



Home Care Assistance Supports Governor's Stay at Home Order

With the recent Executive Order ([D 2020 017](#)) from Colorado Governor Jared Polis ordering "Coloradans to stay at home whenever possible due to the presence of coronavirus disease 2019 (COVID-19) in the State," Home Care Assistance of Douglas County has developed recommendations and policy for caregivers to keep their clients safe, comforted and engaged at home.

"Many seniors and others feel anxious and fearful about COVID-19," acknowledged Jonathan Wells, co-owner of Castle Rock-based Home Care Assistance. "Our lives have been completely turned upside down. Our normal routines have been disrupted and now our social circle has been limited. If you have an elderly or at-risk loved one, professional caregivers can support them as well as family during this extraordinary event in our lives," he said.

"We empathize with families feeling the impact of social isolation, working from home, and schools closing," said David Peck, co-owner, Home Care Assistance. "We want to do our part to slow the spread of infection and provide essential assistance for people in our community. Our trustworthy and trained staff helps by safely engaging with our clients, thus deterring the anxiety that comes with isolation."

The company has created a website with COVID-19 resources for family caregivers, and offers the following suggestions for families caring for aging loved ones. HCADouglasCounty.com

Physical distancing. Practice physical distancing by avoiding public places and traveling. Stay at home except when absolutely necessary to access essential goods and services, such as food, gas, and medications.

Stay at home. We know for a fact that staying at home reduces your chance of catching or spreading coronavirus. Your loved ones may find physical distancing especially



difficult and isolating. That's why having a professional caregiver helps achieve these three vital goals:

Make it easier to stay at home. The safest place for even relatively healthy elders is often in their own homes. In-home caregivers help to make sure their clients' needs are met and that they practice safe social isolation. For example, a home caregiver will help clients stock up on supplies, including securing medications from pharmacies. A home caregiver can also assist with a shopping trip. Caregivers can make sure the house is stocked with necessary over-the-counter medicines and supplies to treat fever and other virus or cold symptoms. Home caregivers also can prepare healthy meals.

Provide companionship. Elders who live alone already are at risk for isolation and loneliness. Your loved one may feel anxious and disconnected from others during this uncertain time. If you can't visit, a home caregiver can help your loved one get in touch — and stay in touch — with family and friends.

Assist with a hobby or activity. Caregivers can help with at-home exercises or set up ways to communicate with loved ones such as writing letters, phoning, or using video calls.

Protect and reassure your loved one. Home Care Assistance caregivers are trained in recognizing the warning signs of illness. They are also taught how to prevent the spread of illness.

A caregiver can assist your loved one with:

- identifying and reporting symptoms;
- regularly washing hands;
- reminders to cover a cough or sneeze;
- effectively cleaning and disinfecting surfaces; and



- monitoring medications.

“Being alone during a time of uncertainty can lead to fear and anxiety,” Wells said. “Your loved one needs to know that support is available. As a family caregiver you are doing your best to meet the needs of those who depend on you while following safety recommendations.”

Home Care Assistance is the premier provider of in-home care in Colorado. Our holistic approach to care service is unique in the industry. We strive to create health life enrichment for the families we serve.