



## Guidance for Residents and Families for External Outings and Gatherings

*Release date: 23 December 2020*

Resthaven respects the rights of residents and acknowledges the importance of supporting their social and emotional well-being through having regular contact with and access to families and friends.

Unfortunately, COVID-19 remains an ongoing risk within our community. It is vitally important to ensure those living in residential aged care are as safe as possible from the COVID-19 virus.

Under the current SA Health Direction (Emergency Management Residential Aged Care facilities (RACF) No 20), residents are able to visit and move into community settings, and return following an outing. They are permitted to leave their home for any reason.

### **Situations where this flexibility is not permitted include:**

- If a resident is being isolated due to awaiting a COVID-19 test result
- If the home has a 'declared COVID-19 outbreak'.

**If a resident is able and chooses to leave the home, the following guidance is provided to minimise risk to the resident, other residents living at the home, volunteers and staff:**

- Prior to leaving and on return to the home, you must complete the Resident 'sign in' / 'sign out' register in the foyer. It is also important you inform us of where you are going and who you may be in contact with, in preparation for any required contact tracing.
- Maintain physical distancing of 1.5 metres from others at all times, even outdoors.
- Wash your hands and / or use alcohol hand gel frequently while away from the home.
- Use appropriate cough etiquette (e.g. cough into your bent elbow).
- We recommend the duration of the trip is no more than two hours. People who are in a confined space for two hours or more are considered to be at a higher risk for disease transmission.
- When travelling in a car, consider how many people will be in the car. Can physical distancing be maintained? Ideally, you will be the sole passenger, seated in the opposite side of the driver in the backseat of the vehicle.

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- While away from the home, if you encounter another person who appears unwell, please immediately distance yourself from the person and leave. Inform staff of the encounter immediately on your return to the home.
- Wherever possible, try to minimise touching surfaces that are frequently touched by others - such as door handles, handrails, etc. Use hand gel frequently to clean your hands if you do touch these surfaces.
- Please inform staff of your return, and:
  - Wash your hands or use alcohol-based hand gel before entering the home.
  - If you have taken your walking aid out with you, staff will clean the aid prior to it re-entering the home.
  - Any person who enters the home with you on your return will need to complete the usual entry screening processes and sign in to the visitor register located in the foyer.
  - Staff will assess you for any symptoms of COVID-19. Staff are constantly monitoring all residents for signs / symptoms of COVID-19. Additional screening will occur where concern is identified.
  - Notify staff of any issues or concerns you may have relating to your outing.
  - If you become aware of any person you have had contact with during your outing who becomes unwell, develops symptoms of acute respiratory illness ( fever, cough, sore throat, runny nose and / or loss of taste and / or smell etc) please let staff know.

As this is a rapidly changing situation, please be aware that you may be required to isolate upon your return, should you visit an identified, or as yet unidentified, location of concern or have had contact with a person who has visited a location of concern.

Resthaven thanks you for working together with us to maintain the health and safety of everyone at the home. If you have any questions about the information in this fact sheet, please contact the site in the first instance.

Thank you!