregivers face special challenges. COVID-19 may present additional concerns because dementia-related behaviors, increased age, and common health conditions may create additional needs.

For example, people with dementia may forget to wash their hands or take other recommended precautions. Conversely, viruses like COVID-19 and the flu may worsen cognitive impairment due to dementia.

In addition to following [guidelines from the Centers for Disease Control and Prevention \(CDC\)](#), caregivers for people living with dementia should consider the following:

DEMENTIA SPECIFIC

- For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your healthcare provider for advice.
- People living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next.
 - » Consider placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands with soap for 20 seconds.
 - » Demonstrate thorough handwashing.
 - » Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to handwashing if the person with dementia cannot get to a sink or wash his/her hands easily.
- Inquire about fulfilling longer prescriptions that require fewer trips to the pharmacy.
- Make plans for the person with dementia should adult day care, respite, etc., be modified or canceled in response to COVID-19.

CONTINUED ON PAGE 8

- Make plans for the person with dementia's care management should the caregiver become sick themselves.
- Inquire about COVID-19 precautions occurring at long-term care facilities. Ensure they have your emergency contact information as well as a backup.

IF THE PERSON LIVING WITH DEMENTIA LIVES IN A FACILITY *(assisted living or nursing home)*

The Centers for Medicare and Medicaid have provided guidance to facilities on infection control and prevention of COVID-19 in nursing homes. This guidance is for the health and safety of residents, and it can be helpful for families to know what to expect based on local situations.

- Check with the facility regarding their procedures for managing COVID-19 risk.
- Florida's Division of Emergency Management Order, [DEM ORDER NO.20-006](#), is limiting most visits to nursing homes and assisted living facilities to prevent the spread of COVID-19.
- Some exceptions for visitations are made, but you must check with the facility and adhere to a screening and documentation process. [DEM ORDER NO.20-006](#).
- When visitation is not allowed, ask the facility how you can have contact with your family member. Options include telephone calls, video chats, or even emails to check in.
- If your family member is unable to engage in calls or video chats, ask the facility how you can keep in touch with facility staff in order to get updates.

STAYING HEALTHY

- Pay attention to any fever, flu, or pneumonia-like symptoms and report them to a medical professional immediately.
- Follow current guidance and instruction from the [Centers for Disease Control and Prevention \(CDC\)](#) regarding COVID-19. Tips to keep yourself and your loved ones healthy include the following:

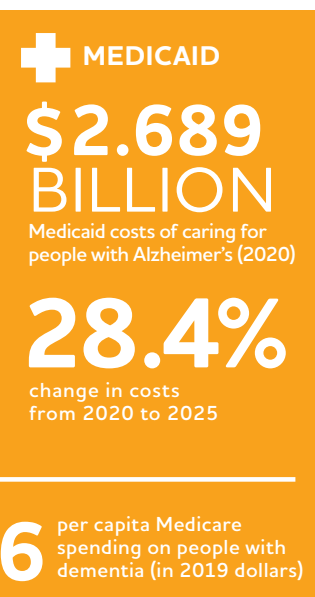
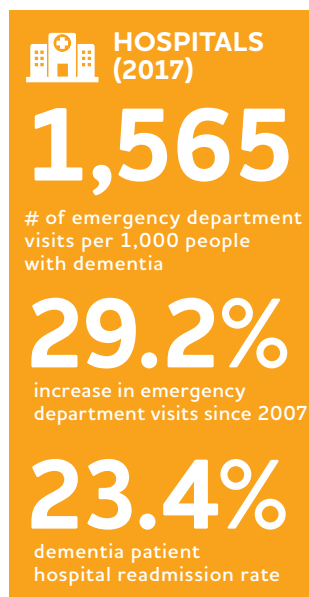
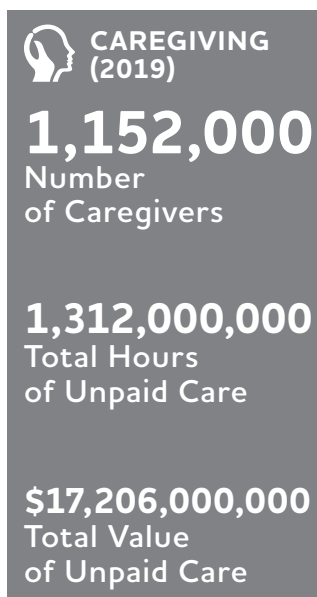
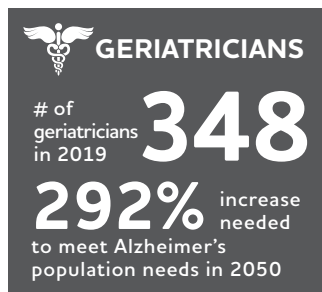
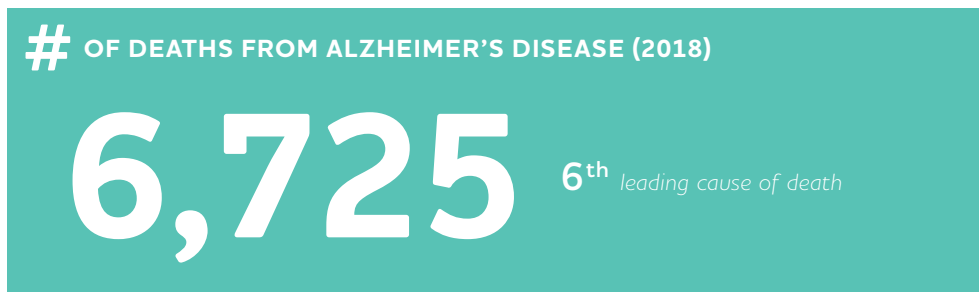
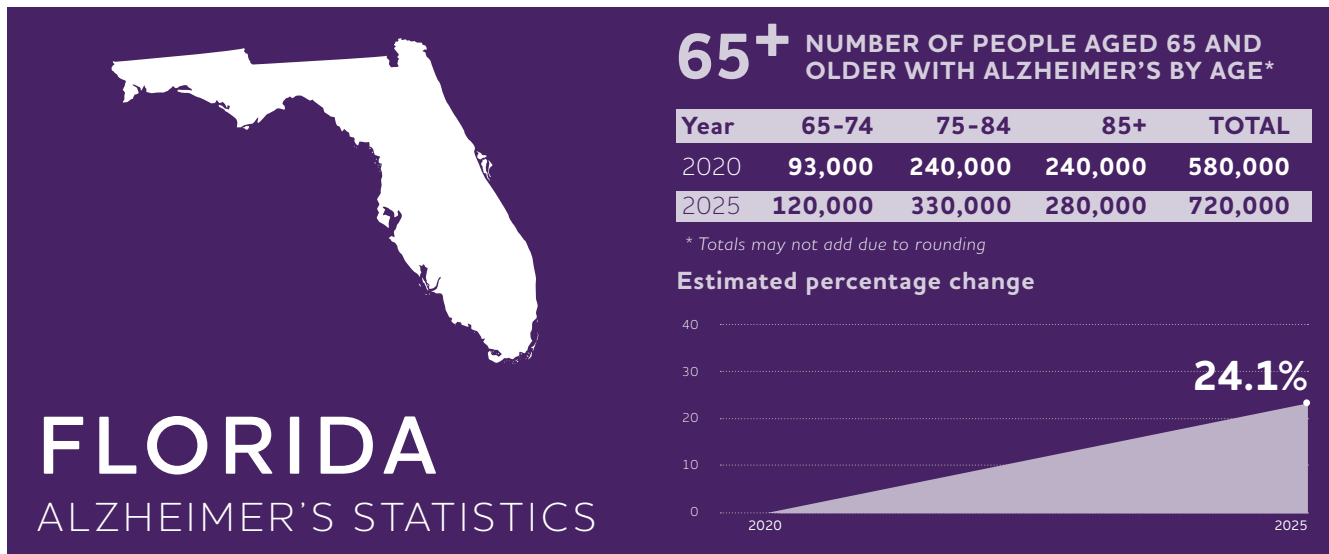


- » Avoid close contact with people who are sick.
- » Avoid touching your eyes, nose, and mouth.
- » Stay home when you are sick; work from home.
- » Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- » Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- » Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- » If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- » Always wash hands with soap and water if your hands are visibly dirty.

Safe hygiene practices as outlined by the CDC are here: [cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html](https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html)

2020 ALZHEIMER'S FACTS AND FIGURES

Visit alz.org/media/Documents/alzheimers-facts-and-figures.pdf
to view the complete 2020 Alzheimer's Disease Facts and Figures report.



More than **5 million Americans** are living with Alzheimer's. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$305 billion** in 2020, increasing to more than **\$1.1 trillion** (in today's dollars) by mid-century. Nearly **one in every three seniors** who dies each year has Alzheimer's or another dementia.

For more information, view the **2020 Alzheimer's Disease Facts and Figures** report at alz.org/facts.

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WAYS TO STAY CONNECTED:

At home and in need of some intellectual and social stimulation?

- Visit 6 renowned Italian museums: anamericaninrome.com/wp/2020/03/italy-museums-visit-for-free-online.
- MCN has created a guide to virtual museum resources, e-learning, and online collections: mcn.edu/a-guide-to-virtual-museum-resources
- Tour 10 historic homes thanks to House Beautiful: housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour
- Learn a new language for free with Duolingo: duolingo.com
- Explore the universe with NASA's online collection of videos, images, and sounds: nasa.gov.
- Enjoy "Nightly Met Opera Streams" offered by The Metropolitan Opera at 7:30 p.m. metopera.org

- Lose yourself in the incredible performances of the Seattle Symphony: seattlesymphony.org/live
- Connect with a Modern-Day Pen Pal: marthastewart.com/1538505/how-to-find-pen-pal
- Start a digital book club: bustle.com/p/10-tips-for-hosting-a-digital-book-club-47362
- Join a community of over 500,000 women to help live a happier and healthier life with Sixty and Me: sixtyandme.com/start

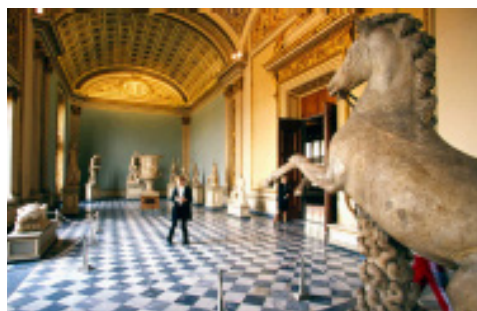
Children at home in need of a meaningful activity?

- The Polka Dot press has created a free printable note that children may color in and send to older adults to spread some cheer: thepolkadotpress.com/collections/freebies/products/free-printable-coloring-page-letter

- Go on safari with the Cincinnati Zoo & Botanical Garden at 3:00 p.m. weekdays via Facebook Live or anytime on the Zoo's YouTube channel: facebook.com/cincinnatiatzo
- Check out NASA's fun activities to do at home: nasa.gov/kidsclub/index.html

Mental Health Resources:

- Coronavirus Sanity Guide: tenpercent.com/coronavirussanityguide
- Taking Care of Behavioral Health Tips: samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf



The Italian Uffizi Museum is available for a virtual tour.



Visit the historic home of George Washington, Mount Vernon, through the House Beautiful Virtual Tours.

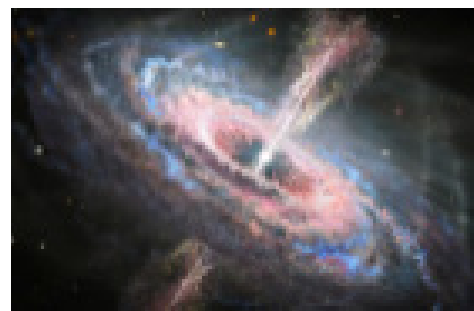


Illustration of a distant galaxy from NASA. Visit their vast collection of outerspace images and videos.



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DEMENTIA CARE AND CURE INITIATIVE

The Dementia Care and Cure Initiative (DCCI) currently has 14 Dementia-Caring communities throughout Florida, where Task Forces lead the charge to implement dementia-sensitive solutions for local residents.

NORTHWEST FLORIDA

This Task Force has started off 2020 with a goal of using the DCCI dementia sensitivity training to increase the number of first responders who are trained on this topic in the area. Additionally, there continues to be interest from local churches and congregate meal sites in receiving this training, as well as from local businesses. Community entities who take part in a DCCI dementia sensitivity training receive a decal that they can place near an entryway or on a window, signifying that they are Dementia-Caring.

BIG BEND

The DCCI of the Big Bend has laid out a plan for trainings, outreach, and what they plan on accomplishing this year. They recently did a Lunch and Learn with the Tallahassee Chamber of Commerce (pictured below) and had several area businesses approach them to have the DCCI dementia sensitivity training provided for their staff. Don't forget to follow this Task Force on Facebook, if you haven't already.



JACKSONVILLE

The Jacksonville DCCI/DFA Task Force is continuing to work on hosting a monthly Memory Café in New Town, a Dementia-Caring Community in Duval County. This Task Force operates with three subcommittees: Engagement, Education and Training, and Communications, and works closely with the Caregiver Coalition in Jacksonville. Follow them on Facebook at facebook.com/groups/DCCIJax.

MID-FLORIDA

This group is pleased to announce a change in their name from the Greater Gainesville to the Mid-Florida DCCI Task Force, and this name change is more inclusive of the area they are reaching. These past few months, Task Force members have been hard at work planning their first ever Dementia Resource Expo. Due to COVID-19 this event has been postponed. More updates will be provided in the e-newsletter once the event is rescheduled.

BREVARD

Brevard DCCI Task Force members are continuing to provide dementia sensitivity training throughout the community and table a health fairs representing DCCI. They recently collaborated with an area partner from the Florida Brain Bank to host an event in Viera titled "The Aging Brain". This event drew a crowd of over 70 people and there was standing room only. Topics covered included Understanding the Florida Brain Bank Research Study, Dementia 101, DCCI Dementia Sensitivity Training, and Concussion and Traumatic Brain Injury.

CENTRAL FLORIDA

This Task Force has had an exciting start to the new year with the launch of their community education and the development of a new website, which can be viewed at dcci-cfl.org. Congratulations to The Meatball Shoppe and University Dental Group, who were the first two entities in the Orange County to receive dementia sensitivity education offered by this Task Force!

TAMPA

The Tampa DCCI Task Force has partnered with the co-founders of Aging Advocate, an educational platform for families and professional caregivers in the Hillsborough County area. Through this partnership, this Task Force will soon be rolling out a Purple Dining Initiative in Hillsborough County, which will focus on providing dementia sensitivity training to restaurant staff.

PASCO & PINELLAS

The Pasco-Pinellas DCCI Task Force will be formalizing their community education toolkit and training plan in the coming months, and has created a mission and vision statement specific for their Task Force:

Mission: To promote dementia awareness through advocacy, education, and collaboration.

Vision: A community that embraces and empowers people living with dementia.

SARASOTA

The Sarasota Task Force has benefitted greatly from having one of their members volunteer for the role of "Train the Trainer Coordinator". Due to these efforts, a train the trainer session was recently held for individuals in the healthcare field, and they had 25 people register, but 38 showed up! Trainers and the public have access to DCCI materials for Sarasota [here](#).

FORT MYERS

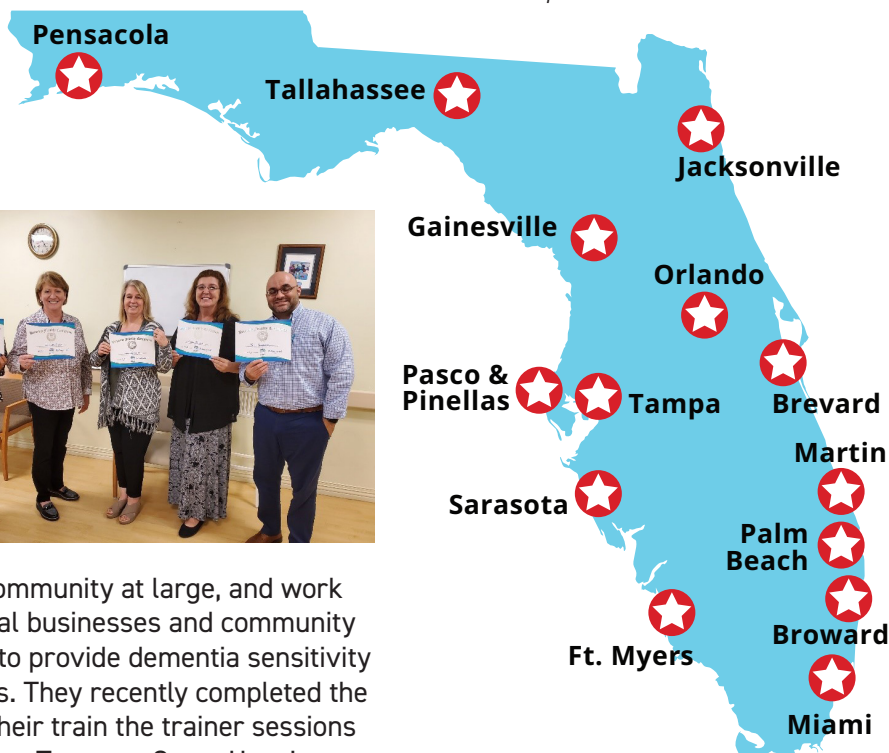
Lee Health created a [marketing video](#) for this DCCI Task Force, and there is a group of film professors from Florida Gulf Coast University (FGCU) working on producing an educational training video for use in the community, and the editing process will wrap up this Spring. This Task Force continues to stay active in Lee County, tabling at health fairs (pictured below) on behalf of DCCI, and providing dementia sensitivity trainings to various community entities.



MARTIN COUNTY

Martin County HUGS has been busy. Martin County HUGS (Help, Understanding, Guidance, and Safety) is going strong with community education and training. They host a monthly standing training that is open

Each red star indicates where the DCCI taskforce is headquartered



to the community at large, and work with local businesses and community entities to provide dementia sensitivity trainings. They recently completed the first of their train the trainer sessions for staff at Treasure Coast Hospice and Seacoast Bank (pictured above).

PALM BEACH

This Task Force has established two subcommittees, one focused on education and the other on developing a dementia resource guide for the Palm Beach area.

BROWARD

Task Force members in Broward County have outlined projects to focus on in 2020, and one of them will be to host a one-day DCCI conference. Another project of interest is to develop a Resource Kit to assist those who are newly diagnosed with dementia and are unsure of what resources are available in the community, and ideally this resource will be available in print and online once it comes to fruition.

MIAMI

The Miami-Dade Age-Friendly Initiative and Miami-Dade DCCI Task Force educational event originally scheduled for Wednesday, April 1, in the Coral Gables Adult Activity Center, has been postponed. The event will provide dementia sensitivity training for representatives of Age-Friendly municipalities in Miami-Dade. More updates will be provided in the e-newsletter once the event is rescheduled. Task Force and Age-Friendly municipalities in the area.

For more information on the Dementia Care and Cure Initiative, email: DCCI@elderaffairs.org