

# Essential Caregivers

Residents and POA/SDM can designate essential caregivers [ECGs]. They are welcome indoors daily for 8 a.m. to 8 p.m. [please avoid 2:30 to 3:30 p.m.].

During an outbreak, only one ECG can be indoors at a time and when possible, they help with:

assist with a meal and/or hydration

encourage mobility – getting up, walking

assist with personal care – washing, dressing, oral/mouth care, shaving, haircuts, glasses cleaning

organize and tidy Resident's room, bed making, wardrobe/closet

engage in meaningful conversation and information sharing [cognitive stimulation]

understand and communicate Resident's wishes

provide connection to friends, family and the community

## Rules\* [as of January 11, 2023]:

- ▶ refresh your training regularly [proper hand washing, PPE donning and doffing, etc.] – paying special attention to updated information and guidelines –
- ▶ pass the screening questions at entry and wear the lanyard provided
- ▶ receive a COVID rapid test twice a week – you may also be chosen for random testing
- ▶ **wear the medical mask Cassellholme provides over your nose and mouth for the entire time [no eating or drinking]**
- ▶ maintain physical distancing [6 feet or 2 metres]
- ▶ outdoors, stay on Cassellholme grounds

\* An updated PDF of the current guidelines is available on the website for your review [cassellholme.ca/visiting](http://cassellholme.ca/visiting)

**I understand the above statements and agree to the terms.**

name of Resident and location

address of essential caregiver

name of designated essential caregiver

signature of essential caregiver

email address and/or phone number of essential caregiver

date