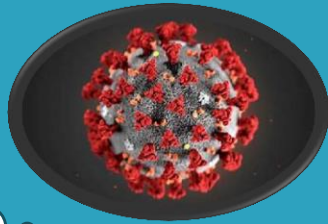


Living with Dementia and Dementia Caregiving during Covid-19:



An Update

May 13, 2020

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Memory and Brain Wellness Center

Harborview Medical Center

Risk

- The virus: a novel coronavirus called SARS CoV-2. SARS CoV-2 causes the illness Covid-19, which is short for “coronavirus disease 2019”
- Covid-19 can be serious or mild, or can be asymptomatic
- Older adults are at greater risk for serious disease, as are residents of nursing homes/long-term care facilities/assisted living/adult family homes
- Several health conditions seem to be connected to a greater risk of complications or worse infections

How we're doing

- United States: ~ 1/3 the world's confirmed cases, 1/20 of the world's population
- Last week the US was adding confirmed cases at a faster rate than other countries, this week hotspots include South America, Africa, the Middle East and Russia
- Iceland, New Zealand, Taiwan, Japan have fared better
- These successful countries acted quickly to contain their outbreaks, US did not
- Washington state: rates of infection are decreasing

WA Dept of Health Statistics

Current Status

Epidemiologic
Curves

Cumulative Case
& Death Counts

Demographics

Testing

Hospitalizations

DEMOGRAPHICS

Data as of May 11, 2020 11:59PM PT

Select an Option

Confirmed Cases

Deaths

Select a Sub-group

Sex & Age

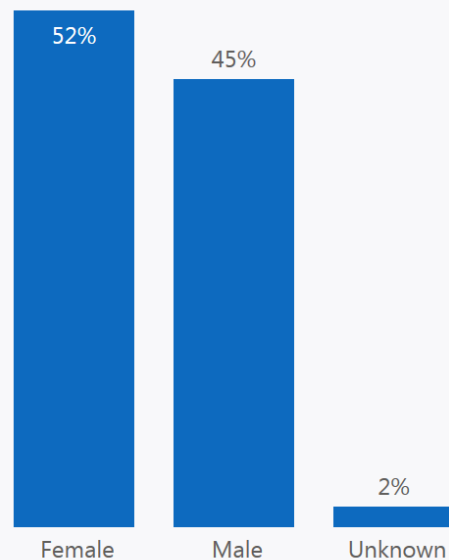
Race/Ethnicity

COVID-19 in Washington State

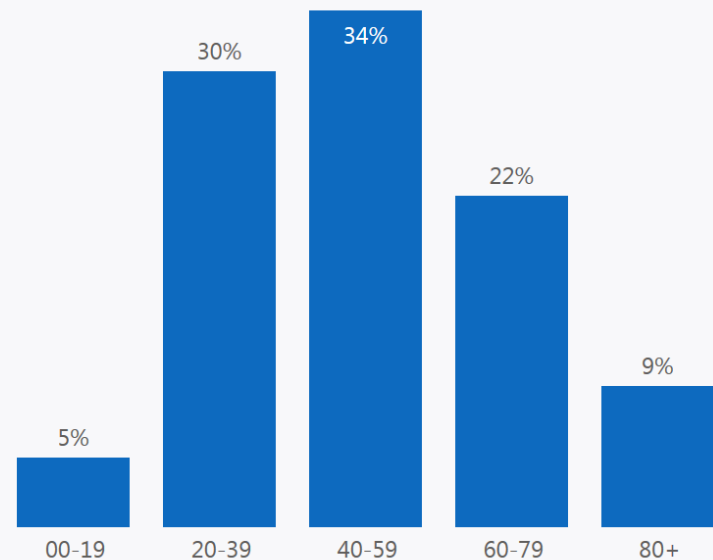
Confirmed Cases and Deaths by Sex & Age Group

COVID-19 can affect people of any age. Adults in Washington have been tested and diagnosed with COVID-19 more frequently than children. However, children can still have and spread COVID-19. [Learn More](#)

Confirmed Cases by Sex



Confirmed Cases by Age Group



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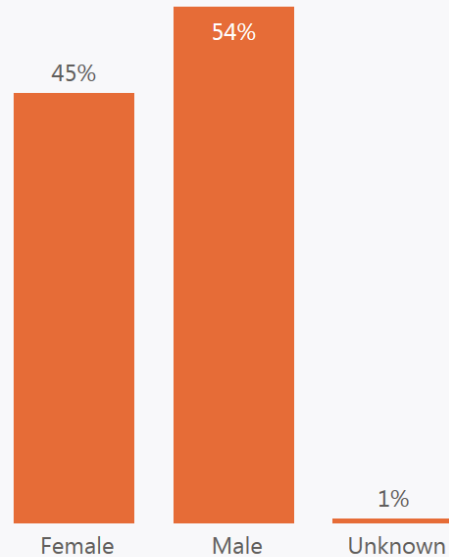
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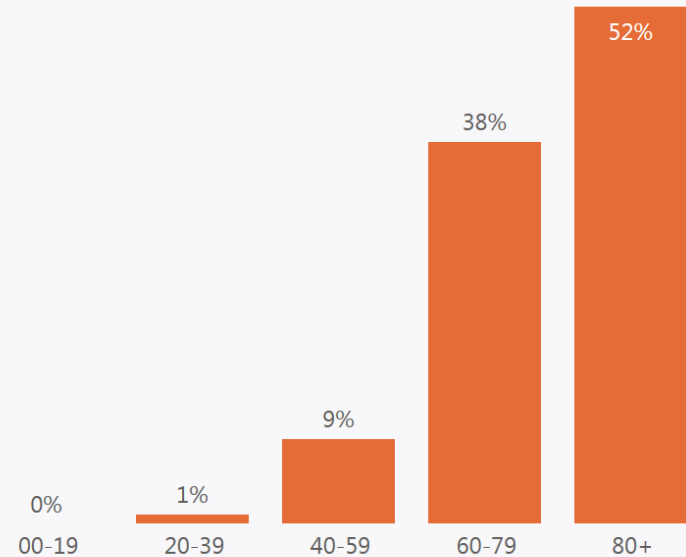
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Deaths by Sex



Deaths by Age Group



Nine out of 10 deaths reported in Washington state have been in adults 60 years old and older

Long term care facility guidance

- Identify infections early:
 - Actively screen all residents and staff at least daily for fever and respiratory symptoms; immediately isolate anyone who is symptomatic.
- Residents with Covid-19 may not show typical symptoms such as fever or respiratory symptoms
 - Atypical symptoms include: New or worsening fatigue, New dizziness, Diarrhea, Sore throat
- Symptoms should prompt isolation and further evaluation for Covid-19 if it is circulating in the community
- Any staff that develop symptoms should be excluded from work immediately
- Notify the health department if: severe respiratory infection, clusters (≥ 3 residents and/or staff) of respiratory infection, or individuals with known or suspected Covid-19 are identified

Health

- Keeping up with current recommendations is challenging
- No change to recommendations to wash hands; avoid touching our faces, noses, mouths and eyes; staying home as possible; physical distancing
- Newer recommendations: wearing a face mask when out of the house is now recommended for most people. If my loved one with dementia can't remove his/her own face mask, s/he shouldn't wear one

Health

- Keep taking and administering medications- there is no evidence that medications increase the risk for complications of Covid-19 (ACE inhibitors or NSAIDs). Don't stop taking medications unless your health care provider recommends it. Now is a great time to quit smoking
- Stay away from sick people. Surgeries are recommended if harm is predicted to occur in the next 3 months without the surgery

Cleaning and disinfecting

- Clean means no spills, crumbs, visible gunk. Disinfect means no virus. Clean first, then apply disinfectant for long enough
- Wear gloves, read the instructions
- All the available disinfectants haven't been tested yet against SARS-CoV2, but we think that those that kill other human coronaviruses likely kill it too since it's not a robust virus
- EPA website has a list of disinfectants, 17 pages long- for surfaces only, not to go on or in people

Pets

- People can spread Covid-19 to pets
- No evidence yet that pets are spreading Covid-19 to people

Urgent issues

- Call 9-1-1 if you or your loved one has trouble breathing, chest pain, if lips or face turn bluish, if speech is slurred, if you feel confused yourself
- Other health problems are possible and need urgent treatment, don't avoid going to the ER for signs of heart attack or stroke. Hospitals are working hard to keep patients safe

Possible Covid-19 symptoms :

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

- Severe or persistent lightheadedness has emerged as another possible symptom

- Check out www.apple.com/covid19/ screening tool (collaboration between Apple and CDC)

PCR Testing

- WA state insurance commissioner has required insurance companies to cover testing, and to waive co-pays and deductibles
- Testing at UW Medicine has pretty quick, turnaround within 24 hours. Other clinic turnaround varies, some send tests out and can take up to a week. Lots of drive through sites
- Call your health care provider about getting testing. Currently people still need to meet criteria, ie testing is not yet done for asymptomatic people unless there's a close exposure

Antibody testing

- Also known as “Serologic testing”
- What does the test mean, am I immune?
- What is herd immunity, how close are we to it?

Communication

- This is not easy
- “We’re doing everything we can to keep our family healthy”
- “It’s going to be okay, we’re doing our part to help”
- “I miss that too, we will go together as soon as it’s safe”
- “This is how we stay safe right now”
- Find another engaging activity instead of the risky one
- Be aware of emotional contagion- if I’m feeling calm, my loved one with dementia will be more calm
- Virtual education: Teepa Snow, the Alzheimer’s Association, the Alzheimer’s Foundation of America, other memory clinics around the country

Hard Decisions

- What's allowed: Stay Home, Stay Healthy has moved into Safe Start, phase 1 is in effect. Phase 2 will start TBD, includes barber shops and beauty salons, outdoor activities with people not in our household, and restaurants at 50% capacity
- What's advisable: depends on our individual risk
- Consider the cost vs benefit, quality of life and risk to life

Consolations

- Our sacrifices to stay healthy matter
- We have choices
- We are grieving, it helps us to acknowledge our grief
- Practice our mindfulness skills: gentleness, grace, curiosity, acceptance
- It's spring, the sun is shining more, plants are greener, flowers are blooming, days are longer

Good Resources

- coronavirus.wa.gov
- doh.wa.gov
- cdc.gov
- epa.gov/coronavirus
- apple.com/covid19
- germdefence.org
- alz.org or call 1-800-272-3900
- King Co 24 hr crisis line 1-866-4CRISIS
- depts.washington.edu/mbwc/events/community-events-programs (more community wellness talks 2x/week: email mbecker1@uw.edu, or call 206-744-2017 to sign up)



COVID-19 specific info



dementia-specific info