



ANHF

AUSTRALIAN NURSING HOME FOUNDATION

澳華療養院基金

Culturally Appropriate Aged Care Since 1980

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23 December 2020

Dear Residents and Relatives,

COVID-19 Update #18

In response to the recent COVID-19 outbreak in the Northern Beaches and some areas in the Greater Sydney, NSW Health has issued further restrictions on visiting access, community activities and outings, and directives on additional COVID-19 measures for staff and aged care facilities.

For more detailed information regarding the latest updates, please refer to <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/racf-latest-advice.aspx>

Key points of the latest updates that are relevant to ANHF facilities

- Until further notice all staff and visitors must wear a surgical mask whilst in a residential aged care facility. This measure will be enforced in all ANHF facilities.
Until at least 11.59pm on Wednesday 30 December 2020 **up to two visitors per day** are permitted to visit residents in residential aged care facilities in Greater Sydney (including local Government areas of Central Coast and Wollongong). (This applies to all ANHF facilities.) Visitors from the Northern Beaches LGA are excluded. **If visits can be delayed and a later festive gathering organised please consider to do so.** Families should consider making use of alternative ways of communicating with residents.
- Staff and Visitors will be excluded from entering ANHF facilities who:
 - have been in any of the locations:
 - on the self-isolate and get tested immediately list¹, at the times and dates listed
 - on the monitor for symptoms list², at the times and dates listed except where noted otherwise
 - have a fever (37.5°C or higher) or symptoms of COVID-19 such as a runny nose, acute blocked nose, cough, sore or scratchy throat, fever, loss of

¹ Regularly visit the [NSW COVID-19 website](https://www.nsw.gov.au/covid-19/latest-news-and-updates#self-isolate-and-get-tested-immediately-if-youve-been-to-these-locations) on areas of active community transmission.

<https://www.nsw.gov.au/covid-19/latest-news-and-updates#self-isolate-and-get-tested-immediately-if-youve-been-to-these-locations>

² <https://www.nsw.gov.au/covid-19/latest-news-and-updates#monitor-for-symptoms-if-youve-been-to-these-locations>

smell or taste, or shortness of breath. Must be isolated at home and seek COVID-19 testing even if symptoms are mild;

- are a close contact of a person with confirmed COVID-19 and are within their self-isolation period;
- live in a household with a person who is identified as a close contact of a person with confirmed COVID-19.
- **Exceptional circumstances:** In exceptional circumstances, it may be possible for exempt visitors to be allowed entry into the facility on compassionate grounds (e.g. imminent death of a loved one), or for essential care purposes. These include:
 - People visiting their loved ones who are receiving end-of-life care, or for visiting a resident with a serious mental illness (including advanced dementia), where the resident requires a trusted carer to support and maintain social and emotional wellbeing;
 - Person(s) who have frequently and regularly visited a resident to provide aspects of care and companionship to the resident;
 - Our Facility Manager has discretion to allow for visits on compassionate grounds or for essential care purposes. In all cases, a risk assessment will be conducted in conjunction with the relevant public health unit guidelines. Any visit that is permitted is subject to risk mitigation measures, keeping visitors to a minimum.
- **New permanent or respite residents, and returning residents discharged from hospital:**
 - ANHF facilities will conduct own screening and risk assessment of new and returning residents for COVID-19. Depending on the risk assessment, we may implement additional infection prevention and control measures on admission. Isolation and testing for COVID-19 may be required.
 - Admission of new residents from the community, either permanent or respite, will be accepted if the person has not been to any areas where testing or monitoring of symptoms is advised, has had no contact with anyone with confirmed, suspected or probable COVID-19, is not awaiting a COVID-19 test result, and does not have any symptoms of COVID-19. COVID-19 testing is not mandatory for new or returning residents but the decision must be based on risk assessment.
 - When a resident has been admitted to hospital and is ready for discharge back to the residential aged care facility, the hospital treating team will medically screen and risk assess the resident for COVID-19 prior to discharge. Our facility would undertake our own screening process when the resident is returned. Local Health District aged care outreach teams / specialised staff would be engaged to assist with discharge planning if required.
- **Community activities and outings - Individual and group excursions**

- Until at least 11.59pm on Wednesday 30 December 2020, residents from residential aged care facilities in Greater Sydney **would not be allowed** to leave the facility to attend family gatherings and group excursions unless the visit is essential (such as a medical appointment).
- If a resident makes a decision to leave the facility to attend a family gathering or excursion, from a risk perspective our facility will advise a resident that they may be required to go into 14-day self-isolation upon return.

In short

- We will ensure our visitation restrictions comply with the latest public health orders and directives during COVID-19.
- Due to the environmental limitation at each facility for social distancing visit, all visits will be required to go through an appointment system whereby your request for visit will be risk-assessed by the Facility Manager, and agreement to follow the screenings and infection control protocols will be documented.
- Each facility will continue to ensure
 - All staff, approved volunteers, contractors, visitors are required to **wear a surgical mask** (provided by us) or other Personal Protective Equipment (PPE) while in the facility, in addition to complying with the entry temperature check and screenings.
 - Our Connection Ambassadors will continue to assist all residents to maintain communications with family, friends or others.
 - Our registered nurses will continue to provide clinical updates of residents to their primary contacts.

Please do not hesitate to contact our Facility Managers or their delegates if you have any questions.

For the latest COVID-19 hot spots or area of concern, please see updated list of venues and dates at <https://www.nsw.gov.au/covid-19/latest-news-and-updates>

It is important to regularly check the website, as this list may expand.

We sincerely thank you for your understanding and support and wish you a peaceful and safe Christmas.

Yours sincerely



Jenny Chua
General Manager, Residential Care