

Tuesday 14<sup>th</sup> July 2020

***[Please share with all family and friends that would normally visit]***

Dear Residents, Family Members and Friends

## **Important update: Increased visitation restrictions in all VIC and NSW homes**

In line with the Victorian Government's re-imposed **Stage Three (3) Stay-at-Home restrictions** you would be aware that last week we made the decision to restrict all visits to our Melbourne Metropolitan homes to **Compassionate visits only**.

We are now deeply concerned with the rapid spread of community transmission and in particular the recent COVID-19 outbreaks in a number of aged care homes. Furthermore, as we closely monitor the growing situation in NSW we have had to make the difficult decision to implement further restrictions in order to protect the health and safety of our residents and staff during this time.

As such, we will now be restricting visits to **Compassionate visits only** at all Japara homes in **Victoria** and **New South Wales**, with immediate effect. We will review this decision in 7 days and keep you updated.

### **Compassionate visits include:**

- Caring for residents who become unwell, are receiving palliative or end of life care
- For residents who are receiving regular care by a loved one and who assist in providing emotional and/or physical support

As always, you can arrange these visits directly with your Home Manager.

If you have booked a visit over the next two weeks in one of our Victorian Regional or New South Wales homes, you will be contacted by phone to discuss postponing your visit until the outbreak is under control and the risks reduced. Thank you in advance for your understanding.

Alternatively you can phone **Japara Assist** on **1800 52 72 72** to discuss.

**Visits to our Tasmanian, South Australian and Queensland homes remain unchanged.**

### **What is changing?**

In line with the Department of Health's directive we are requiring all staff to wear face masks when providing care and in close contact with residents (where social distancing cannot be maintained) throughout all our Victorian and NSW homes.

Furthermore, all visitors will now be required to wear a face mask when they are in the home.

Residents will not be required to wear a mask unless they request to or are in a position whereby they cannot apply proper social distancing.

Please note that external providers such as volunteers, hairdressers, library book services and entertainers will not be allowed to enter the home until further notice. Religious representatives will be permitted only for compassionate support and will have to wear PPE for visits to residents who are in isolation.

### **Returning to the home from leave**

We strongly discourage our residents leave the home unless it is absolutely necessary for them to do so. Further advice from the Department of Health is to ensure we minimise all risks of infection entering our home as it can have catastrophic consequences.

Whilst we have the most stringent screening processes in place at our homes, we all have a personal and legal responsibility to protect ourselves, our loved ones and the wider community.

Therefore, residents who are returning from hospital leave, medical leave and social leave will now be required to isolate for 14 days. This includes essential and routine medical visits as well as return admissions from hospital. Staff who are caring for these residents will be required to wear PPE.

You may also want to consider taking your loved one home for extended social leave if this suits your circumstances and we encourage you to discuss this with your Home Manager.

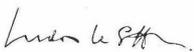
### **Staying socially connected**

Please remember that our staff are on hand to work with you to facilitate many different ways for you and your loved ones to stay socially and emotionally connected, including the use of video and phone calls, balcony visits, letters, eTelegrams and more. Our lifestyle activities will continue subject to social distancing and strict hygiene measures.

We understand that these are challenging times and appreciate your support. We are continually reviewing our visiting hours in line with the Department of Health advice and look forward to increasing visits again when it is safe to do so.

In the meantime, please stay safe and well.

Yours sincerely



**Lindon Le Griffon**  
**Chief Operations Officer**

## Japara Visitor Guidelines for Victoria and New South Wales – as at 14<sup>th</sup> July 2020

We remain extremely concerned about COVID-19 entering our homes. Our aim is to work together to ensure we maintain a safe environment for our residents and staff. The safest way to stay connected is by phone or through the many other technology-based options available. Please arrange a visit only when you consider it as **essential**.

Visitors will be expected to follow the **strictest infection control** measures and give their full **co-operation** and **respect** to our care teams.

### How to arrange a visit

1. **Compassionate support visits:** Please phone your Home Manager directly to arrange an agreed time. These visits may include caring for residents who become unwell, are receiving palliative or end of life care or who are receiving regular care by a loved one who assists in providing emotional and/or physical support.
2. **General support visits have been suspended until further notice.** Please phone the home directly or **Japara Assist** on 1800 52 72 72 during business hours and our team will postpone your bookings on your behalf.

### Conditions:

- Compassionate visits will be agreed individually between residents, families and the Home Manager.
- All pre-approved visitors will be required to wear masks.
- Please note that strict pre-screening and hygiene measures will apply before you can enter our homes and can vary by state according to the applicable Emergency Orders and/or the local Chief Health Officer directives.

### Please do not visit if you:

- are generally unwell and have mild flu-like symptoms (fever, sore throat, cough, fatigue or runny nose);
- have been in direct contact with a person who has mild flu-like symptoms (fever, sore throat, cough, fatigue or runny nose)
- have been overseas or on a cruise ship (passenger or crew) in the past 14 days;
- have been in direct contact with any person suspected of or diagnosed with COVID-19;
- have not been vaccinated against influenza;
- are under the age of 16 unless you are visiting for the purposes of end of life support.

### When entering the home

✓	Please adhere to the following:
	1. Enter via the home's single point of entry and use hand sanitiser for 20 seconds as you enter
	2. <b>Report to reception</b> and complete the health screening, including a temperature check
	3. Provide evidence of your 2020 Influenza Vaccination
	4. Go directly to the resident's room or agreed alternative.
	5. Avoid touching <b>any</b> surfaces (wheel-chair handles, over-bed tables, door handles, lift buttons, etc)
	6. Do not make physical contact with your loved one – no hugs, kisses or embraces (we know this is incredibly difficult but it's extremely important to their safety)
	7. Practice hand hygiene before entering and leaving a resident's room (wash hands, use sanitiser)
	8. Maintain 1.5m physical distancing rules at all times from staff and other residents
	9. When your visit is finished, please leave promptly by the most direct route
	10. If you are unwell at any time after your visit, please alert the Home Manager immediately