

SELF CARE POST PANDEMIC: FOR HOME HEALTHCARE WORKERS AND THEIR CLIENTS



Figure 1 Seven Pillars of Self Care: International Self Care Foundation

July 24 is International Self-Care Day. Do you practice self-care? Are you helping your clients practice self-care? The COVID-19 pandemic has blurred the lines of home and work life, often making setting boundaries more difficult and confusing. There is a struggle to find a balance between the needs of our clients, taking care of our families, and navigating a constantly changing public health landscape. As the world begins to open back up, people may find it difficult to set appropriate boundaries with both work and families as people are eager to reunite and we begin to determine what our “new normal” might look like.

You can find many examples of what self-care can look like – whether it’s writing in a journal, playing an instrument, painting, or something else – but what so many articles and pleas for self-care fail to acknowledge is that it is so difficult for people, especially those in the caregiving profession, to find that time for themselves when they spend so much time energy on caring for everyone else throughout the day. That’s why it’s important to schedule time for yourself and make self-care a habit.

There are many online resources you can take advantage of to take advantage of self-care. Central Pennsylvania General Hospital has a [self-care toolkit](#) that is an excellent resource for providers. United Nations Development Program has developed a comprehensive [self-care checklist](#) for those who want a holistic approach to applying self-care in their lives. There are podcasts like [Burn Bright](#) and [The Happy Healthy Caregiver](#) (who also has a [self-care resource page](#) specifically for those in the caregiving profession). There are also plenty of meditation, fitness, and wellness apps to utilize.

Through a partnership between the Maryland-National Capital Homecare Association (MNCHA) and the Maryland Department of Health Office of Preparedness and Response (MDH OP &R), the Maryland Emergency Preparedness Network (EPN) was created to disseminate free, important, and timely information before, during, and after an emergency. The EPN’s goal is to build health resilience among one of Maryland’s most vulnerable populations, the homebound.

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A MESSAGE FROM THE EXECUTIVE DIRECTOR, DAWN SEEK



A message from Dawn Seek, Executive Director, MNCHA:

Dear EPN Members,

EPN has been exceptionally busy over the past sixteen months. COVID-19 presented many challenges for the home care industry including access to PPE, testing, and vaccinations. The biggest challenge we faced was keeping up with the information that was coming out and changing rapidly.

MNCHA in partnership with the Maryland Department of Health Office of Preparedness & Response (MDH OP&R) worked to keep the industry abreast of current information. With MDH OP&R's support we were able to produce educational webinars and materials that are free and accessible to all. All of the materials produced are available on the EPN

Website: <https://www.mdemergencyprepnetwork.org/> . We hope that you will take advantage of this information to enhance your emergency preparedness plan and that of the individuals you serve.

Thank you for being part of our network. If you have questions or suggestions you would like to share with us, please email us at info@mdemergencyprepnetwork.org.

Dawn Seek
Executive Director, MNCHA

Vaccine Hesitancy Model: The 5 C's

- **Confidence** (attitude)
- **Complacency** (perceived invulnerability)
- **Constraints** (self-control) and
- **Calculation** (choosing to deliberate)
- **Collective responsibility**



Source: Betsch C, Schmid P, Heinemeier D, Korn L, Holtmann C, Böhm R. Beyond confidence: Development of a measure assessing the 5C psychological antecedents of vaccination. PLOS ONE. 2018;13

HAVE YOU HEARD ABOUT THE 5 C's OF VACCINE HESITANCY?

In June, Dr. Charlene Brown hosted a workshop series: How to Increase Caregiver COVID Vaccine Uptake Among Caregivers. The workshops directly addressed common challenges the home healthcare workers face concerning increasing vaccination rates among caregivers, dispelling COVID-19 Vaccine myths, and strategies for encouraging vaccination against COVID-19.

The workshop included local and national experts including Carmel Roques (CEO of Keswick Multicare), Andrea Cohen (founder of Houseworks LLC), Vinette Tyme (Caregiver Engagement Director of Houseworks LLC) and Marcia Greenfield (Caregiver Engagement Specialist with Houseworks LLC). Each guest speaker spoke to their own experiences and strategies for increasing vaccine confidence among caregivers. The workshops also included speaker Brian Steinbeck of Epstein, Becker & Green, P.C. who discussed the legal issues around mandating COVID-19 Vaccinations.

The full set of [recordings](#) and our [COVID-19 Factsheets](#) can be accessed through the EPN Website. If you would like more in-depth feedback on vaccine hesitancy among the care giving professionals in your network, Dr. Charlene Brown at [Learn Care Together LLC](#).

NEW EPN RESOURCES: LANGUAGE ACCESS

Many of our Patient Provider Guides are now available in Chinese, French, Russian, Spanish, and Vietnamese. You can find them on the EPN Web site under [Patient Resources](#).

MDH OP&R RESOURCES

The MDH OP&R office has many resources available on their Web site under [Resources](#).



COVID CORNER

- MD EPN's COVID Webinars and Resources: [COVID-19 EPN Resource Page](#).
- COVID-19 Vaccinations in Maryland: [Information Page](#).
- Maryland COVID-19 [Testing Sites](#).
- Maryland COVID-19 [Vaccination Sites](#).
- CDC Guide to Masks for Unvaccinated People: [Link Here](#).
- New CMS OMH COVID-19 Vaccine Resources for Vulnerable Populations: [Webpage here](#).



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