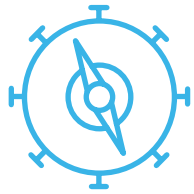


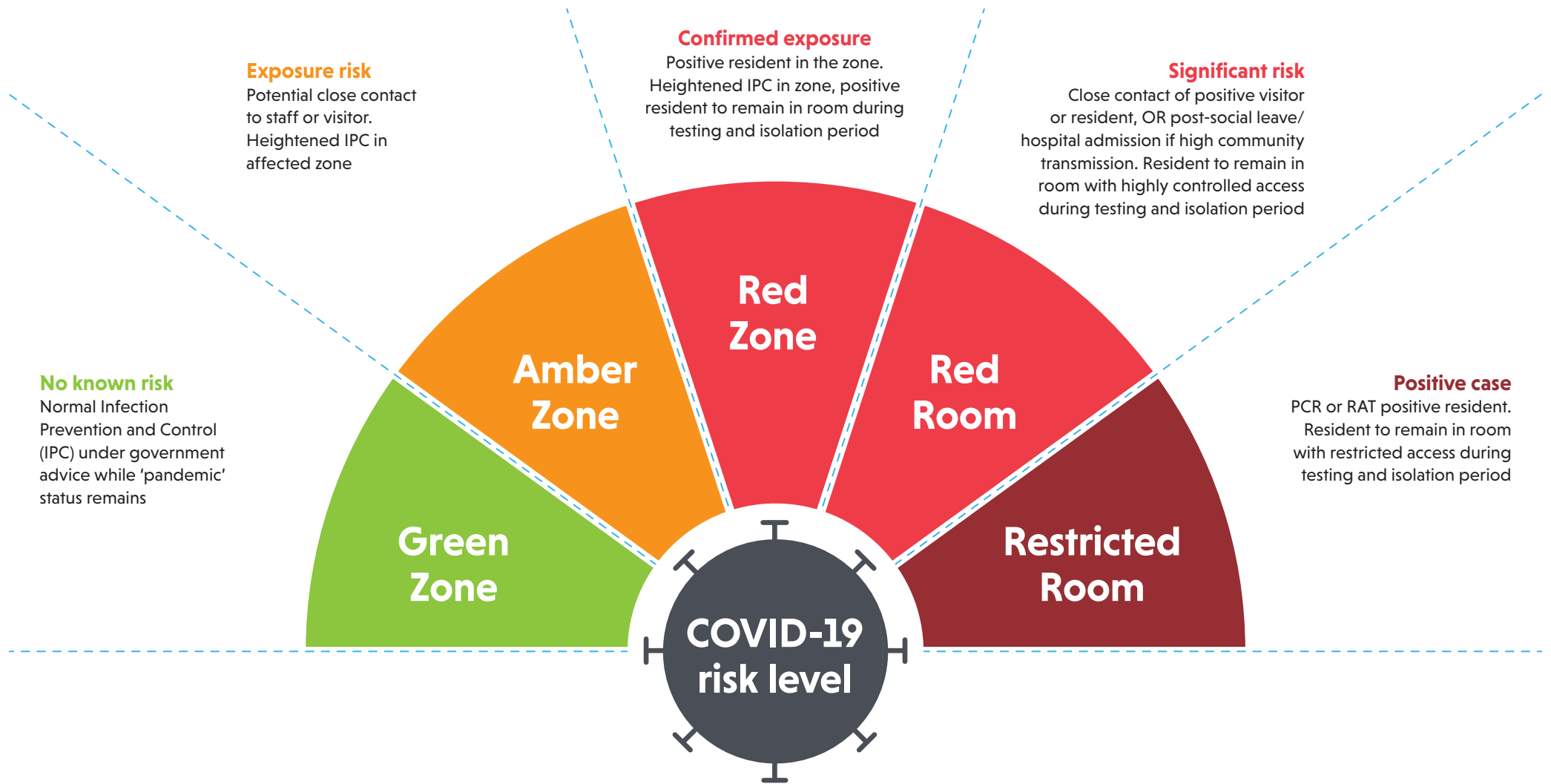


COVID-19 Navigation Plan →



Navigating COVID-19

This plan responds to the level of COVID-19 risk and exposure identified, from no known risk to significant risk, and positive cases. These measures are designed to ensure the ongoing safety and wellbeing of residents, their families and staff.



Visiting (page 1 of 2)

This plan will remain dynamic to ensure NSW & ACT Health expectations and directives are considered.



	Green Zone No known risk	Amber Zone Exposure risk	Red Zone Confirmed exposure	Red Room Significant risk	Restricted Room Positive case
Pandemic, as declared by Government Authorities	Minimal restrictions. To facilitate safer visits, visitors may be asked to wear masks and safety glasses/face shield, undergo RAT testing and sign a visitor declaration. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Restrictions may apply. Unrestricted visiting for partners in care, end of life and compassionate visits. Garden visits preferred. Visitors must wear two points of PPE, undergo testing and be fully vaccinated*. Young (inability to wear PPE) and/or unvaccinated children not encouraged.	Restrictions apply. Minimal visitors. Exception: End of life, partners in care and emotional support visits when safe to do so. Garden visits preferred. Care package deliveries may be ceased during initial outbreak period. Visitors must wear four points of PPE, undergo testing and be fully vaccinated*. Children are not permitted in a red zone.	Restrictions apply. Generally, no visitors. There are circumstances when a partner in care may be able to visit and/or an emotional support visit may take place, dependent on resident needs, local knowledge, and facility layout. Visitors must wear four points of PPE, undergo testing and be fully vaccinated*. Children are not permitted in a red room.	Restrictions apply. Generally, no visitors. Extraordinary circumstances may occur when a partner in care, end of life or emotional visit may take place with NSW & ACT Health consent as appropriate. Visitors must wear five points of PPE, undergo testing and be fully vaccinated*.

*Exception may apply to end of life cases only

Visiting (page 2 of 2)

This plan will remain dynamic to ensure NSW & ACT Health expectations and directives are considered.



Green Zone
No known risk



Amber Zone
Exposure risk



Red Zone
Confirmed exposure



Red Room
Significant risk



Restricted Room
Positive case



Resident outings

Residents may choose to leave the facility at any time. However, when the level of risk in the community is considered high, residents are strongly advised against leaving, unless seeking urgent medical treatment.

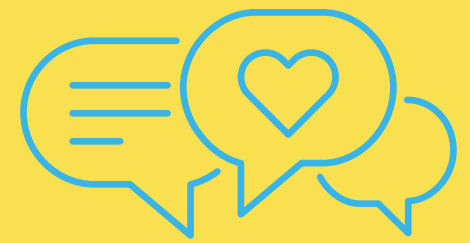
Because risk assessment is an individualised process, we cannot give a definitive answer in relation to testing, physical distancing and if necessary, isolation. However, it is reasonable to suggest that if there are high transmission rates within the community, a period of isolation on return may be likely.

If a resident does choose to leave the facility, they will be provided with appropriate PPE, infection control and mask wearing advice. However, family members are asked to assist the resident in maintaining their safety.

Follow NSW & ACT Health isolation guidelines.

Follow NSW & ACT Health isolation guidelines.

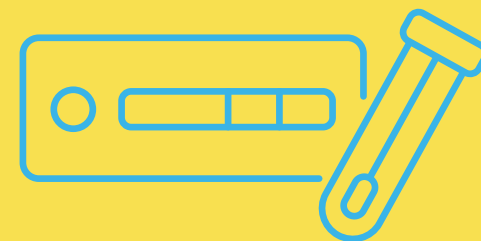
Follow NSW & ACT Health isolation guidelines.



Resident Engagement

	Green Zone No known risk	Amber Zone Exposure risk	Red Zone Confirmed exposure	Red Room Significant risk	Restricted Room Positive case
Access and movement	Usual movement and access, nil changes.	Resident dining areas may need to close, up to 7 days dependent on assessed risk. Residents encouraged to exercise in corridors, use garden areas and communal rooms. COVID safe plan will be in place to support physical distancing and resident safety.	At-risk residents to isolate in their rooms which may be up to 12 days from exposure to risk (e.g positive case). Access to balconies and garden areas will be encouraged in line with COVID safe plan (e.g physical distancing and safe entry and exit points, resident needs and preferences).	Resident will need to remain in their room, with access to their balcony and potentially garden – based on an individualised risk assessment including potential impact on other residents. Door to resident room to remain closed.	Residents to isolate for up to 14 days. Door to resident room to remain closed. Doctor/PHU to direct when isolation can cease. Resident should be able to sit on their balcony – based on an individualised risk assessment including impact on other residents.
Engagement and purposeful living activities	Engagement and purposeful living activities as per individual resident's care plan and home calendar.	Small group activities with physical distancing and increased hard surface cleaning.	Residents to be encouraged to undertake exercises in their room supported by care and/or lifestyle staff. Provide an exercise prompt sheet. Activity packs will be provided based on resident's preferences, interests and level of ability. Video calls to be facilitated between residents and significant others where possible.	Residents to be encouraged to undertake exercises in their room supported by care and/or lifestyle staff. Provide an exercise prompt sheet. Activity packs will be provided based on resident's preferences, interests and level of ability. Video calls to be facilitated between residents and significant others where possible.	Residents to be encouraged to undertake exercises in their room supported by care and/or lifestyle staff. Provide an exercise prompt sheet. Activity packs will be provided based on resident's preferences, interests and level of ability. Video calls to be facilitated between residents and significant others where possible.

Testing



	Green Zone No known risk	Amber Zone Exposure risk	Red Zone Confirmed exposure	Red Room Significant risk	Restricted Room Positive case
Residents – with consent	No testing necessary.	Low to some risk of COVID-19. Immediately test (PCR or RAT) all staff and residents who have had contact with the suspected case. Tests will be repeated based on the assessed risk and ongoing clinical findings, until Day 12. Repeat tests on Day 12 post-exposure – if all well, revert to GREEN zone.	Risk of COVID-19. Immediately test (PCR or RAT) all residents and staff in the impacted area of the facility. Immediately test all staff and residents who have had contact with the suspected case. RAT and/or PCR to be repeated based on the assessed risk and ongoing clinical findings, until Day 12. Repeat tests on Day 12 post-exposure – if all well, revert to AMBER zone.	High risk of COVID-19. RATs and PCRs will be repeated based on the assessed risk and ongoing clinical findings, until Day 12.	Diagnosis of COVID-19 PCR, RAT and/or symptoms. Once positive PCR received, no further swabbing necessary for positive case.













Services and Activities (page 1 of 2)

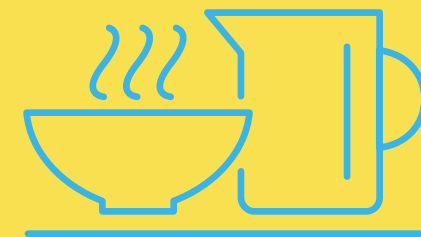
	Green Zone No known risk	Amber Zone Exposure risk	Red Zone Confirmed exposure	Red Room Significant risk	Restricted Room Positive case
Hairdresser	Normal service. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Yes – subject to COVID safe plan including wearing of PPE, surface and product cleaning in between clients.	No.	No.	No.
Church and religious services	Normal service. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Yes. 4 sqm rule applies and will need to be determined at a facility level. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Yes – for end of life care only in resident's room. Room to be well-ventilated, four points of PPE to be worn for last rites and hand holding during prayers.	Yes – for end of life care only in resident's room. Room to be well-ventilated, four points of PPE to be worn for last rites and hand holding during prayers.	Yes – for end of life care only in resident's room, if permitted by NSW & ACT Health. Room to be well-ventilated, five points of PPE to be worn for last rites and hand holding during prayers.
Volunteers/ Pastoral Carers	Normal service. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Yes. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.	Possible, following a risk assessment and residents' preferences. NSW & ACT Health will be observed and implemented as a minimum.	Possible, following a risk assessment and resident preferences. NSW & ACT Health will be observed and implemented as a minimum.	No, with the exception of end of life and NSW & ACT Health approval.



Services and Activities (page 2 of 2)

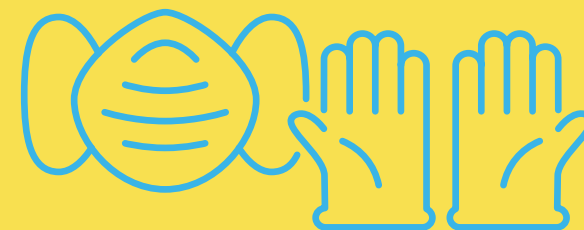
	Green Zone No known risk	Amber Zone Exposure risk	Red Zone Confirmed exposure	Red Room Significant risk	Restricted Room Positive case
Singing/ Entertainers	 <p>Normal service. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.</p>	 <p>Dependent on outdoor space this may be possible if a COVID safe environment can be maintained (e.g physical distancing, RAT/PCR testing).</p>	 <p>No.</p>	 <p>N/A</p>	 <p>N/A</p>
Bus trips	 <p>Normal service. Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.</p>	 <p>May be restricted to scenic bus trips. Ensure windows are open and bus is well ventilated. Physical distancing on the bus.</p>	 <p>No.</p>	 <p>No.</p>	 <p>No.</p>






Dining, nutrition and supplements



	Green Zone No known risk	Amber Zone Exposure risk	Red Zone Confirmed exposure	Red Room Significant risk	Restricted Room Positive case
Dining and Supplements	<p>Normal service.</p> <p>Any additional advice from NSW & ACT Health will be observed and implemented as a minimum.</p>	<p>Dining may be in rooms for initial 7 days post-exposure dependent on risk.</p> <p>Additional supplements for those residents choosing not to leave the room, and consider high protein diets. Offer additional hydration rounds and finger foods.</p>	<p>Dining areas closed, in-room dining.</p> <p>Disposable plates and cutlery, and bottled water.</p> <p>Additional hydration and supplement rounds, finger foods and snacks – as per resident's needs and preferences.</p>	<p>In-room dining.</p> <p>Disposable plates and cutlery and bottled water.</p> <p>Additional hydration and supplement rounds, finger foods and snacks – as per resident's needs and preferences.</p>	<p>In-room dining.</p> <p>Disposable plates and cutlery and bottled water.</p> <p>Additional hydration and supplement rounds, finger foods and snacks – as per resident's needs and preferences.</p>

Personal Protective Equipment (PPE) for staff



	Green Zone No known risk	Amber Zone Exposure risk	Red Zone Confirmed exposure	Red Room Significant risk	Restricted Room Positive case
Corridors and communal areas	 <p>Two points – mask and safety glasses/face shield whilst 'pandemic status' remains.</p>	 <p>Two points – mask and safety glasses/face shield whilst 'pandemic status' remains.</p>	 <p>Four points of PPE at all times – mask, glasses (or face shield), gown, and gloves.</p>	 <p>N/A</p>	 <p>N/A</p>
Resident room	<p>Two points – mask and safety glasses/face shield whilst 'pandemic status' remains.</p> <p>Normal IPC Personal Protective Equipment (PPE) in use when delivering personal/clinical care.</p>	<p>Two points – mask and safety glasses/face shield whilst 'pandemic status' remains.</p> <p>Normal IPC Personal Protective Equipment (PPE) in use when delivering personal/clinical care.</p>	<p>Four points of PPE at all times – mask, glasses (or face shield), gown, and gloves.</p>	<p>Four points of PPE (mask, glasses/face shield, gown, and gloves).</p> <p>Add face shield if the resident shows aerosol-generating behaviours.</p>	<p>Five points of PPE (face shield, mask, glasses, gown, and gloves).</p>

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