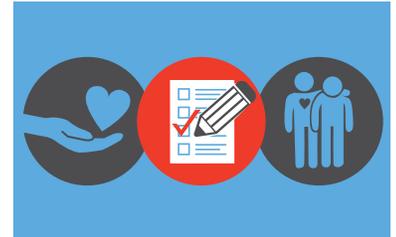


Should You Take a Loved One Out of a Nursing Home During the Pandemic?

There are few more fraught decisions, and no clear-cut answers. Use this guide to help you navigate the process, as well as to find out how well a nursing home is handling COVID-19.

7 Steps for Thinking Through the Decision

- 1. Take your loved one's desires into account.**
Can your loved one tell you what they want? If so, listen to their desires and needs. If your loved one cannot tell you what he or she wants or is unable to make decisions, make sure a legal representative takes responsibility for the decision.
- 2. Know your loved one's rights and restrictions.**
A nursing home resident (or legal guardian acting for them) has the right to leave at any time. But you must learn the specifics about when the facility will allow residents to return — some say not until the crisis is “over,” which may be hard to define, and others say returning residents must prove they are COVID-free.
- 3. Understand Medicaid guidelines.**
If your loved one is covered by Medicaid, see whether the program has restrictions for leaving and eventually returning to a facility.
- 4. Know your loved one's medical needs.**
Talk to his or her doctor about specific conditions and what care these require in and out of the home.
- 5. Think about whether you can provide that care at home.**
Are you able and willing to provide all aspects of your loved one's care that can't be covered right now by community services? Do you have the time, the expertise (or know where to learn), adequate food and supplies, and the financial circumstances to maintain them for an indefinite period? Is your home safe and accessible for someone in a wheelchair or rolling walker?
- 6. Make sure you can transport your loved one safely.**
Discuss with their doctor whether they are able to travel.
- 7. Ensure that your home is a safe place.**
Has everyone in your household been in self-isolation for at least 14 days? If yes, you should still be prepared to keep your loved one separate for 14 more days and identify one designated caregiver who needs to take precautions (such as personal protective equipment).



KNOW YOUR RESOURCES

No matter what you decide to do, the following sites can help. AARP offers extensive caregiving resources:

AARP Nursing Homes Information:
aarp.org/nursinghomes

AARP Coronavirus Information:
aarp.org/coronavirus

AARP Caregiving COVID-19 Tip Sheets:
aarp.org/employercaregiving

AARP Caregiving Resource Center & Family Caregiver Support Line (English):
aarp.org/caregiving
or call 877-333-5885

Eldercare Locator can help you locate services in your area:
eldercare.acl.gov

Your Long-Term Care Ombudsman can help advocate for you:
theconsumervoice.org/get_help