

Isolation among seniors is common and will increase as the Safer at Home Orders are implemented in the long-term care facilities (LTCF). A LTCF is an environment where people reside in congregate living situations and includes facilities like assisted living facilities and skilled nursing facilities.

Before a LTCF can consider these activities, the basic infection control requirements mandated by the Pasadena Public Health Department (PPHD) and Centers for Disease Control and Prevention (CDC) best-practices must be maintained. We require that you ensure your staff is trained, resourced and capable of implementing these practices.

The facility must be prepared to adhere to the PPHD Checklist for Management of Confirmed or Suspected COVID-19 Residents, the PPHD Checklist for LTCFs with a Least One Confirmed Case of COVID-19, and the PPHD Mass Testing Strategies for LTCFs.

Your facility is required to assess supply of personal protective equipment (PPE) and initiate measures to optimize current supply. PPE must be conserved for vital patient care before social activities.

If your facility has identified COVID-19, residents and staff should be cohorted by COVID-19 status. Residents should remain in their room as much as possible and are required wear a face covering if they leave. Residents with underlying cognitive conditions cannot be forcibly kept in their room or forced to wear a face covering. In those instances, review [Considerations for Memory Care Units in Long-Term Care Facilities](#) from the CDC. Communal and group activities that cannot maintain social distance requirements are not allowed. When leaving the room, remind residents to adhere to social distancing and perform frequent hand hygiene.

Facilities must have a plan to ensure proper cleaning and disinfection of environmental surfaces and equipment in the facility, including any materials that may be used during resident activity. In addition to CDC guidelines, facilities should follow guidelines from the California Department of Public Health (CDPH) [AFL for Environmental Infection Control for the Coronavirus Disease 2019 \(COVID-19\)](#).

Finally, every facility is different, and you know your facility best. Tailor this guide to your circumstances. The more aggressive you can be in your prevention and intervention, the more likely you will be able to reduce transmission in your facility and implement these activities. Please consult with the Pasadena Public Health Department before implementing any of these group activities.

Joint Strategy for Social Engagement in Long-Term Care Facilities

Below are a list of activities that have been identified by the Wise & Health Aging Long-Term Care Ombudsman Program that serves the Pasadena area, as potential activities that *may* also meet COVID-19 infection control measures. This list does not constitute a full list, nor is it an endorsement if it does not meet infection control standards in your facility. It is imperative that staff engage all residents regardless of COVID19 status. We encourage you to consider the following activities to see if they meet the needs in your facility.

- **Race car driving:** From their doorway, while wearing face coverings and adhering to social distance requirements, residents are given radio-controlled cars and encouraged to race or complete a racecourse created by the facility staff wearing appropriate PPE. All equipment should be disinfected in between uses and if they are going to be used across COVID-19 negative/positive wings should be used first in the negative wing, then disinfected and then to the positive wing.
- **Door Dancing:** Staff can consider door dancing competitions. From their doorway, while wearing face coverings and adhering to social distance requirements, residents and/or staff compete one-by-one in a dance competition. Winners can be selected by applause from the staff and the residents.
- **Window Visits:** If the facility does not identify security issues and the grounds are safe to be accessed from the outside, the facility may consider window visits. These *must* be done with the window closed. Visitors must adhere to the Safer at Home Order which includes wearing cloth face coverings and social distancing.
- **Doorway Bingo/Loteria:** From their doorway, while wearing face coverings and adhering to social distance requirements, staff may play BINGO or Loteria. Staff should consider using disposable cards (printable) or laminate so they can be properly disinfected in between each use. All equipment should be disinfected in between uses and if they are going to be used across COVID-19 negative/positive wings should be used first in the negative wing, then disinfected and then to the positive wing.
- **Modified Outdoor Recreation:** Outdoor recreation may be considered if residents wear a face covering and adhere to social distancing requirements. Communal and group activities will not be considered at this time. Require residents to practice social distancing and perform frequent hand hygiene when returning to their room.
- **Letter Campaign:** Invite friends and family of residents to send letters and pictures to their loved ones. Encourage residents to also send letters. For those residents without loved ones to write to, consider writing to essential workers or first responders.
- **...and more!** We are flexible. Please send us your ideas to the Pasadena Public Health Department for approval and sharing.