COVID-19

An End Stage Renal Disease (ESRD) National Coordinating Center (NCC) Professional Education Webinar

September 16, 2020
Agenda

• What is this call about?
• Today’s speaker:
  ▪ Amy Goyer
    AARP Family and Caregiver Expert
  ▪ Topic: Multigenerational Living During the Pandemic
• Questions and Answers (Q&As) from chat and Q&A panels

AARP = American Association of Retired Persons
What Is This Call About?

• Hear from stakeholders and peers in the ESRD community who are adapting to COVID-19.
• Share examples and provide real-world strategies for facilities to use.
• Engage in bi-monthly calls on varying topics.
Multigenerational Living During the Pandemic

Amy Goyer
AARP Family & Caregiving Expert

AARP Family Caregiving™
Demographics of Multigenerational Households (MGH)

- **20% of the overall U.S. population** live in multigenerational households (MGH) (1 in 5 people).
  - 29% of Asian-Americans
  - 27% of Hispanic/Latino-Americans
  - 26% of Black-Americans
  - 16% of White-Americans

- **Young adults are the most likely** to live in MGH.
  - 33% of those ages 25–29 live in MGH.
  - 24% of those ages 55–64 live in MGH.
  - 21% of those age 65+ live in MGH.

Types of Multigenerational Households

More than 64 million Americans live in MGH:

- **32.3 million** people in MGH with **2 adult** generations, (parents & adult children age 25+).
- **28.4 million** people in MGH of **3+** generations (grandparent, adult child, grandchild of any age).
- **3.2 million** people in MGH of **2 generations** (grandparents and grandchildren).

There’s No Place Like Home

- 3 out of 4 people age 50+ want to stay in their homes and communities as they age.
- 59% think they will be able to stay in their community.
  - In current home (46%)
  - In different home within community (13%)

Source: AARP Home & Community Preference Survey, 2018
Builders Are Responding

- Luxury condos with separate suites
- “In-law suites”
- Two master suites
- “NextGen” models
- Multigenerational rental properties
- Accessory dwelling units
• Up to 41% of Americans who are buying a home are considering a family member from another generation, such as an older parent or adult child.
BENEFITS AND CHALLENGES
Why Live in Multigenerational Households?

• Financial
  – Housing
  – Unemployment
  – Divorce, delayed marriage
  – Living longer
  – Boomerang kids

• Caregiving
  – Grandparents care for grandchildren
  – Children and grandchildren care for grandparents
  – Hands-on care

• Cultural
  – Duty, responsibility
  – Age segregation not natural
More Benefits of Multigenerational Living

- Intergenerational exchange
- Family history
- Culture
- Grandparents—central role
- Support for young adults
- 1:1 attention and care
- Mutually beneficial
COVID-19 and Multigenerational Living

* Already living together
* Choosing to hunker down at home together
* Limit exposure
* Share meals, shopping, costs
* Unemployment
* Isolation/socialization
* Better location
* Childcare
* Eldercare—nursing homes
Challenges of Multigenerational Living

- Crowded, hectic, messy
- Privacy, intrusion, alone, 1:1
- Loss of identity
- Criticism
  - Discipline and child-rearing
  - Lifestyles, habits
  - Parents caught in the middle
- Eldercare—stress & disagreements on how to handle
- Dementia is complicated
- Constant pressure
Challenges: COVID-19

- Crowded homes = higher infection rates
- Lack of clear, consistent guidance
- Disagreements about safety precautions
- Fear of exposing vulnerable, at-risk family members
- Isolating within the home
- Dementia

- Children/schools
- Caregiver supports
- No breaks from “togetherness”
  - No work, school, eating out, family gatherings, church
COVID-19: Mental Health

• High anxiety—COVID-19, protests, and riots
• All generations: isolation, safety precautions, routine, social life, lost outlets & coping
  – Older adults: health concerns, role changes
  – Parents: work, finances, e-schooling, food, protecting all
  – Children: FOMO, school-world, friends, sports, activities
• Isolation = 15 cigarettes a day
• Domestic violence, depression, suicide
• Treatment

FOMO = fear of missing out
Communication

• Clear, matter of fact, open
  – Appropriate to abilities
• Discuss concerns, changes
• Validate, reassure, compassion
• Problem-solving positives
  – Older adults: experience
  – Younger: technology

• Best approach
  – Family meetings
  – Informal interactions
  – Suggestion box
Coping

- Connections, technology
- Consistency, routines
- Realistic, compromise
- Monitor changes: personal care, mood, appetite, weight loss/gain, interests

- Plan: Exercise, prayer/meditation, faith, socialization, calm/peace, mental escape, hobbies, creativity
Re-evaluate How to Use Space

- Everyone needs their own little corner of the world.
- Furniture
- Outdoors
- Drive
- Re-purpose rooms … relaxation, TV, work, hobbies, exercise
- Consider “universal” or “inclusive” design, safety
AARP HomeFit Guide
aarp.org/homefit

TO ORDER THE FREE PAPERBACK:

1. Email Livable@AARP.org with subject line: HomeFit

2. In the email body, include:
   • Your First and Last Name
   • Street or P.O. Box Address
   • Town/City, State, Zip Code
   • Publication Number D-18959
Caregiving

- Clear roles
- Share tasks
- Schedule
- Care for the caregiver
- Take breaks; accept help
  - Mental, physical
  - Family, paid help
  - Area agency on aging—Eldercare Locator
    Eldercare.acl.gov
  - CommunityResourceFinder.org
Safety Precautions

- Prioritize older adults & most vulnerable
- Keep up precautions at home; reminders
- Assign roles
- Separate bathrooms
- Shopping
- Watch for symptoms; test
- Make it fun, challenge
- Revise as needed
Back-up Plan: If Someone Gets Sick

• Back up care
• Isolation plan
• Shopping plan
• Communication plan
• Legal issues
  – Advance directives
  – Powers of attorney
Family Gatherings

• Virtual parties—apps
• Outdoor visits at a distance
• Avoid larger family gatherings
• Drive-by celebrations
• Greeting cards
Create a Multigenerational Virtual Getaway

- Spa day
- Camping trip (in the back yard)
- Book club
- Tour a museum: artsandculture.google.com
- NASA image and videos: images.nasa.gov
- Get back to nature: explore.org/livecams
- “Travel” to a new destination every week:
  - Scrapbooks
  - Movies
  - Books
  - Music & dance
  - Clothing
  - Meals
Maximize Intergenerational Exchange

- Record life stories and family histories.
- Games, shared activities
- Exercise
- Music
- Each generation is a resource.
- Have fun!
AARP RESOURCES
AARP Caregiving Resources

• AARP Family Caregiving Site
  – English: aarp.org/caregiving
  – Spanish: aarp.org/cuidar
  – Basics, care at home, nursing homes, financial, legal, medical, life balance, and more.

• AARP Caregiving Support Line
  – English: 1-877-333-5885
  – Spanish: 1-888-971-2013
  – Speak with a live person Monday-Friday, 7 a.m. to 11 p.m. ET
AARP Prepare to Care Guide
English, Spanish, Chinese, Asian-American, Military, LGBT

Two ways to get the guide:

1. Go to aarp.org/preparetocare
   - Download by choosing a version
   - Or click and request a print copy;

   or

2. Call AARP toll-free 1-877-333-5885
   - Select option 1 and request "Prepare to Care: A Planning Guide for Families";
   item #D20152
Care for the Caregiver, Connections

- **AARP Family Caregiving—Life Balance**
  aarp.org/caregiving/life-balance

- **AARP Online Caregiving Community**
  aarp.org/caregivingcommunity

- **AARP Facebook Family Caregivers Discussion Group**
  facebook.com/groups/aarpfamilycaregivers
AARP Military, Veterans and Families
aarp.org/veterans

HOME & FAMILY / COMMUNITY VOICES
Veterans, Military and Their Families

AARP Veterans and Military Discount
Save up to 30% when you join AARP

Supporting Military, Veteran and Family Caregivers
Tips to update your journey during COVID-19

AARP’s Military Caregiving Guide
For veterans, service members and their families
Preparedness for Caregivers: COVID-19

1. Pull together a team.
2. Inventory essential items.
3. Get medications in order and ask about extra.
4. Create a plan to stay connected.
5. Maintain personal safety and self-care.
AARP COVID-19 Resources

- **English:**
aarp.org/Coronavirus

- **Spanish:**
aarp.org/ElCoronavirus

- Caregiving, tele-health, mental well-being, staying home, scams & fraud, work, finances, insurance, and more.
  - Articles
  - Tele-townhalls
  - Videos
  - Tools
AARP COVID-19 Supports

AARP Community Connections
• English: aarpcommunityconnections.org
• Spanish: aarp.org/micomunidad
Give and get help, find local mutual aid groups.

AARP Friendly Voices
Sign up online or call:
• English: 1-888-281-0145
• Spanish: 1-888-497-4108
AARP volunteers make 1:1 phone calls as a friendly voice.
Amy Goyer, AARP Family & Caregiving Expert

Connect:

• Website:
amygoyer.com

• AARP:
aarp.org/amygoyer

• Social Media: Twitter, Instagram, Pinterest, LinkedIn, Facebook:
amygoyer

• Email:
amy@amygoyer.com
Let Us Hear From You

Q&As from chat and Q&A panels
TheKidneyHub.org

Introducing TheKidneyHub.org.

• Secure, mobile-friendly web tool for patients and professionals.

• Developed by the ESRD NCC with assistance from patient subject matter experts.

• Links to important resources, such as:
  ▪ COVID-19, infection prevention, transplant, home dialysis, and new ESRD patient education.
  ▪ New features include access to the Patient Grant Library, an informative Understanding High-Kidney Donor Profile Index (KDPI) and Increased Risk Kidneys video, and more.

• Visit today and bookmark to your device’s home screen.
Our Next COVID-19 Webinar Events

• Save the dates for our next events.
  ▪ Patient-focused event:
    September 22, 2020, at 4 p.m. ET
  ▪ Provider-focused event:
    September 30, 2020, at 3 p.m. ET

• Visit www.kidneyCOVIDinfocenter.com for information and to register.
Thank You!

NCCinfo@hsag.com
844.472.4250
813.865.3545
www.esrdncc.org

Additional COVID-19 resources for patients and providers:

www.kidneyCOVIDinfocenter.com

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