



THE UNIVERSITY *of* NORTH TEXAS
HEALTH SCIENCE CENTER *at* FORT WORTH

CENTER FOR GERIATRICS

COVID-19 Special Edition:
Weekly Updates & Resources | April 21, 2020

Get the latest updates from HSC's Coronavirus (COVID-19) response at unthsc.edu/coronavirus.

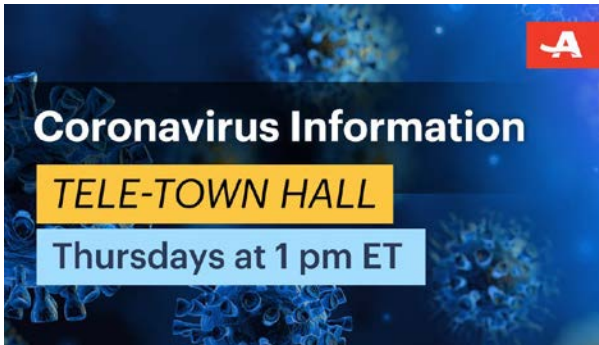
VIRTUAL TOWN-HALL: *COVID-19 "Ask the Experts in Geriatric Care"*

The onset of the COVID-19 pandemic has presented a unique threat to older adults. To provide guidance and updated information on how to work and care for our most vulnerable patients, clients, staff, as well as our own older family members, in this unprecedented epidemic, the two Geriatrics Workforce Enhancement Programs (GWEPs) in Texas (South East Texas GWEP at Baylor College of Medicine and the Workforce Enhancement Healthy Aging and Independent Living GWEP at the University of North Texas Health Science Center) are joining together with our partners to host a statewide virtual town hall to answer your questions. Funded by the [Health Resources Services Administration](#), the GWEPs are regional training programs comprised of inter-professional experts in geriatric care to improve health care outcomes and maximize patient and family engagement in settings that serve older adults. Following a successful Town Hall on April 1st, the GWEPs are back again to offer updated information, more resources and extended guidance. Whether you're interested in resources to manage the anxiety and stress of social isolation, guidance on how transmission risk may change as communities reopen, or just straight talk on the COVID-19 situation,... the **Texas Geriatric Workforce Enhancement Programs** are here to help.

GWEP clinicians will answer your questions and discuss topics such as:

- Updated information on the coronavirus and the risk to older adults
- Resources to manage the anxiety and stress of social isolation
- Practical advice on getting back to work safely
- How to take infection control precautions as communities re-open
- Supporting your clients, staff and older family members to navigate their own health, safety & sanity

Email us at geriatrics@unthsc.edu if you would like to receive a recorded copy of this town-hall.



AARP is hosting weekly, live Coronavirus Information Tele-Town Hall events. Experts will be present each week for a live Q&A and will address your questions related to the week's topic. **You can participate by calling toll-free 1-855-274-9507, or listen to the live audio stream every Thursday at 1 pm ET.**

To listen live or for the latest coronavirus news and advice, visit [AARP.org/coronavirus](https://www.aarp.org/coronavirus).

ADVANCE CARE PLANNING:

What Is It & Why Is It Important?

The COVID-19 crisis can create a sense of uncertainty, anxiety, and stress related to health, illness, and even death. In fact, any type of crisis can cause us to think "*What will happen if I am unable to make decisions for myself?*". [Advance care planning](#) is a term used to describe deciding, planning, and communicating one's healthcare wishes in the event that you face a medical emergency. The purpose of discussing advance care planning is to set realistic goals, decrease harmful, and/or undesirable procedures, and provide healthcare in conjunction with your specific beliefs. Completing an advance care planning directive may give you peace of mind when it comes to how you wish you live your life in the event of an emergency.

While advance care planning can be intimidating, your healthcare provider can walk you through the process and answer your questions.

- The first step is to become well-informed. Learn about options for medical care if you or your loved one become ill.
- Next, think about your values and beliefs. What is important to you if you become sick? What medical wishes do you want loved ones to know? Think about who you trust to make medical decisions for you and talk to them about your wishes.

- Once you decide, let your medical provider know about your wishes and who you have designated to make your medical decisions when you cannot.
- Lastly, document your wishes. Most medical providers and/or social workers can facilitate this process for you. Advance care planning appointments are covered by most insurances, including Medicare. These documents can be reviewed yearly or as needed and do not require a lawyer to complete the directive.

Contact your provider if you are interested in creating your advance care plan, or visit acpdecisions.org/patients for more information.



Kate Taylor, DNP, FNP-C is an experienced board-certified family nurse practitioner with 22 years in health care. Her experience ranges from serving as an active duty Army Nurse Corps officer practicing in critical care to the hospitalist role, and now the outpatient care environment. Kate currently works in various roles to include the GAPP clinic, house calls program, clinical education of UNTHSC health profession students, and clinical executive of SaferCare Texas improving the safety in care delivery.

STAYING ACTIVE

Below are some great exercise videos created to help older adults stay active. These resources are available through the National Institute on Aging (NIA) [Go4Life](#) initiative.

Visit www.nia.nih.gov for more information.



In this 10-minute video that features exercises for older adults, the Go4Life fitness instructor leads you through a workout featuring a warm up; strength, flexibility, and balance exercises; and a cool down. You'll need a stable chair, hand weights or evenly weighted objects, and a towel.

View this video at: <https://youtu.be/G1lwVhnnkoU>



In this 20-minute video, the Go4Life fitness instructor leads you through a workout featuring a warm up; strength, flexibility, and balance exercises; and a cool down. You'll need a sturdy chair with arms; two equally weighed objects like dumbbells, soup cans, or water bottles; a mat; and a towel.

View this video at: <https://youtu.be/8E8iCYG16ho>



This 60-minute video will lead you through a more in-depth workout featuring a warm up; strength, flexibility, and balance exercises; and a cool down with stretches. You'll need a sturdy chair with arms; two equally weighed objects like dumbbells, soup cans, or water bottles; two tennis balls; a mat; and a towel.

View this video at: <https://youtu.be/rkDlpZ3Musw>

MAKE A DIFFERENCE

Here are some ways YOU can make a difference during the COVID-19 outbreak.

Volunteer Opportunities:

Visit voly.org and click on the [Urgent Needs page](#) to locate COVID-19 volunteer efforts across DFW. The listings on this page are slowly growing, and it is the best way to stay up-to-date on the most current needs and getting signed up.

[Meals on Wheels](#) volunteers are needed. The UNTHSC Center for Geriatrics has adopted a daily Meals on Wheels route for meal delivery to homebound Fort Worth seniors. Please contact Sarah@mealsonwheels.org to sign up for the 'UNTHSC Center for Geriatrics' route.

The **CHEER OVER FEAR** initiative was created by the [HSC - Center for Geriatrics](#) Social Work Team to help support our patient's emotional well-being during this challenging time. Please join us in providing some encouragement through letters, cards, children's drawings, or any other way you can to spread **CHEER!** Our Social Workers will be mailing these items directly to patients that we believe could use a little extra **CHEER!** Contact us for more information: Natasha.Gordon@unthsc.edu

HSC COVID Relief Fund

Through the **HSC COVID Relief Fund**, you can help HSC students facing personal hardships, inspire the work of HSC researchers, or supply front line health care workers with the personal protective equipment (PPE) they so desperately need. Visit unthsc.edu/covidrelief for more information.

AT-HOME ENTERTAINMENT



Enjoy virtual tours and online exhibits from over 2500 museums and galleries around the world.

Visit artsandculture.google.com/partner to explore.



Explore five national parks in the U.S. and enjoy the beauty of the natural world while sitting safely on the couch.

Visit artsandculture.withgoogle.com/en-us/national-parks-service/parks to get started.



Cirque du Soleil is offering an escape from everyday life through the delight and whimsy of their shows.

Watch now at cirquedusoleil.com/cirqueconnect.

ACP as simple as A-B-C-D

Talk to your provider about ACP today

Advance Care Planning

Decide, plan, and communicate your future healthcare

My Appointment on: _____

A

ACP Video: Watch now or later

B

Beliefs: Your beliefs & values

C

Conversation: Let's talk about it

D

Document: Make an ACP appointment today

Advance Care Planning



A

ACP Video

Get informed. Watch this video and get information about advance care planning. Learn about your options for medical treatment if you get sick. This video reviews some ideas we want to discuss.

Go to: <https://my.acpdecisions.org/#!/home> to watch again.



B

Beliefs

Take some time to think about your values and beliefs. What is important to you if you become sick? What medical wishes do you want loved ones to know? Think about who you trust to make medical decisions for you.



C

Conversation

Talk about your medical wishes before you are sick. This conversation is referred to as “advance care planning” (ACP). You need to have a conversation with your provider. Talk about your medical wishes with your family and medical power of attorney.



D

Document

You are now ready to document your wishes on paper. The UNT Health Science Center Geriatric clinic offers ACP appointments. A social worker reviews the documents to reflect your wishes. A medical provider answers any questions. The clinic provides two witnesses to validate the documents.

Keep in mind:

- ACP appointments are covered by most insurance, including Medicare.
- The documents can be reviewed yearly or as needed.
- No lawyer is required to complete medical documents.

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ACP as simple as A-B-C-D

Talk to your provider about ACP today

Advance Care Planning

Decide, plan, and communicate your future healthcare

A

MPOA- Medical Power of Attorney

B

Directive to Physicians- Living Will

C

OOH-DNR: Out-of-Hospital Do-Not-Resuscitate

D

**TXMOST Form: Texas Medical Orders for
Scope of Treatment Form**

Advance Care Planning

A

MPOA- Medical Power of attorney

This document helps you appoint a healthcare agent. Your chosen agent is someone you trust. Discuss your medical wishes with your medical power of attorney. The agent you choose makes medical decisions for you. Your MPOA begins making decisions for you when you are unable.

B

Directive to Physicians: Living Will

This document is known as an Advance Directive. The directive to physicians states your wishes when you're ill. Your wishes are based on your personal values. What medical treatment are you willing to receive? The directive to physicians document guides your MPOA.

C

OOH-DNR: Out-of-Hospital Do-Not-Resuscitate

The OOH-DNR tells first responders to not start life-saving measures. The OOH-DNR means no CPR, defibrillation, or artificial ventilation. This document only works out of the hospital setting. This order does not affect other emergency medical care.

D

TXMOST Form: Texas Medical Orders for Scope of Treatment Form

The TXMOST form is used when you have an advanced illness. This document states what level of treatment you want. Would you like artificial feeding if you are terminally ill? What level of medical interventions would you like to receive? The TXMOST form states your wishes during a medical crisis.

Keep in mind:

- A medical provider is present to answer any questions.
- The documents can be reviewed and updated at any time.
- We provide copies for your convenience.

Completed today

Still Thinking

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