



Eldercare Illuminated



Podcast Show Notes

Eldercare in the Time of Coronavirus: Social Distancing and Visiting Your Loved One



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In this episode of *Eldercare Illuminated*, Torchlight's Eldercare Practice Leader, Lenore Tracey, answers questions about the limitations on visiting nursing homes and assisted living facilities as well as the importance of social distancing for caregivers and seniors during the coronavirus pandemic.

Guest host Stefanie Boucher usually presents Torchlight's *Exceptional Parenting Podcast*, when she's not writing about the challenges of raising children and navigating education issues for children with and without disabilities. Today, she looks for ways to explain social distancing and how to convince a stubborn loved one that visiting the grandparents is just a bad idea.

As promised in **this episode**, we're including links to a couple of graphical representations and expert explanations of how social distancing works:

- This **BBC video** explains social distancing using dominoes.
- View a **coronavirus transmission animation**, from New Zealand's online magazine, *The Spinoff*.
- Here's an **in-depth scientific article** in the leading medical journal, *The Lancet*, "Scientific and ethical basis for social-distancing interventions against COVID-19," Joseph A Lewnard, Nathan C Lo, Published: March 23, 2020
- **Johns Hopkins Medicine** explains the importance of social distancing, self-quarantine, isolation, and "flattening the curve."

The coronavirus pandemic is a rapidly evolving situation. If you are listening to this podcast, information may have changed since its initial airing on March 26, 2020.

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