



REQUEST FOR ESSENTIAL CAREGIVER
THE PINES LTC HOME

A caregiver is a type of essential visitor who is designated by the resident and/or their substitute decision-maker (Power of Attorney) and is visiting to provide direct care to the resident.

Please complete and return this form to the Director of Care (DOC) at The Pines, only if you wish to apply to have designated caregivers assigned to a resident in our home.

If you do not apply to be a caregiver, general visits are still available. All applications will be reviewed by the Nursing Leadership Team (DOC/ADOC) and you will be notified within 7 business days of the status of your application.

A form must be signed by the resident or substitute decision-maker only; no limit on the number of caregivers per resident.

DEFINITION OF ESSENTIAL CAREGIVER:

A type of essential visitor who is designated by the resident and/or their substitute decision-maker and is visiting to provide care to the resident (eg: supporting feeding, mobility, personal hygiene, cognitive stimulation, communication, meaningful connection, relational continuity, and assistance in decision-making).

Examples of essential caregivers include family members who provide a meaningful connection, a privately hired caregiver, a paid companion, or translators.

REQUIREMENTS FOR ESSENTIAL CAREGIVERS:

- ✓ In the case of an individual under 16 years of age, has approval from a parent or legal guardian to be designated as a caregiver;
- ✓ No maximum number of essential caregivers per resident can be designated by a resident;
- ✓ Maximum of two (2) essential caregivers may visit a resident when the home area is in an outbreak, Please contact the home to verify;
- ✓ A resident and/or their substitute decision-maker may change a designation in response to a change in:
 - The resident's care needs which are reflected in the plan of care;
 - The availability of a designated essential caregiver, either temporary (eg: illness) or permanent;

HEALTH SERVICES DEPARTMENT

Long-Term Care Services

70 Pine Street, Bracebridge, ON P1L 1N3

Phone: 705-645-2100 **Toll-Free:** 1-800-461-4210 (within 705)

Fax: 705-645-5319

Email: healthservices@muskoka.on.ca

Website: www.muskoka.on.ca

THE PINES

Long-Term Care Home

98 Pine Street, Bracebridge, ON P1L 1N5

Tel: 705-645-4488

Fax: 705-645-6857



Resident's Name: _____ ROOM # _____

SPRUCE

CEDAR

OAK

BIRCH

MAPLE

I AM A RESIDENT Name: _____ Room Number: _____

CAREGIVER Name (Please Print): _____

Date: _____

I have reviewed the attached package on Infection Control- Please initial _____

CAREGIVER Name (Please Print): _____

Date: _____

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CAREGIVER Name (Please Print): _____

Date: _____

I have reviewed the attached package on Infection Control- Please initial _____

Resident/POA Signature: _____ Date: _____

****DOC/ADOC USE ONLY BELOW THIS LINE****

Date Received: _____ Date Reviewed: _____ Approved: YES NO

Not Approved (please explain here):



This letter and the attached information are to inform you of important Infection Prevention and Control (IPAC) practices in the home to keep your loved one and yourself safe from infectious disease. Our home follows the guidance from Public Health, the Ministry of Long-Term Care, and the Ministry of Health.

Please review the information package which includes, but is not limited to infection prevention and control (IPAC), masking, visitor's mandatory compliance with processes, hand hygiene, maintenance of the highest level of IPAC standards prior to, during, and after visits;

- [Public Health Ontario Resources](#)
 - [Recommended Steps: Putting on Personal Protective Equipment](#)
 - [Video: Putting on full personal protective equipment](#)
 - [Video: Taking off full personal protective equipment](#)
 - [Video: How to hand wash](#)
 - [Video: How to hand rub](#)

What are the ways we prevent illness in The Pines?

We have passive screening posted at the entrance to ensure we keep contagious viruses such as Influenza, Covid-19 and colds out of the home. Our residents are at risk of more severe illness if they catch these viruses.

We also continue to follow public health measures including screening of all residents for covid signs and symptoms daily. We follow the Ministry of Long-Term Care guidance related to resident testing.

What happens if you have symptoms or test positive for covid?

Please do not attend the home if you are ill with any symptoms related to covid and ensure that you have resolved symptoms as well as have waited 10 days prior to returning to the home.

Can I visit my loved one if they have Covid?

Yes, we do limit the number of visitors an ill resident has. They may have 2 essential caregivers at a time. You will be required to wear personal protective equipment when you are in visiting your loved one. Speak with the registered nurse or IPAC lead to understand what this means prior to visiting.

What does it mean to be in "Outbreak"?

Outbreaks are declared with the support of Public Health. You will be notified if your loved one is impacted by an outbreak. The Home has many avenues for communicating with family members and friends. Essential visitors are the only visitors allowed into the home during an outbreak. If you have questions, please contact the registered nurse or the IPAC lead for more information.

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How else can we protect our loved one from illness?

The Home will offer for your loved one to receive immunizations that are recommended by Public Health. These can include vaccines to protect against pneumonia, Influenza, shingles, and/or Covid-19.

Although vaccines do not always stop the transmission of viruses, they are proven to reduce the severity of illness, especially in vulnerable populations such as seniors, and individuals living in Long Term Care.

In this package we have included information on how to:

- Properly perform Hand Hygiene, your #1 way to help reduce the spread of infection;
- How to put on and take off Personal Protective Equipment, also called “Donning” and “Doffing”;
- And how to reduce the spread of infectious diseases

If you have questions and need support about what this means for you and your loved one.

Please contact us:

Stephanie Albert, Infection Prevention and Control Lead at The Pines

Extension 4752 or at stephanie.albert@muskoka.on.ca

OR

Dallas Miller, Director of Care at The Pines

Extension 4861 or at dallas.miller@muskoka.on.ca

DONNING PPE

PUTTING ON PERSONAL PROTECTIVE EQUIPMENT

Including eye protection cleaning and disinfection

All staff must adhere to the Universal PPE Strategy policy when it is in effect.

1

Following the Universal PPE Strategy, you will already be wearing a clean mask and clean eye protection

When a mask becomes soiled, wet or damaged, replace it.



2

Perform hand hygiene



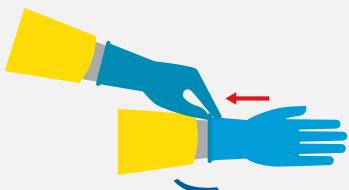
3

Put on gown



4

Put on gloves



DOFFING PPE

TAKING OFF PERSONAL PROTECTIVE EQUIPMENT

Including eye protection cleaning and disinfection

1

Remove gloves using proper technique and discard.



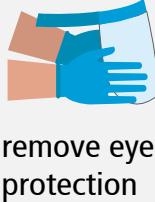
2

Remove gown by folding inwards and discard.



3

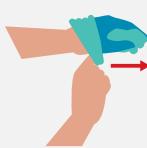
Clean and disinfect eye protection



clean inside, then outside ensuring product contact time

4

Remove gloves using proper technique and discard.



5

Remove mask if indicated by handling the straps, avoiding touching the front of the mask and discard.



6

Put on new mask

Ensure mask fits tightly around the nose



7

Put on clean eye protection

If your eye protection is damaged or heavily soiled, replace it



How to handrub

(preferred method)

Rub hands for 20 seconds



1
Apply 1 to 2 pumps of product to palms of dry hands.



2
Rub hands together, palm to palm.



3
Rub in between and around fingers.



4
Rub back of each hand with palm of other hand.



5
Rub fingertips of each hand in opposite palm.



6
Rub each thumb clasped in opposite hand.



7
Rub hands until product is dry. Do not use paper towels.



8
Once dry, your hands are safe.

How to handwash

(when hands are visibly soiled)

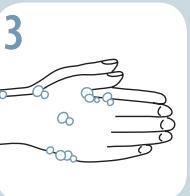
Lather hands for 20 seconds



1
Wet hands with warm water.



2
Apply soap.



3
Lather soap and rub hands palm to palm.



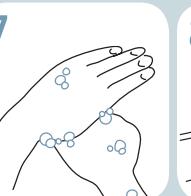
4
Rub in between and around fingers.



5
Rub back of each hand with palm of other hand.



6
Rub fingertips of each hand in opposite palm.



7
Rub each thumb clasped in opposite hand.



8
Rinse thoroughly under running water.



9
Pat hands dry with paper towel.



10
Turn off water using paper towel.



11
Your hands are safe.

EXTENDICARE[®]

... helping people live better



**STAY SAFE
KEEP OUR RESIDENTS SAFER
WEAR YOUR MASK
USE EYE PROTECTION
PRACTICE HAND HYGIENE**