

# Essential Caregiver Guidelines

Updated: April 15, 2024

**CASSELLHOLME**

*Compassionate care for life's journey.*

# What are the Ontario Ministry guidelines?

1. Complete the free training – learn proper hand washing, personal protective equipment [PPE] donning and doffing, etc.
2. Be aware of any outbreaks. During an outbreak, ECGs can visit – specific guidelines regarding PPE required will be posted.
3. Wear full PPE if supporting someone in isolation

# What are the categories of essential caregiver?

1. support workers
  - physicians, motion specialists, food deliveries, etc.
  - do not fall under the scope of LTC Home staff
2. **designated essential caregivers**
  - have completed Cassellholme training and regularly support direct care to a Resident [meal assistance, mobility, personal hygiene, cognitive stimulation, meaningful connection and assistance in decision making]
3. government inspectors

*NOTE: Essential visitors are those visiting critically ill or palliative Residents.*

# Who can be designated as an essential caregiver?

- ▶ Essential caregivers are designated [chosen] by the Resident, Power of Attorney [POA] or Substitute Decision Maker [SDM].
- ▶ Each Resident can choose essential caregivers, such as:
  - family members or friends who provide a meaningful connection
  - privately hired caregiver
  - paid companions
  - translators

# The role of an essential caregiver

We'd be grateful for your help with in-room tasks – especially during an outbreak:

- ✓ 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 Resident's room [bed making, tidy wardrobe/closet, etc.]
- ✓ engage in meaningful conversation and information sharing [cognitive stimulation]
- ✓ understand and communicate Resident's wishes
- ✓ provide connection to friends, family and the community

# How can you arrange a **social/ overnight outing?**

- ▶ Sign your Resident out of the unit.
- ▶ When you return, sign in on the unit.
- ▶ If your Resident is going to be away during a medication time, or overnight, call Unit Support to arrange medication.
- ▶ Outings may be limited during an outbreak.

# Wash your hands thoroughly

watch this video

<https://www.publichealthontario.ca/en/videos/ipac-handwash>



# Sanitize your hands

watch this video for step-by-step instructions  
[publichealthontario.ca/en/videos/ipac-handrub](https://publichealthontario.ca/en/videos/ipac-handrub)





# Don [put on] PPE

watch this video

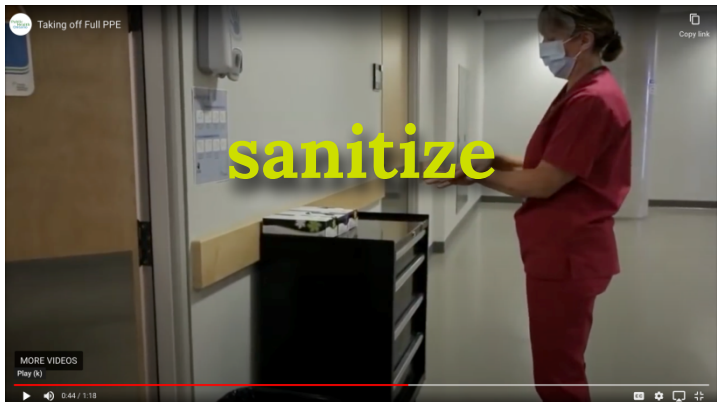
<https://www.publichealthontario.ca/en/videos/ipac-fullppe-on>



# Doff [take off] PPE

watch this video

<https://www.publichealthontario.ca/en/videos/ipac-fullppe-off>



sanitize  
your  
hands –  
again

# Don and doff an N95 mask

watch this video for donning [putting on] an N95 mask  
[publichealthontario.ca/en/videos/ipac-n95respirator-flat-on](https://publichealthontario.ca/en/videos/ipac-n95respirator-flat-on)



Public Health Ontario logo

Putting on Flatfold N95 Respirator

Copy link


**Putting on Flatfold N95 Respirator**

Step-by-step demonstration of how to properly put on the flatfold N95 respirator.

Duration: 1 min

Watch on  YouTube

watch this video for doffing [taking off] an N95 mask  
[publichealthontario.ca/en/videos/ipac-n95respirator-flat-off](https://publichealthontario.ca/en/videos/ipac-n95respirator-flat-off)



Public Health Ontario logo


Taking off Flatfold N95 Respirator

Copy link

**Taking off Flatfold N95 Respirator**

Step-by-step demonstration of how to properly take off the flatfold N95 respirator.

Duration: 1 min

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# How do we show **respect** for each other?

- ▶ We know that everyone cares deeply for their Resident and wants what is best for them.
- ▶ Please show consideration for the staff – the well-being of each Resident is at the core of everything we do.
- ▶ Your patience and understanding is very much appreciated.

Review these guidelines regularly – especially when you're notified of a change or there's an outbreak.

questions@cassellholme.ca  
or call 705-474-4250  
ext. 244

Leave a message if we can't answer – we'll make every effort to return your call within 24 hours.

# Thank You

By taking the time to complete or refresh this training and assisting in the care of your loved one, you're part of the Cassellholme care team. Welcome!