OLDER INDIANS NEWSLETTER

SPRING 2020

Keeping Elders and their Caregivers Safe and Healthy; Managing Needs During Emergencies

One of the best ways to keep Elders and Caregivers safe is to have a plan for "what if". What if an Elder gets sick? What if there is an emergency? What if the Caregiver gets sick? How will needs be managed?

Everyone is feeling overwhelmed by the coronavirus and its impact on our most at-risk community members, Elders and those with disabilities. Besides working to keep our Elders fed with healthy foods and supplied with toilet paper, Title VI is more important than ever in keeping Elders safe and making sure they receive the supports they need while sheltering at home. Whether it is coronavirus, floods, tornadoes or other emergencies, Title VI programs are the only federally funded source of home and community-based care for Tribal Elders. As our Elders and Caregivers struggle to create new routines and manage the challenges of giving loved ones the best quality of life possible, Title VI can help ease some of the worry and stress by following these tips to keep Elders and Caregivers safe.

It is always a good thing to have a plan! In times like the present coronavirus crisis or any other emergency, one important thing we can to do is to help Elders and Caregivers make an Emergency Plan. Create an Emergency Contact Sheet with information such as:

- Elder's name and address. This is especially helpful for those with memory issues, but anyone can get overwhelmed in a crisis and forget simple information like their address or name.
- Emergency Numbers such as Tribal or local Police, Fire Department and Ambulance.
- A friend or family member to call. Include their name, who they are (friend, daughter, nephew) and how to reach them.

This sheet should be place by a phone or taped to the wall or refrigerator where it can be easily seen and found. Consider using Title VI funds to create a folder for Elders and Caregivers to put important documents that emergency responders or other medical staff may need such as a power of attorney, living will information or list of medications.

Taking Care of the Caregiver

We all know it can be difficult to have someone else take of your loved one. But if a Caregiver is sick, they may be unable to give an Elder the care they need and keep their loved ones safe from illness. Caregivers often need to be reminded that they, too, deserve to rest and heal. A way to make sure that Elders continue to get the help that they need when a Caregiver is unable to be there, is to make an Emergency Support Plan. This plan means the Caregiver, and Elder if possible, sitting down and talking with other family members, friends or neighbors to prepare for "what if". The Caregiver usually knows best what the needs of an Elder are and what their daily routine is like. We can encourage Elders and Caregivers to identify those they trust and prepare to talk about what others may be willing and able to help with in case the Caregiver is sick or unable to get to their loved one in an emergency. Encourage Caregivers and help walk them through the process of creating an effective plan that includes:

- Adding the backup support person(s) name and phone number to the Elder's emergency sheet if that is appropriate.
- Writing out a list of the Elder's needs or daily routine. Include important details such as which medications they take and when, or if anything needs to be taken with or without food.
- If the Caregiver does not live with the Elder, remind them to include instructions on where to find things like, "Grandma's medicines are in the second kitchen cabinet" or "The snacks my uncle likes in the afternoon are in the green jar on the table".

Some Caregivers or Elders may not have family or friends close by. Help them create a plan that uses Title VI services your Tribe or consortia provide. Include information and guidance on using local aging and disability resources where necessary. Caregiving is hard but it is even harder for most people to allow someone else to take over. Offer support and encouragement to Caregivers and Elders alike as they face this difficult time and help them remember they are not alone.
We are all in this together!

Article Written By Elaina Seep, Aniwahya Consulting Services

COVID-19 Updates & Resources

TYPE	NAME	DESCRIPTION	LEARN MORE
General	**NICOA to Convene Weekly COVID-19 Call with Title VI Grantees Every Friday**	**NICOA will be convening weekly calls with all Title VI grantees about the COVID-19. These calls will provide new information and updates to tribal programs and an opportunity for tribes to discuss the impact that COVID-19 is having in your communities.**	**Friday 3:00 pm EDT Dial-in: 800-619-6520 Passcode: 1410635**
Caregiving	Coronavirus (COVID-19): Tips for Dementia Caregivers in Long-Term or Community-Based Settings	The Alzheimer's Association has provided some tips on how to meet the needs of persons living with dementia during a major disease outbreak or disaster.	View Tips
	Joint PSA with Ad Council and AARP	The Ad Council and AARP has shared key resources for their #AloneTogether campaign and is working with them to develop specific coronavirus-specific caregiving digital PSAs to push out to media outlets across the country.	View #AloneTogether Campaign
	AARP Caregiving Page	AARP's dedicated caregiving page has been updated to include all of the recent coronavirus coverage relevant for family caregivers and an index to help caregivers find the exact information they need quickly.	View AARP Caregiving Page
	COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families	People over the age of 60 and those with compromised immune systems are among the highest-risk populations COVID-19 is impacting. It's important to stay calm and do everything you can to stay healthy, informed and connected.	Resources & Suggestions
	Alzheimer's Association: Tips for Dementia Caregivers	Dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk. Diseases like COVID-19 may worsen cognitive impairment due to dementia.	Tips for Dementia Caregivers
	Families Concerned About Loved Ones in Nursing Homes, Assisted Living	The article explores the federal restrictions on nursing home visits and parses what the emergency measures now in place mean in practice for residents and their families, as well as for staff.	Read Full Article Here
	Coronavirus Disease Resources for Older Adults, Family Caregivers and Health Care Providers	Provided is a link to resources from the John A. Hartford Foundation and its partners and grantees that they regularly update with information for older adults, family caregivers and health care providers.	Read Full Article Here
Disaster Relief	Emergency Determination Under the Stafford Act	The President stated on March 13th that requests for a declaration of a "major disaster" as set forth in section 401a of the Stafford Act may be appropriate and encouraged governors and tribal leaders to request such declarations.	View Disaster Relief Authority in the Older Americans Act
	Older Americans Act Disaster Relief FAQs	Review these Frequently Asked Questions regarding Older American Act Disaster Relief	View FAQ
Elder Justice	Elder Justice Working Group Member Agencies Resources	The Elder Justice Working Group Member Agencies provided a listing of various COVID-19 related resources among agencies.	Learn More
	DOJ's Law Enforcement COVID-19 Flyer	The DOJ's Elder Justice Initiative recently released a COVID-19. The DOJ provides training, toolkits and resources to assist law enforcement in their mission to combat elder abuse and financial exploitation.	View COVID-19 Flyer
	Adult Protective Service (APS) and COVID-19	APS workers place the highest value on the needs and safety of clients and those for whom a complaint has been made. APS, must attend to the health and safety of their clients, communities and themselves.	Learn More
FAQ's	FAQs: Title VI Grantee Response to COVID-19 Pandemic	ACL has received numerous questions related to how Title VI grantees can use grant funds to respond to the COVID-19 emergency.	View FAQ
	FAQs Based on Call with ACL and State Unit on Aging Directors on April 8, 2020 - Various Topics	The Administration for Community Living (ACL) is issuing these FAQs that were raised on a call with State Unit on Aging Directors on Wednesday, April 8, 2020. Various topics are addressed.	View FAQ
	FAQ – Families First Coronavirus Response Act	FAQs are provided in response to questions received by the ACL on the supplemental funding provided by the Families First Coronavirus Response Act (FFCRA) for Title VI nutrition programs.	View FAQ
Healthcare	VitalTalk Resource: COVID-19 Communication Skills	VitalTalk has released a resource for healthcare professionals on "COVID-19 Communication Skills." The resource will help health care clinicians with their conversations with patients and families.	Learn More
	CAPC COVID-19 Response Resources	CAPC has organized a COVID-19 toolkit including crisis communication and symptom management protocols.	CAPC Response Resources

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Healthcare	COVID-19 in Older Adults: Key Points for Emergency Department Providers	This edition of the Journal of Geriatric Emergency Medicine has been prepared to share the most up-to-date information possible regarding emergency treatment of older adults in the time of COVID-19.	Read Full Article Here
	U.S. Department of Veterans Affairs, COVID-19 Response	VA has implemented an aggressive public health response to protect and care for Veterans in the face of COVID-19 and has administered over 322 COVID-19 tests nationwide while taking aggressive steps to prevent transmission.	Additional Information Found here
	COVID-19 PSA from Tuba City Regional Health Care Corporation (Navajo Nation)	The Tuba City Regional Health Care Corporation and Dr. Sophina Calderon have created this useful and informative PSA about 2019 Novel Coronavirus (COVID-19), how it is spread, symptoms, treatment and prevention.	View Video Here
Health Promotion	PSA from Rear Admiral Micheal Weahkee	Many indigenous populations will soon be engaged in ceremonial gatherings and it will be important to continue following social distancing guidelines. Watch this public service announcement from Rear Admiral Michael Weahkee.	Watch Public Service Announcement
	CDC and Guidance for Older Adults	Visit the CDC and Prevention Coronavirus website for the latest COVID-19 information regarding how to protect yourself and what to do if you are sick. The CDC also provides guidance for older adults that may be at higher risk.	Visit the CDC COVID-19 Page
	COVID-19 Webinar - Expert Panel on Safe Cleaning & Disinfecting of Indoor Environments	Learn how to reduce transmission of SARS-CoV-2 in indoor environments by raising awareness of safe and proper use of cleaners, sanitizers and disinfectants.	Watch the Webinar
	Evidence-Based Programs during the COVID-19 Emergency	Please visit the National Council on Aging's Health Promotion Program Guidance During COVID-19 web page for resources about delivery adaptations, including a list of requirements (organized by program).	View Webpage
	FAQs Related to Evidence-Based Health Promotion, Disease Prevention Programs	Review these Frequently Asked Questions related to Evidence-Based Health Promotion, Disease Prevention Programs.	View FAQ
Mental Health	COVID-19 Demands Attention to Mental Health, Too	Taking care of your emotional health during COVID-19 will help you plan clearly and protect yourself and your family. AARP has some recommendations and resources that can help ease depressive symptoms during this stressful time.	Read More
	Now More Than Ever Before Campaign	The PREVENTS office has created a messaging campaign in response to the COVID-19 crisis. This campaign, titled More Than Ever Before, is designed to help people by encouraging them to care for their mental health every day.	Download the Toolkit
	Society of Indian Psychologists Resource Page	The Society of Indian Psychologists have provided a resource page with links to various mental health and other COVID-19 resources.	Society of Indian Psychologists Resource Page
	SAMHSA's Taking Care of Your Behavioral Health	The Substance Abuse and Mental Health Services Administration has released a tip sheet for social distancing, quarantine, and isolation during an infectious disease outbreak.	View Tip Sheet
Nutrition	USDA Food Planning During the Coronavirus Pandemic	You may be taking extra precautions to keep you and your family safe and prepared. This guide contains information on food planning, including what to buy, how much to buy, and preparation tips.	Learn More
	Looking for Innovation? How about Food Trucks on the Rez?	Could a food truck take food out to your more rural elders? Some tribes share common borders with another tribe. Is this an option to serve those communities and share programs with your neighbors?	Watch Video
	NRCNA's COVID-19 Nutrition Resource Center	The National Resource Center on Nutrition and Aging now has an online nutrition resource center that provides resources and tools to support COVID-19 emergency preparedness and response.	View Online Nutrition Resources
	Nutrition Services Incentive Program of the Older Americans Act and States	The Administration for Community Living (ACL) has released a fact sheet to answer questions regarding the Nutrition Services Incentive Program of the Older Americans Act and States.	View FAQ
	Nutrition Services Frequently Asked Emergency Management Questions	These are highlights from and updates to the Nutrition Services Frequently Asked Emergency Management Questions.	View FAQ

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Preparedness	Preparedness for Caregivers during COVID-19	AARP wants to offer guidance to caregivers, specifically to help them tackle how to create a plan for those they are caring for, and supporting those new to caring for someone due to the virus impacting more of the older population.	View the Tip Sheet
	Closing the Gaps: Advancing Disaster Preparedness, Response and Recovery for Older Adults	This report was produced by members of the American Red Cross Scientific Advisory Council and the American Academy of Nursing Policy Expert Round Table on Emergency/Disaster Preparedness for Older Adults.	Read Full Article Here
	Tribes Expect Little Help in Fight to Protect Elders from Coronavirus	As tribes across the country take steps to fight the spread of the coronavirus, they're doing so mindful that the virus has proven especially dangerous to the elderly, a venerated group in many Native communities.	Read Full Article Here
	Five Tips to Prepare for and Reduce Risk of Illness in Older Adults	Read these 5 Ways Family Caregivers Can Help Aging Loved Ones Prepare for and Reduce Risk of Coronavirus.	Read Full Article Here
	What Do Older Adults and People with Disabilities Need to Know About Coronavirus Disease 2019	With many illnesses, older adults and people with disabilities face higher risks of contracting the disease and/or experiencing complications, particularly if they also have chronic medical conditions.	Review Updates
Scams	National Elder Fraud Hotline & NCDF Hotline	If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline.The phone number is 833–372–8311 Every day, 6:00 a.m.–11:00 p.m. ET. English/Español/ Other languages available.	Learn More
	FTC and DOJ Guidance to Avoid Coronavirus Scams	The FTC's Coronavirus Scams resource page has blogs, links to law enforcement actions, recordings of scam calls about the Coronavirus, and tips on avoiding and reporting scams.	Learn More
	COVID-19 Consumer Tip Sheet for Protecting Yourself and Medicare	Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID-19	Consumer Tip Sheet COVID-19 Infographic
	An Important Message from ACL IT	The cybersecurity community has seen an increase of phishing to lead people to sites that would install malware or ransomware -- the spoofed Johns Hopkins COVID-19 coronavirus response site is the best example of this.	Read Full Article Here
Support Services	Eldercare Locator Tips on Addressing COVID-19 and Physical Distancing	People of all ages are at higher risk for more serious COVID-19 illness if they have severe chronic medical conditions. Reducing exposure is especially important for people at higher risk of complications!	View Tips and Resources
	AARP National Tele-Town Hall Events	Experts share information about COVID-19 and how to protect yourself and participants have asked questions – and gotten answers. AARP will host these online events every Thursday at 1 p.m. ET.	More Details about Tele-Town Hall Events
	Dedicated AARP Coronavirus Website	More than 4 million individuals visited AARP's coronavirus site last week. Extensive coronavirus information and resources including stories, videos, and tips can be found.	View AARP's Coronavirus Site
	AARP Community Connections	AARP just launched a new online service designed to help users find and organize local volunteer groups to provide financial, emotional and other support to those most affected by the coronavirus outbreak.	View AARP Community Connections
	NAPCA Launches Automated In-Language Helpline and Website for Older Adults and Caregivers	The Helpline and website offers information on prevention, symptoms, and planning in 8 different languages. Each language will have a dedicated 1-800 line so that older adults can immediately learn about the COVID-19.	Learn More
	Social Security Office Will Only Offer Phone Service - Press Release	All local Social Security offices will be closed to the public for in-person service starting Tuesday, March 17, 2020. However, we are still able to provide critical services.	View Social Security Press Release
	Home and Community-Based Supportive Services and Elder Rights FAQs	View these Frequently Asked Questions for Home and Community-Based Supportive Services and Elder Rights	View FAQ

For additional COVID-19 Updates & Resources visit, https://olderindians.acl.gov/COVID-19 and https://acl.gov/COVID-19.

Tribe of the Quarter

The Lac du Flambeau Band of Lake Superior Chippewa Indians

The Lac du Flambeau Band of Lake Superior Chippewa Indians is a federally recognized Ojibwe Tribe spanning three counties in the Northwoods region of Wisconsin. We are a certified provider for Medicaid, Medicare and Indian Health Services (IHS), providing medical and non-medical support services to Elders and adults with disabilities. Lac du Flambeau has actively participated in the Money Follows the Person – Tribal Initiative. Through this grant, we have been able to focus on building a self-sustaining Long-Term Service and Support program to serve our Elders and disabled adults. We started our program out of our Title VI Aging department, sending our first bills out for home-delivered meals in May of 2018. The first checks we received were almost $80,000! Since this money was for and because of our Elders, we asked them what they wanted to do with that first check. Our Elders asked for a new activity table and chairs, including a chair that some of their friends with mobility issues could easily get up and down from. Since then, we have built our program out to include services in other areas of the Tribe like home modifications to make houses disability accessible by installing grab bars and building wheelchair ramps, plowing and removal, chore services, and lawn care. We also provide case management, transportation and more to Elders, Veterans and those with long-term disabilities. As of a few weeks ago, our total revenue has been around $110,332.83. Building our program out of what we were already doing for our Elders took work, but it has really been worth the effort to make sure our Elders get services they need from their own community.