



Indiana State
Department of Health

LONG TERM CARE NEWSLETTER

ISDH Long Term Care Newsletter
Issue 2020-19
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Today's Issue:

- **CMS – Long Term Care Facility Guidance**
- **Preparing Nursing Homes & Assisted Living Facilities for COVID-19**
- **Alzheimer's Association - COVID-19 Resource**
- **Indiana State Department of Health COVID-19 Resource Center**

CMS – Long Term Care Facility Guidance

The Centers for Medicare & Medicaid Services (CMS) and the Centers for Disease Control and Prevention (CDC) are issuing new recommendations to State and local governments and long-term care facilities (also known as nursing homes) to help mitigate the spread of the 2019 Novel Coronavirus (COVID-19). Long-term care facilities are a critical component of America's healthcare system. They are unique, as they serve as both healthcare providers and as full-time homes for some of the most vulnerable Americans.

To provide critical, needed leadership for the Nation's long-term care facilities to prevent further spread of COVID-19, CMS and CDC are now recommending the following immediate actions to keep patients and residents safe:

1. Nursing Homes should immediately ensure that they are complying with all CMS and CDC guidance related to infection control.
2. As long-term care facilities are a critical part of the healthcare system, and because of the ease of spread in long-term care facilities and the severity of illness that occurs in residents with COVID-19, CMS urges State and local leaders to consider the needs of long-term care facilities with respect to supplies of PPE and COVID-19 tests.
3. Long-term care facilities should immediately implement symptom screening for all.
4. Long-term care facilities should ensure all staff are using appropriate PPE when they are interacting with patients and residents, to the extent PPE is available and per CDC guidance on conservation of PPE.
5. To avoid transmission within long-term care facilities, facilities should use separate staffing teams for COVID-19-positive residents to the best of their ability, and work with State and local leaders to designate separate facilities or units within a facility

to separate COVID-19 negative residents from COVID-19 positive residents and individuals with unknown COVID-19 status.

[Complete Information: COVID-19 Long-Term Care Facility Guidance](#)

Preparing Nursing Homes & Assisted Living Facilities for COVID-19

A new resource is now available: a recorded webinar on [Preparing Nursing Homes and Assisted Living Facilities for COVID-19](#).

Webinar Guide/Handout: [Preparing Nursing Homes and Assisted Living Facilities for COVID-19](#)

Alzheimer's Association - COVID-19 Resource

The Alzheimer's Association's continue to provide care and support services to those affected by Alzheimer's and dementia and their caregivers. Here are a few things available for those who may be more isolated than usual or need support at this time.

The Alzheimer's Association provides:

- 24/7 Helpline available around the clock at 800-272-3900. Our professional staff provide reliable information and support to all those who need assistance for information, referral or care consultation.
- [ALZConnected](#) is a free online community for everyone affected by Alzheimer's or other dementias, including people with the disease, caregivers, family members, friends, and individuals who have lost someone to Alzheimer's.
- COVID-19 - [Tips for Dementia Caregivers](#)
- [Greater Indiana Chapter](#) includes virtual support groups, education programs, and other resources

In addition, a toolkit for long-term-care and community-based care providers has been developed. This toolkit is aimed at helping providers who may face staffing shortages and delivering high-quality dementia care during an emergency situation. It also provides guidance to staff on the importance of person-centered care which is essential for optimal care.

COVID-19 – [Tips for Dementia Caregivers in Long-Term or Community-Based Setting Toolkit](#)

Additional information:

- [Recommendations to Prevent Exposure to COVID-19 for Hoosiers Living with or Caring for Someone with Alzheimer's Disease or Other Dementia](#)
 - [Emergency Preparedness: Caring for Persons Living with Dementia in a Long-Term or Community-Based Care Setting](#)
 - [Virtual Support Groups and Education Programs](#)
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Indiana State Department of Health COVID-19 Resource Center

Please consult the [Indiana State Department of Health COVID-19 webpage](#) for updated news and guidance on the COVID-19 outbreak. Updates will be made as new information becomes available. Please contact your healthcare provider if you experience symptoms such as fever, cough and shortness of breath and have a recent history of travel to areas affected by COVID-19 or contact with someone diagnosed with COVID-19.

General questions from the public or healthcare provider inquiries about COVID-19 may be directed to the ISDH COVID-19 Call Center at the **toll-free number 877-826-0011 (available 24/7)**.