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Mount Carmel Supported Care Home

STANDARD OPERATING PROCEDURE

(SOP)

On returning to the Community for residents of

Mount Carmel Supported Care Home

This standard operating procedure will be reviewed and updated in consultation with public health guidance and infection prevention and control expertise.

All these measures are in alignment with national guidance in relation to infection, prevention and control, current and future guidance and recommendations with regard to social distancing and other public health measure, and in addition, current and future guidance specific to Residential Care Facilities.

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Fergus Keane

Manager / PIC

**Introduction**

As a socially driven model of care Mount Carmel Supported Care Home has promoted and supported residents maintaining links with their local community both socially, culturally, financial etc.

With the emergence of the Covid-19 pandemic and the resulting Cocooning / Lock down that resulted in all residents in Mount Carmel staying within the confines of the Centre as part the national directives on Covid-19 greatly impacted and limited the residents ability to engage with the local community.

While the broader community is slowly emerging from the Lock down and coming to terms with new realties it is facing such as social distancing, new hand sanitizing regimes, entering and leaving shops etc our residents are at a very real disadvantage from the lack of experience of this new reality.

To support our residents emerging from the Lock in / Cocooning in a safe supported manner a “**Buddy System”** is been put in place.

We are also very much aware that our residents are living in a shared home and while they must exercise personal responsibility the lack of personal responsibility has the potential to affect them and the people they share their home with.

**Purpose of the “Buddy System”:** 

The purpose of the Buddy System is to support our residents to develop and enhance their skills needed to re-engage in the new reality in the community.

A staff member will support residents that wish to re-engage with the local community by:

* Accompanying the resident out and supporting them in this process.
* Observe and highlight challenges that residents are experiencing while re-engaging in the community.
* The staff member and the resident will complete the assessment form (Appendix 1) together.
* Following the completion of the form both staff and resident will decided if further supports are required.
* Before going out with your **Buddy** decide what activity you would like to do such as:
* Going for Walk
* Going Shopping
* Going to Mass
* Going for a drive
* Going to the Betting Shop
* Going for Coffee/Tea
* All staff and residents must observe the following while out in the community.

**Going for a walk **

If you go for a walk, you should:

* Stay local
* Keep a distance of 2 metres between you and other people
* Avoid other people as much as possible
* Avoid touching surfaces
* Avoid shaking hands
* Wash your hands when you get back home and before you enter Mount Carmel

**Shopping     **

If you are cocooning or in Lock down, it is best to ask friends or family to go grocery shopping for you. This is because it can be hard to keep a 2 metre distance between you and other people in shops.

If you choose to go shopping, you should:

* Go during the dedicated shopping hours for people who are cocooning - check these with your local supermarket
* F[ollow strict social distancing guidelines](https://www2.hse.ie/conditions/coronavirus/protect-yourself-and-others.html#social-distancing), keeping a distance of 2 metres between you and other people
* [Wear a face covering](https://www2.hse.ie/conditions/coronavirus/face-masks-disposable-gloves.html), if possible.
* Hand Sanitise before you enter and after you leave.
* Wash your hands when you get back home and before you enter Mount Carmel.

**Going for a drive   **

If you go for a drive, you should:

* Stay local - keep within your own county or 20 kilometres from your home if crossing county borders
* Ideally share the journey with someone who is living with you in Mount Carmel - you should both wear face coverings if driving with other people.
* Keep a distance of 2 metres between you and other people when out
* Wash your hands when you get back home and before you enter Mount Carmel

**Booking a “Buddy Appointment”:**

Initially a Buddy Appointment will have to be made and this can be done through the Manager or Deputy Manager. They will a sign a time and buddy to support you.

It may take several Buddy sessions until you are confident and staff are confident that you are comfortable and have the appropriate skills to be back in the community.

The resident and the Buddy will complete the assessment together and the completed assessment form should be left in the resident’s folder in the communication section.



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| **Area** | **Please tick appropriate box** | **Comment** |
| Social Distancing | Good |  |  |
| Fair |  |
| Needs more support |  |
|  |  |  |  |
| Queuing for shop | Good |  |  |
| Fair |  |
| Needs more support |  |
|  |  |  |  |
| Entering & Leaving Shops | Good |  |  |
| Fair |  |
| Needs more support |  |
|  |  |  |  |
| Hand sanitizing | Good |  |  |
| Fair |  |
| Needs more support |  |
|  |  |  |  |
| Cough edicate  | Good |  |  |
| Fair |  |
| Needs more support |  |
|  |  |  |  |
| Hand Shaking | Good |  |  |
| Fair |  |
| Needs more support |  |
|  |  |  |  |
| Mask Wearing (Shops/Car) | Good |  |  |
| Fair |  |
| Needs more support |  |
|  |  |  |  |
| Washing / Sanitizing before entering MC | Good |  |  |
| Fair |  |
| Needs more support |  |
|  |  |  |  |
| Un-necessary touching if surfaces | Good |  |  |
| Fair |  |
| Needs more support |  |

Residents Name: \_\_\_\_\_\_\_\_\_\_

Staff (**Buddy**) Name: ­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

