



Updated March 23, 2020

Why Am I Being Asked Not to Visit?

Why are seniors most at risk?

While most people (about 80%) recover from the disease without needing special treatment, 1 out of every 6 people who get COVID-19 become seriously ill and develop difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious symptoms, require hospitalization, or die from the virus.

Unfortunately, a few long-term care homes in Canada have already faced infections.

How can we protect our most vulnerable in our long-term care sites in BC, Alberta, and Ontario?

Given that most residents of long-term care homes are frail older adults, it is critical that we all do whatever we can to avoid infecting seniors, even if they themselves don't feel sick.

Based on the decisions of the Health Ministries in BC and Ontario, Park Place Seniors Living is restricting visitors to our long term care homes to essential visitors only in all three provinces that we operate in (BC, Alberta, and Ontario). **Essential visits refer to compassionate visits for end-of-life care ONLY.**

On March 16th in BC, Minister of Health Adrian Dix and Provincial Health Officer Dr. Bonnie Henry announced that the province is moving to restrict visitors in long-term care homes to essential visits only. Essential visits refer to compassionate visits for end-of-life care.

Ontario's Ministry of Health is defining "essential visitors" as those who have a resident who is dying or very ill.

As of March 23rd, Alberta's Chief Medical Officer has restricted visitors to long-term care, designated assisted living, and any site licensed under the supportive living accommodation act (all congregate living settings). While the definition of "essential visitor" in Alberta includes a designate decision-maker for the resident or someone who provides care and companionship, **Park Place Seniors Living is defining "essential visitor" as ONLY those attending to a resident who is actively dying.**

By staying home, you also protect health workers who are supporting residents. Keeping frontline workers safe is imperative for sustainable care for vulnerable seniors.

My family member lives in assisted living or independent living, what should I do?

While residents in assisted living or independent living may not be considered frail, most are seniors, and many have chronic conditions that are risk factors for experiencing serious COVID-19 symptoms. The best thing you can do for everyone's health is to avoid all unnecessary visits, even if you feel healthy.

Alberta

In Alberta, the Chief Medical Officer has restricted visitation to "essential visitors" for designated assisted living and any site licenced under the Supportive Living Licencing Accommodation Act. This includes any of Park Place Seniors Living independent living and assisted living sites in Alberta. These visitors must be designated as an essential visitor and screened every time they visit a resident of supportive, assisted, or independent living. We strongly recommend limiting all visits and using technology instead to stay in touch.

BC

As of March 23, 2020, there are no additional restrictions on visitors to residents in assisted living and independent living in BC. Park Place Seniors Living independent and assisted living communities are restricting visitors as much as possible with screening of all visitors. We strongly recommend limiting all visits and using technology instead to stay in touch.

We believe that the federal health ministry will implement stronger restrictions for all Canadians regarding essential need to leave your own home, which will impact all independent and assisted living communities, the same as all other individuals. In the meantime, please begin restricting visitation now.

Remember – this is for now. Not forever.

Not visiting makes me feel anxious, how can I support myself?

As we all experience the effects of this pandemic, many of us will experience strong, or even overwhelming emotions. For caregivers, this can be compounded by pre-existing feelings of stress, grief or guilt. Consider speaking with family and friends about what you are experiencing, **or contacting a caregiver helpline.**