

CAREGIVER NEWSLETTER

AUGUST 2020

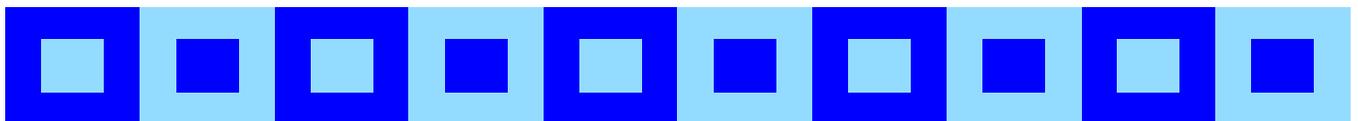
A MESSAGE FROM OUR ADULT DAYCARE PROGRAM ABOUT WHAT IN-CENTER SERVICES MAY INVOLVE AND HOW THEY MIGHT LOOK

We know that many of you are anxious for ONEgeneration's Adult Daycare Center to resume in-center services. Given the recent surge in cases of Covid 19 in Los Angeles County and California in general, it is still not safe for us to do so. We continue to be advised by state and local authorities that congregate/group gatherings of individuals outside of the same household remain unsafe. When we are able to return to an in-center service model, our program will initially look different than it has in the past. We will need to stagger arrival times, take temperatures upon entry, screen for symptoms and risk factors, social distance, limit visitors, and increase infection control and cleaning procedures. Staff and participants will need to wear masks and we will increase hand washing and hand sanitizing stations.

Given that the population we serve in the Adult Daycare is at highest risk if infected with Covid 19, we will most likely need to put additional protocols in place. Possible changes may include caps on daily attendance (i.e. 10 – 20 people in attendance each day), placing participants in cohorts where they attend and interact only with the same individuals to limit the spread of any infections, assigning specific staff members to work only with specific participants, and possible reductions in hours to allow for enhanced cleaning procedures. As of now, these are only possibilities and changing requirements for providing care and reopening centers may make some of these changes necessary. Some requirements from the state which are already clear include inspection of ventilation and air filtration systems to ensure they are in working order, ensuring adequate supplies of Personal Protective Equipment (PPE), training with staff on proper use of PPE, and the development of protocols for ongoing cleaning, ensuring physical distancing of staff and participants, and procedures on routine and consistent hand washing and sanitizing.

Please know that, when we are given the green light to reopen, we will notify all of you. At that time, we will let you know that our adult daycare center is open and what, if any, new procedures are in place. If we do have to move to smaller group sizes and/or cohorts, we may ask you to tell us which days and times you prefer and work to create schedules for each participant.

We sincerely wish that we could reopen immediately but, given the current situation, it is not safe for us to do so. Please know that our staff is still here for you and available to answer questions, provide referrals, or assist in any way that we can. We encourage you to participate in our Zoom groups and so enjoy seeing those of you who do attend. Please stay safe.



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ADULT DAYCARE HISTORY

- Adult Daycare programs were modeled after European day hospitalization programs for the mentally ill during the 1920's.
- Dr. Lionel Cosin was a British surgeon and pioneer of geriatric medicine who believed seniors hospitalized with fractured hips, once considered untreatable with no hope of improvement, could receive rehabilitation and return to their homes—a ground-breaking concept in those days. In 1957, he opened the first 'Day Hospital for the Elderly' in the world named the *Cowley Road Day Hospital* in England. He introduced and shared his concept of day care and rehabilitation for the elderly in seminars and presentations in the United States and throughout the world during the 1960's.
[source: <https://www.independent.co.uk/news/people/obituary-lionel-cosin-1369765.html>]
- In 1973 there were less than 15 adult day care programs in the United States.
- During the 1970's, several policy changes were generated to assist seniors to achieve or maintain autonomy and reduce or prevent inappropriate institutionalization through community based and in-home care options. Medicaid funds were also made available to cover day care costs for low income families.
- By 1978, the number of adult day care programs increased to 300. Currently there are over 5000 programs in the United States.

ONEgeneration ADULT DAYCARE HISTORY

- The Reseda Multipurpose Senior Center [now ONEgeneration Senior Enrichment Center] was started in 1978 with a grant from the LA Area Agency on Aging.
- It was being recognized by our staff and participating seniors that respite care was desperately needed—many seniors were having to stop attending their life enhancing and stress reducing classes because their spouse or relative with Alzheimer's Disease or other Dementia could no longer be safely left home alone and/or would wander away from classes and get lost.
- In 1982, a grant was provided from the Community Development Department of LA to start a Social Adult Daycare Program. This program was also developed with caregiver support groups offered to family members as an innovative approach to caring for the whole family.
- Over the next 3 years, services for seniors including "friendly visitors," transportation, grocery shopping, congregate meals, homebound meal delivery, resource center, and other services were created to serve the community. O.N.E. [the Organization for the Needs of the Elderly] was incorporated as the leader in the provision of senior services in the San Fernando Valley in 1985.
- A new concept was born in 1989—plans began for launching a first-of-its-kind Intergenerational Daycare Program for both seniors and young children next door to one another. In 1992, construction began for our second site-O.N.E. Mark Taper J.O.Y. (Joining Older and Younger).
- In 1993, our Adult Daycare program is opened. In 1994, our Childcare Program opened in partnership with the YMCA, with O.N.E. taking over direct operations in 1996 and establishing the Intergenerational program as an award-winning model.
- Over the next 27 years, the Adult Daycare Program evolved to become a nationally recognized, dual model Social and Health daycare program which includes services that can support adults and seniors with a plethora of medical, cognitive, and psychiatric conditions. In addition, the program qualified to provide services for participants enrolled in Medi-Cal HMO plans, the Regional Center and with Veteran's Administration Benefits.
- In 2020, despite current challenges including an interim halt on in center services due to the COVID-19 pandemic, ONEgeneration Adult Daycare continues to provide Temporary Alternative Services to all enrolled participants including weekly telehealth monitoring, Zoom therapy, reminiscence and intergenerational groups, as well as resources and support to their caregivers.

