



Ingham County Medical Care Facility & Rehabilitation Services UPDATED notification on COVID-19 (“Coronavirus”)

Our Facility’s emergency response team continues to implement a strategy that remains in line with the State of Michigan, Ingham County Health Department, CDC, and CMS recommendations for COVID-19. We are constantly developing new tactics based on threat of exposure and our team is meeting up to daily as new developments become available. Our current strategies for the community and family members include the following:

- **To honor Governor Whitmer’s stay in place order, we can no longer accept care packages or other items being dropped off to the facility. If you would like to mail something to a loved one please do so at 3860 Dobie Road, Okemos, MI 48864 and we will deliver it. If you wish to virtually visit with your loved one, please see our previous communications with instructions or call our activities department at 517-381-6167.**

- **Dear families and friends of Dobie Road residents and patients,**

These are very difficult times and is especially taxing on our most vulnerable population, our resident and patients here at Dobie Road. As we are all trying to cope with uncertainties, please take into consideration how much or *little* is necessary to share with your loved one.

Much of our population here has varying levels of cognitive impairments which may include memory problems, trouble with comprehension, and perceptions of altered reality. As trained dementia care providers, we already know that certain circumstances do not require us to tell resident the full gravity of the situation that is concerning them.

For example, a resident may ask for their mother, who is no longer living. This individual may not be distressed and can be redirected with comfort such as, “We have not seen her yet today. Would you like to join me in this activity?” This is a much softer approach than providing the resident with reality, knowing that tomorrow he/she may ask the same question again.

Another example is summarized from the *Chicken Soup for the Caregiver’s Soul* book. A woman cared for her husband with dementia. He began complaining to her that cows were in the living room. Clearly this was not reality and she became frustrated with such an absurd statement. The more she tried to reorient him to reality, the more frustrated he became and before long they began spending much of their time yelling and arguing. One day, when he complained about the cows again, the wife decided on a different approach. She got up, opened the front door, and let the cows out. From that point on, the yelling and frustration ceased.

Please, in thinking about these above references, we ask that you thoughtfully and cautiously decide what your loved one should hear from you. At the facility, we are encouraging diversional activities to the extent that we can and are trying to discourage residents from spending hours watching news coverage of this evolving situation. Especially for our residents who are more cognitively impaired, we are refraining from discussing this situation unless they bring it up as they are much less likely to comprehend what is happening and would surely cause undue worry, concern, and anxiety. Please be considerate to the amount of information you are sharing. Many times with dementia, individuals may not understand that things are happening to “people” in general, but rather apply it to who they know. So instead of the community taking precautions to prevent the spread of this deadly virus, they may re-interpret that to mean their own family has a deadly virus.

Suggestions for conversation would be to let your loved one know about *good* things that are happening. The family is ok. You may not be able to visit in person because you are tied up with

things, but we do have virtual visits you can sign up for.

Please feel free to contact your social worker or nurse if you are unsure of what to say to your loved one and we will help you.

Our Infection Specialist and entire leadership team here at Dobie continue working and communicating daily with the Ingham County Health Department, CDC and CMS to ensure we are doing everything we can to safeguard our residents, patients, and staff, we apologize for any inconvenience this may cause.

Thank you for helping keep everyone at ICMCF safe!

For updates an information, sign up for our newsletter and visit our website at www.dobieroad.org