



RESIDENTIAL AGED CARE NEWS

Stay the Course!

Dear All

By now you will all have been inundated with information about preparing your facility during the Coronavirus pandemic.

A few ideas with managing the overload might be

- Take a deep breath!
- Make sure you are adhering to the recommendations from the state and federal departments. Aged care historically has not had much to do with the state health department BUT they are responsible for the management of all infectious disease outbreaks.
- Focus on the facilities capacity for excellent infection control management strategies
 - o Staff training repeated as often as is needed to ensure everyone has a clear understanding of their responsibilities. Make sure staff are aware of the procedure for “self - cleaning” when they get home. Online videos and learning modules can help.
<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>
AND <https://www.safetyandquality.gov.au/our-work/infection-prevention-and-control/infection-prevention-and-control-elearning-modules>
 - o Reinforce correct handwashing/ hygiene procedures
 - o Screening of staff and visitors
 - o Reinforce your infection control strategies to residents, staff, visitors.
 - o Consider showing the residents what someone looks like when they are using their PPE. Statements like “I know it looks a bit scary but we need to do this to keep you safe” might help.
- Be kind to one another and make sure you and the residents have a laugh every day! It’s the best reassurance staff and residents can have.
- **Remind residents, staff and visitors that whilst the rates of infection seem to be stabilizing we must not let our guard down. We MUST continue to be strict in our approach to preventing infections. Its our first and strongest line of defence.**

Don’t forget your own mental health... exercise and daily walks are critical for our physical and mental health. Check the internet and app stores for relaxation, exercise and mindfulness training that might support your mental health. If you need some additional support Lifeline, Beyond Blue and Headspace can be a starting point. Your GP can develop a “**Mental Health Treatment Plan**” which entitles you with up to 10 sessions from a psychologist. Also think about your employers “**Employee Assistance Program**”. Help is there if you need it.

Be well and Be Safe

If you have any suggestions, requests for information or would like to be added to the mailing list please use the contact details below:

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