

Four Essential Questions we should be asking all seniors

Mrs. Jones, have you thought about what would happen if the COVID-19 virus closes services for a while?

- 1) Do you have enough medication for 30 days? If not, will you speak to your nurse or call your doctor to increase your supply? Do you have aspirin, fever reducer and cough syrup in the house?
- 2) Do you have food that won't go bad? Canned goods, powdered milk, oatmeal, tuna are sources of nutrition that could tide you over if home delivered meals can't be delivered. How would you get them? Are you making plans to get them?
- 3) Do you have a backup plan if your care staff is unable to get to your home for a week or more? Can we call your loved one to review the backup plan?
- 4) Did you know that the CDC is recommending that people over 60 or with compromised health stay home as much as possible?