



Gitsegukla Band Council

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COVID-19 Elder Care March 20, 2020

As Gitsegukla First Nation moves into the closure of all public facilities, there is a growing concern around elder care. To date, there are 50 elders over the age of 60. We currently have two Home-Makers and one Personal Care Aid. If one of the staff members falls ill, that staff member will be required to self-quarantine.

As a preventative measure, it is urged that family or friends begin to care for the elders in our community.

Ways you can care for an elder in the community:

1. Stay away if you are ill or at risk of being infected. Digital solutions, such as Facetimeing, can work if face to face meet ups are not possible.
2. Carry on with visits if you are well.
3. Check supplies: picking up groceries, prescriptions or running some errands will provide relief.
4. Create an emergency plan with your family/friends for your elder.
5. Make sure caregivers and visitors wash their hands for at least 20 seconds.
6. Encourage eating healthy meals and drinking water that is at room-temperature.
7. Encourage in-home activities such as standing up for ten minutes or taking a walk around the house or yard if safe to do so.
8. Encourage elders to phone family members and/or friends if they have a phone.
9. Let them know they are loved and cared for.

This message is from the Gitsegukla Chief and Council