



## COVID-19 Hot Topics in Independent Living: How to Manage Dependent Care in Independent Living?

In various independent living settings for older adults, there are people who are reliant on a spouse, family caregiver, or hired companion to attend to their activities of daily living. As we prepare to face the possibility of long-term “social distancing” related to coronavirus, here are a few “Hot Topics” from your fellow LeadingAge Members:

- **Who are the individuals** in Independent Living whom you know to be dependent on a spouse or caregiver for their activities of daily living?
  - What activities of daily living, specifically, must the person have assistance with every day?
- **What is your organization’s current visitor policy** during the coronavirus outbreak?
  - Are family or privately hired caregivers still permitted entry into Independent Living?
  - If all visitors are restricted, are there exceptions permitted, and in what circumstances?
- **What is the current plan** of the spouse or responsible party to continue to care for their loved one?
  - What is the current health status of the spouse or caregiver?
  - What is the current health status of the loved one who is dependent on care?
  - Are there adequate supplies to shelter in place, if this measure is required?
  - What is the plan to continue to have enough supplies to shelter in place?
- **Is there a “back-up plan”** if the plan for care is interrupted by caregiver illness, burnout, or disability?
  - Who will take care of the caregiving spouse’s needs, should they become ill or be hospitalized?
  - What if a privately hired caregiver becomes ill or is unable to continue to provide care in the home?
- **What local caregivers** or providers are available who could step in to provide care to the loved one?
  - Are there local family members who may be able to help?
  - Are local providers, such as home care, home health, and other services able to take on the care of the loved one?
  - Is the spouse or responsible party willing and able to pay for private caregiving services?
- **Is respite care** in an Assisted Living or Skilled Nursing Home an option?
  - Is this an option that your organization already offers?
  - Are there nearby Assisted Living or Nursing Homes that could accept the person for a respite stay?

As the coronavirus pandemic and response continues to evolve, new and updated resources for all aging services providers will be posted to [www.leadingage.org/COVID19](http://www.leadingage.org/COVID19). Please visit frequently to get the latest news and updates.