
Resources for leaders and teams in Seniors Care to navigate COVID-19

We've discovered fantastic resources focused on the Seniors Care experience of COVID-19. We'll continue updating this resource and keep it accessible in the [COVID-19 Resources part of our website](#).

Resources for a Peaceful Mind & Happy Heart

- [Conduit Coaching's free Resources](#).
- The TenPercentHappier app has guided meditations and practical teachings you can carry anywhere ... and it's [free for health care workers during COVID-19!](#)
- Greater Good shares scientific research that helps promote a happier, more compassionate society including a guide to well-being during COVID-19 with resources [specifically for health care professionals](#).
- Research-based insights and tips on [why some people get burned out and others don't](#) – so you can be in the “don't get burned out” group.
- A [love letter](#) to you and your Seniors Care team.
- [COPE with COVID](#) is a great acronym and poster that may be helpful for staff and residents (and families when they get to come visit).

Resources for Resilient Leadership in Seniors Care

- The [Schwartz Center for Compassionate Healthcare has a ton of resources](#) to support healthcare professionals coping with the COVID-19 pandemic. They have many handouts from the [National Center for PTSD](#) in the “Additional Resources” part of the page from their free weekly webinars with experts.
- Summary of the Conduit Coaching/MatrixCare COVID-special teleforums on [Resilient Leadership in Seniors Care during COVID-19](#).
- PHI identified [5 things to help providers navigate the crisis](#) based on their [March 2020 survey](#) of LTC employers and direct care workers in the US on how the sector is managing the pandemic.
- [Article for leaders and teams working remotely](#). No, it's not Seniors Care specific, and it's really good.
- Communication tips: fantastic suggestions from [CDC's Field Epidemiology Manual on how to communicate during an outbreak](#), from [VITALtalk's COVID Ready Communication Playbook](#), and Harvard Business Review's [four tips for communicating in a crisis](#).



Resources for Seniors Care leaders & teams in the US

- [MatrixCare's Coronavirus Resource Center](#) with expert resources to support you and your organization.
- [US Centers for Disease Control and Prevention](#) (CDC) including the [CDC site for Health Care Professionals](#) and [CDC site for Long-Term Care and Nursing Homes](#). US Centers for Medicare & Medicaid Services ([CMS](#)) [Current Emergencies website](#) for the latest national information.
- If you're nervous about reopening for visitation, your [colleagues in COVID epicenters say it's well-founded](#). CMS updated [nursing home visitations guidance](#) this week that may help.