

# TR TALK TUESDAY – Long Term Care

## Key Takeaways and Resources

Thank you to everyone who joined us for our TR Talk Tuesday – Long Term Care video conference!

This document includes the key takeaways and all the great resources and ideas that were shared by our TR attendees.



**TR Talk Tuesday – Mental Health**  
**April 21, 11:30 am**  
**Meeting login info at**  
**[www.trontario.org](http://www.trontario.org)**

### Link to video recording

<https://transcripts.gotomeeting.com/#/s/06435f923971ecb5404ebf5a9a34dba115b103ca3842c09200068666ea9da3c5>

### You might also want to check out:

[TR Talk Tuesday Long Term Care \(March 31\) – Tips and Resources](#)

[TR Talk Tuesday Mental Health – Tips and Resources](#)

[TR Talk Tuesday Children & Paediatrics – Tips and Resources](#)

[TR Tuesday Community-based TR & Dementia Care – Tips and Resources](#)

More information about future TR Talk Tuesday sessions [here!](#)

**#Weareallinthistogether #TRforAll #TRTalkTuesdayLTC**

# KEY TAKEAWAYS

## Experiences conducting virtual calls with families

- Families are requesting weekly virtual calls with residents
- TRs are doing their best to give each family one call per week (using newsletters and social media posts to let families know to not expect more than one weekly call)
- TRs using tracking sheets (i.e. Excel, SharePoint) to track which residents have had their weekly virtual call
- TRs trying to keep calls focused on socializing rather than discussing COVID-19 or medical information
- Platforms being used: [Skype](#), [Facetime](#), [Google Duo](#), [WhatsApp](#)

## Experiences with confirmed cases of COVID-19

- Focusing time on conducting virtual calls with families of residents to ease their worries and let them see their loved ones
- No programs being conducted
- Sanitizing of devices (e.g. iPads) between uses for virtual visits
  - [Pure Sense antimicrobial iPad cases](#)

## Programming modifications

- Continuing group programming but with modifications for social distancing
  - e.g. groups of five residents maximum all six feet apart
- Trying to keep residents' routine as normal as possible

## Bringing outside items into homes

- Some residents spending time sitting outside if the weather permits
  - e.g. bird feeders being used to “bring nature closer to residents” without them going outside
- Some homes are allowing families to drop off essential items (e.g. clothing, toiletries) but nothing of value (e.g. laptop)
- Some homes are setting up “drop off areas” where families can drop off items. Items sit in a cold area for 72 hours before being brought inside
  - This program has a designated drop-off schedule
- Some homes are not allowing anything to be brought in (e.g. food deliveries)

## Daily changes

- TRs are working with a new directive every day
- All we can do is try our best to follow the rules as they come
- We're all in this together!

## TR self-care ideas

- Use massage chairs/Nordic wellness chairs on your break
- Bring a yoga mat into your office to use on your break
- Staff appreciation days, theme days, ice cream, pizza
- Get yourself some scrubs to make laundry and sanitization easier
  - Giant Tiger has a [buy 1, get 1 50% OFF discount](#)
- [“Star certificates” to award to TRs](#)
- HR department sharing inspirational quotes/stories, offering help calls for staff and coordinating food donations
- Good news story program that invites the sharing of stories and entrants can win a prize (e.g. gift card for food delivery)
- Spirit days (e.g. wacky Wednesdays) and music (“shake it up” every day at noon) are great ways to spread some joy
- [@the happy broadcast](#) on Instagram shares positive stories/inspirational quotes
- [@Pluto Living](#) on Instagram features a dog that shares positive messages

## Window visits

- Window visits can cause issues for social distancing rules
  - Some homes have official no trespassing orders that prevent any visitors on the grounds
  - Other homes are strongly discouraging window visits but not explicitly prohibiting them
- Volunteers conducting games through windows to engage with the residents

## Changes to meals

- Some homes are having two meal times to allow space for social distancing measures
- Some homes have transformed rooms (activity rooms, board rooms) into dining areas to prevent the need for two meal times
- Some homes that have positive cases of COVID-19 are requiring residents to eat in their rooms using bed tables or tray tables in their doorways
  - residents can eat at their doorways while a TR monitors the hallways as long as each resident’s doorway is six feet apart from the other

## Funerals

- Funerals being conducted online
  - e.g. virtual funerals via Zoom
  - e.g. releasing balloons outside and livestreaming it so families can join

# RESOURCES

## Video conferencing platforms

[Facetime](#)

[Skype](#)

[Google Duo](#)

[Zoom](#)

[WhatsApp](#)

## Tools for TRs to coordinate video conferences

[Excel](#)

[SharePoint](#)

[Pure Sense iPad case](#)

antimicrobial cases for ipads

## Self-care

[Scrubs](#)

buy 1, get 1 50% OFF at Giant Tiger

[“Star” certificate template](#)

[“I love you” template](#)

Can be filled in by residents and posted in hallways to spread joy to staff and residents

## Accounts sharing positivity

[@the happy broadcast](#)

[@Pluto Living](#)

## More COVID-19 resources

[Boredom Busters Handout](#)

Ontario Centre for Learning, Research, and Innovation in Long Term Care (CLRI) Bruyère are going to be updating their Boredom Busters handout with new links and some French websites and links. If anyone has anything to add, please send to [mfleming@bruyere.org](mailto:mfleming@bruyere.org)

[Supports for LTC Team Members during COVID-19](#)

This page from the Ontario Centre for Learning, Research and Innovation in Long Term Care (CLRI) offers COVID-19 related info and resources for LTC homes including mental health supports for those working in LTC and mini-webinars (Ripples of Thoughtful Words with Ruth Richardson, Hospice Palliative Care Nurse Educator)

[BrainXchange](#)

Non-pharmacological approaches to support individuals living with dementia maintain isolation precautions

[LTC Greeting Cards](#)

From Durham Region. Send a greeting card to your loved one in long-term care