

Navigating the New Normal

Keeping older adults healthy and safe during COVID-19
and Massachusetts Re-opening

Meg Hogan, CEO



BOSTON SENIOR
HOME CARE

Your home. Your choice. Your care.

June 11, 2020

What is an Aging Services Access Point ? (ASAPs)



Information and Referral



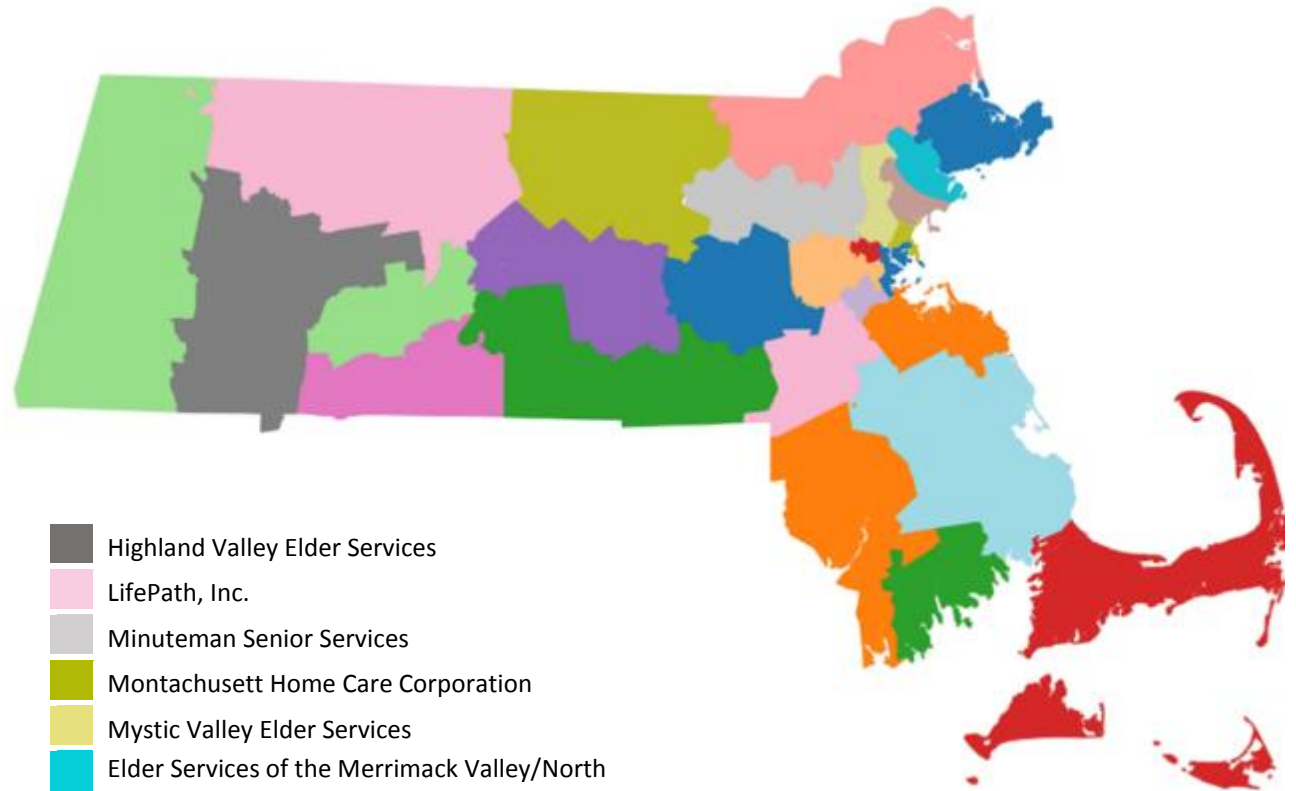
Home Care

- ✓ Case Management
- ✓ Care Plan Development and Coordination
- ✓ In-home Assessments
- ✓ Authorization and Referrals





Older Adult Protective Services

ASAP Service Areas



Color Key

	Baypath Elder Services, Inc.		Highland Valley Elder Services
	Boston Senior Home Care		LifePath, Inc.
	Bristol Elder Services, Inc.		Minuteman Senior Services
	Central Boston Elder Services		Montachusett Home Care Corporation
	Coastline Elderly Services, Inc.		Mystic Valley Elder Services
	Elder Services of Berkshire County, Inc.		Elder Services of the Merrimack Valley/North Shore Elder Services
	Elder Services of Cape Cod and the Islands		Old Colony Elder Services
	Elder Services of the Merrimack Valley/North Shore Elder Services		SeniorCare, Inc.
	Elder Services of Worcester Area, Inc.		Somerville/Cambridge Elder Services, Inc.
	Ethos		South Shore Elder Services, Inc.
	Greater Lynn Senior Services, Inc.		Springwell
	Greater Springfield Senior Services		Tri-Valley, Inc.
	HESSCO Elder Services		WestMass ElderCare, Inc.

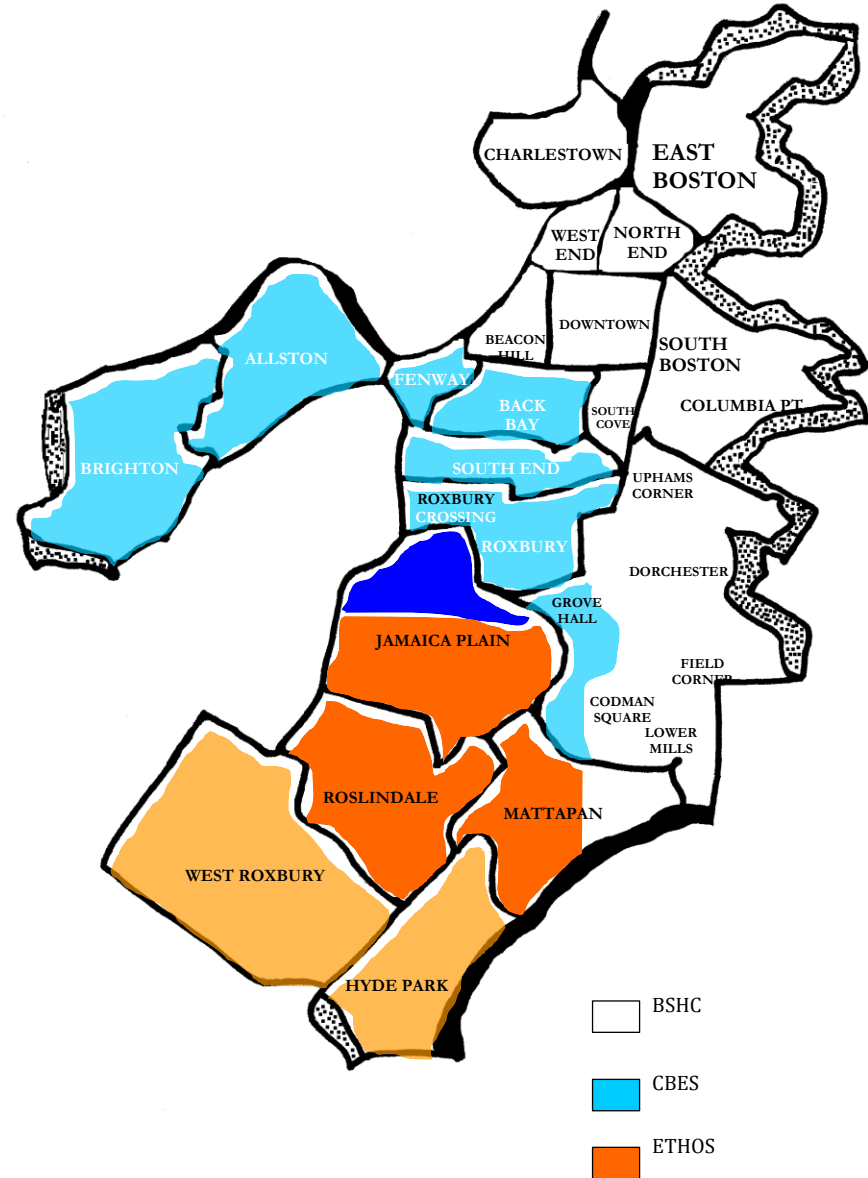
Elder Care Alliance

Boston ElderINFO

617-292-6211

www.elderinfo.org

Elder Care Alliance



Safer At Home Advisory

- People 65+ & people w/ underlying health conditions—stay home except for essential errands
 - All residents advised – leave home only for healthcare, worship, permitted work, shopping, and outdoor activities
- **So what can you do?**

Tips on Re-opening for Older Adults & Caregivers

- **Grocery and medication deliveries**

boston.eater.com/2020/3/27/21193968/boston-grocery-stores-meal-kit-deliveries

- **Some stores will continue with curbside pick-up options**

- ✓ Pay in advance
- ✓ Call ahead
- ✓ Order online

- **Online appointments vs. in-person visits**

- ✓ Telehealth - doctor visits/ home health care

- **Continue working from home, if possible**

- **If going outside, take precautions**

- ✓ Wear a cloth mask
- ✓ Choose non-peak hours for shopping and transportation
- ✓ Go for a walk or sit outside – avoid large crowds
- ✓ Chat with your friends and neighbors - remain 6 ft. apart
- ✓ Avoid touching your face, nose and eyes
- ✓ Use hand sanitizer and/or wash your hands as often as possible



Caregivers in Massachusetts

844,000 Family Caregivers
in **Massachusetts**

786
Million Hours

Unpaid
Family
Care

\$14.75 economic
value per hour



total
economic value **\$11.6 billion**

AARP® Real
Possibilities

aarp.org/valuing
2013

Caregiver Stress Factors During COVID-19

- **Increased social isolation**
- **Potential burnout from suspended supports**
 - ✓ Respite care
 - ✓ Friends and family
- **Lack of access to, or comfort with, technology**
 - ✓ Technology keeps people connected – barrier to isolation

Caregiver Support Program - BSHC

- **Provides caregivers with access to services & resources**
- **Respite care**
 - Temporary relief from the demands of providing constant care
- **Supplemental services**
 - Complements the care provided by caregivers
- **Education and training offered throughout the year**

Addressing Caregiver & Older Adult Isolation



Matches volunteers with older adults
www.fw4elders.org 617-482-1510



Are you a caregiver and feeling overwhelmed?

You're not alone. Join us each week for a group chat with caregivers just like you.



BOSTON SENIOR HOME CARE

Weekly Caregiver Support group

Mondays 10-11AM

1-866-899-4679 Access Code 177-930-949

Join via GoToMeeting

<https://global.gotomeeting.com/join/177930949>

Connecting to Resources

MassOptions 800-243-4636
www.massoptions.org

Boston ElderINFO 617-292-6211
www.elderinfo.org

Mass 211 Dial 2-1-1
<https://mass211.org>

Eater Boston (Food Delivery)
boston.eater.com/2020/3/27/21193968/boston-grocery-stores-meal-kit-deliveries

Elder Abuse Hotline 800-922-2275
www.mass.gov/reporting-elder-abuse-neglect

Network of Care (Mental Health)
massachusetts.networkofcare.org/mh

MassLegalHelp
www.masslegalhelp.org/covid-19/housing

City of Boston (Food Resources)
www.boston.gov/departments/food-access/map-covid19-food-resources



Mass.gov

CITY of BOSTON

