COVID-19

An End Stage Renal Disease (ESRD) National Coordinating Center (NCC) Patient Webinar Event

August 25, 2020
Agenda

• What is this call about?
• Today’s speakers
  ▪ Riquelen Ngumezi, MSW, LCSW
    − Patient Services Manager
    − HSAG, ESRD Network 17
  ▪ Anne Pugh, MSW, LCSW
    − Patient Services Manager
    − HSAG, ESRD Network 17
  ▪ Derek Forfang, Network 17 Patient Advisory Council (PAC) Chair
  ▪ Kari Esser, Network 17 Patient Subject Matter Expert (PMSE)
• Topic: Guidance and Tips for Multigenerational Home During COVID-19
• Questions and answers (Q&As) from chat and Q&A panels
What Is This Call About?

• Hear from experts who share tips for coping in a COVID-19 environment.
• Provide real-world experiences for others to put into use.
• Engage in calls on varying topics.
Riquelen Ngumezi, MSW, LCSW
Patient Services Manager
HSAG, ESRD Network 17
Anne Pugh, MSW, LCSW
Patient Services Manager
HSAG, ESRD Network 17
One-in-Five Americans Live in a Multigenerational Home

In 2016, that was 64 million people.

Multigenerational Families Face Unique Challenges, but Also Can Tap Into Extra “Family Power” to Stay Well

• Define “multigenerational household.”

  ▪ A multigenerational household, or grandfamily, is one where more than 2 age groups live in the same home. This could be adults with children whose parents (the grandparents) also live with them. Or, it could be any other family members of different generations living together.
Multigenerational Families Face Unique Challenges, but Also Can Tap Into Extra “Family Power” to Stay Well (cont.)

• Choices may have to be made to protect vulnerable family members, especially during COVID-19.
  ▪ Anyone of any age can get sick with the virus.
  ▪ If your household includes one or more vulnerable individuals, then all family members should act as if they themselves are at higher risk.

• Strengths
  ▪ Pool resources
  ▪ Distribution of household chores
  ▪ Strengthen relationships
  ▪ Child/elder care
Important Tasks

• Find **factual, up-to-date information** from credible sources.
• Attend all **dialysis treatments/important medical appointments**.
• Practice **excellent hygiene** and **housecleaning**.
• Plan how to access **food and medications**.
• Access **technology**.
• Manage **anxiety, boredom, stress**, and **staying connected**.
• Develop emergency planning/**back-up plans** for child/eldercare.
• What to do if **someone has COVID-19**: seek help from medical professionals
• Problem-solve/plan for **transportation needs**.
Find Factual, Up-to-Date Information From Credible Sources

• Stay up to date with changing guidance and recommendations.
• Discuss changes and new recommendations with family.
• Consider limiting time watching news or online media.

Practice Excellent Hygiene and Housecleaning Practices

• Discuss infection control with everyone in the family.
  ▪ People at higher risk should also avoid caring for people of any age who are sick.

• Extra reminders for kids, pre-teens, and teens.

• Daily chores could be split and rotated among all able family members.

• Stay at home and avoid crowds.

• Attend all dialysis treatments/important medical appointments.

Practice Excellent Hygiene and Housecleaning Practices (cont.)

- Wash your hands frequently; use hand sanitizer when you cannot.
- Wear a cloth face covering if you need to leave the house.
- Stay at least 6 feet away from others whenever possible.
- Post a reminder on what to do upon returning home.
  - Wash hands immediately upon entry, etc.

Accessing Food and Medications for Large Families

- Delivery service reminders
- School district food delivery
- Community/church food delivery services
- Restaurant food at reduced rates
- Pharmacy delivery
- Churches and senior/community center volunteers for errands
- Stock medications/food/household staples
- Limit errands outside of the household
  - Consider outdoor farmers’ markets
Accessing Technology

- Distance/virtual learning
- Hot spot device
- Wired-community location
- Help others with Internet/Zoom™/FaceTime ™ access: [https://seniorplanet.org/stuck-at-home-guide-get-online/](https://seniorplanet.org/stuck-at-home-guide-get-online/).
- For those who need assistance getting a computer, this might help: [https://www.pcsforpeople.org/eligibility/](https://www.pcsforpeople.org/eligibility/)
- Discounted wi-fi options
Managing Boredom, Anxiety, Stress, and Staying Connected

• Talk with your dialysis social worker for ideas and referrals on how to handle stress.
• Share pictures, stories, songs, music, and family/cultural history.
• Play brain games.
• Walk or bike together as a family.
• Spend time apart in less used parts of the home.
• Learn something new!

Managing Boredom, Anxiety, Stress, and Staying Connected (cont.)

Substance use, domestic violence, child/elder abuse rates may be on the rise during the pandemic.*

- National Domestic Violence Hotline: 800.799.7233
- SAMHSA Disaster Distress Helpline: 800.985.5990
- 24-hour Suicide Prevention Lifeline 800.273.8255 or text 838255
- 24-hour Crisis Text Line: Text HOME to 741741
- Locate possible regional supports.
- Example: California Warm Peer Line: 855.845.7415—non-emergency support to talk to a peer counselor
- Example: CalHOPE Peer-Run Warm Line: 833.317.4673 for COVID-19 specific non-emergency support

Develop Emergency Planning/Back-up Plans for Child/Eldercare

• What would your family do if someone in your family were to get COVID-19?
• What changes would you need to make?
• How can you prepare for those changes?
• What happens if the main caregiver gets ill? Who can serve as backup?
• Who can take care of pets if the main person is not well?
Develop Emergency Planning/Back-up Plans for Child/Eldercare (cont.)

• If you need to share a room with someone who is sick:
  ▪ Open a window, if possible.
  ▪ Maintain at least 6 feet between beds. If this isn’t possible, sleep head to toe.
  ▪ Put a curtain around or place a quilt or large bedspread to separate the sick person’s bed.
  ▪ Use face coverings and wash hands often around that person.
What to Do If Someone Has COVID-19: Seek Help From Medical Professionals

If someone in your home has COVID-19:
• Make sure you let your dialysis clinic know.
• Continue hand hygiene.
• If possible, isolate the person with COVID-19.
What to Do If Someone Has COVID-19: Seek Help From Medical Professionals (cont.)

- Clean and disinfect surfaces, such as doorknobs and other frequently touched surfaces.
- Avoid sharing phones, dishes, or toys.
- If possible, have 1 person take care of the sick person.
  - Vulnerable members should avoid caring for children and those who are sick.
- If caring for a sick household member:
  - Have the sick person wear a face mask.
  - Use a separate bathroom.
  - Avoid visitors.
  - Practice self-care and take care of yourself!
When leaving the household:
• Choose 1 or 2 people who are not at high risk to leave the house.
• Always wear a cloth face covering in public.
• Post a reminder on what to do upon returning home.
  ▪ Wash hands immediately upon entry, etc.
• Do not ride in a car with people of different households.

If that is not possible:
▪ Avoid riding with multiple passengers.
▪ Open the windows to bring in fresh air.
▪ Handle your own personal items.
▪ Avoid touching your eyes, nose, and mouth.
Resources

• Staying Safe in Mutigenerational Households (NCC):
  ▪ https://esrdncc.org/globalassets/patients/stayingsafemultigen508.pdf

• CDC Multigenerational Family Resource (originally part of CDC outreach to tribal communities):

• ‘Staying Away From Grandma’ Isn’t An Option In Mutigenerational Homes:
Resources (cont.)

- COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families:

- Internet Options for Students and Families:
  - https://www.reviews.com/utilities/internet/internet-options-for-students/

- Intimate Partner Violence and Child Abuse Considerations During COVID-19:
Patient Subject Matter Experts

Derek Forfang
Patient Subject Matter Experts

Kari Esser
Let Us Hear From You

- Q&As from chat and Q&A panels
Download the Staying Safe in Multigenerational Households Handout

TheKidneyHub.org is a safe, mobile-friendly web tool created by the ESRD NCC with help from kidney patients and family members.

Links to important new resources, such as:
- Quick Start to Submitting an Emergency Grant Request
- Understanding High Kidney Donor Profile Index (KDPI) and Increase Risk Kidneys video.
- And more.

Let us know what you think.
- Email us at NCCinfo@hsag.com.
Our Next COVID-19 Webinar Events

• Save the dates for our next events.
  ▪ Provider-focused event: September 2 at 3 p.m. ET
  ▪ Patient-focused event: September 8 at 4 p.m. ET

• Visit www.kidneyCOVIDinfocenter.com for information and to register.
Thank You!

NCCinfo@hsag.com
844.472.4250
813.865.3545
www.esrdncc.org

Additional COVID-19 resources for patients and providers:

www.thekidneyhub.org/covid19/
www.kidneyCOVIDinfocenter.com

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