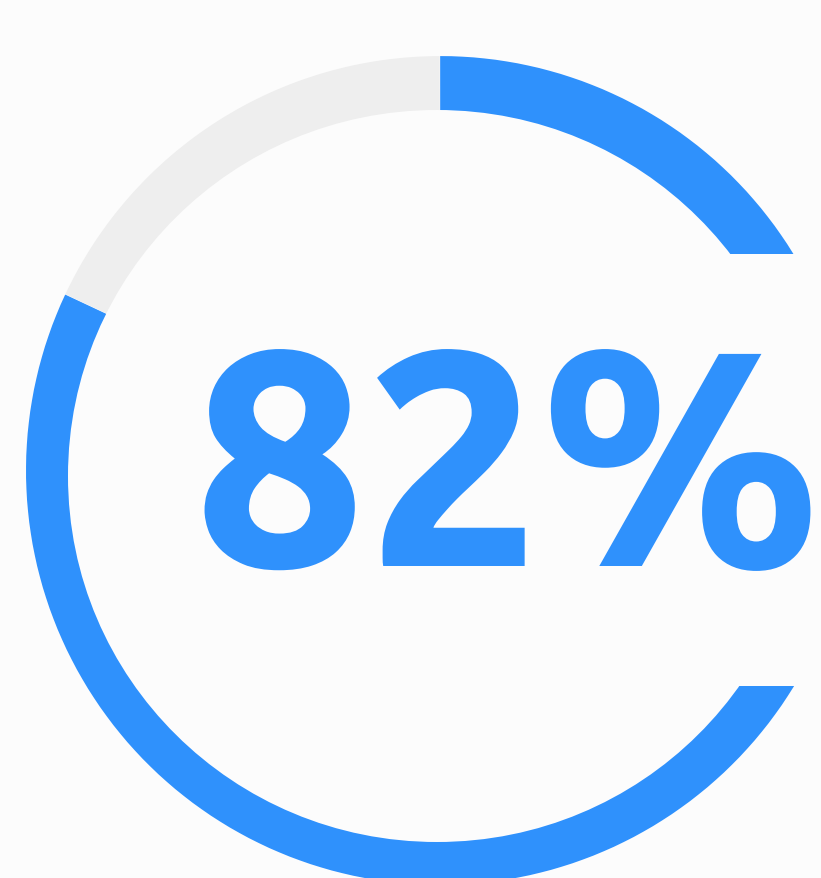
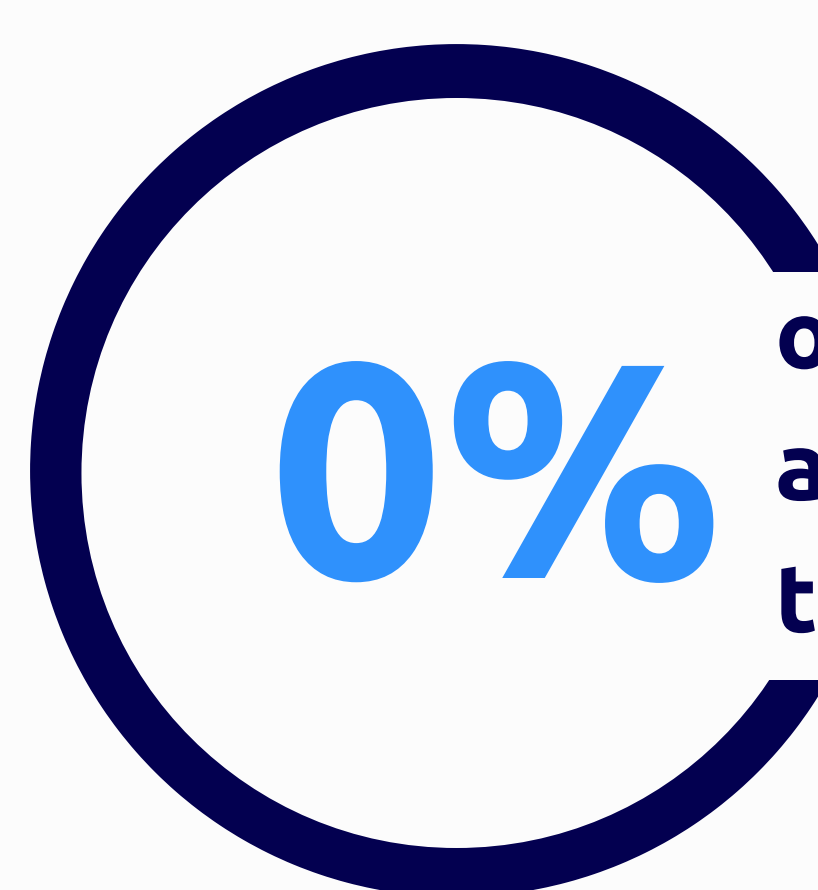


Self-Direction during COVID-19: A New Hampshire Case Study

SAFER AT HOME



of COVID-19 deaths in NH are individuals in long-term care facilities



of COVID-19 deaths in NH are individuals self-directing through GSIL

Granite State Independent Living (GSIL) provides in-home services and supports for seniors who are self-directing in New Hampshire's Personal Care Attendant (PCA) State Plan.

Like other providers, GSIL is concerned about the health and safety of the individuals they serve during the COVID-19 pandemic.



of the individuals with COVID-19 in New Hampshire have been at least 60 years old

3 in 5



were over 80 years old¹

SELF-DIRECTION FINDINGS

ONLY 1 REPORTED COVID CASE

GSIL has been in close communications with the individuals they serve to ensure their health and safety during the pandemic and the state's shelter-in-place orders.

Of the 87 self-directing individuals who are over 80 years old and nursing home eligible, GSIL has only learned of 1 reported case of COVID-19.²

NO DEATHS RELATED TO COVID

Since New Hampshire reported the state's first death from COVID-19 on March 23, 2020, there have been **no deaths** related to COVID-19 for the individuals receiving self-directed services through GSIL.

While the GSIL data is not comprehensive, and the availability of testing and reporting varies, it is worth taking these low numbers into account, especially when compared to the statistics from other New Hampshire seniors with the same level of care needs.

LONG-TERM CARE FACILITIES

The long-term care facilities in New Hampshire have been hit hard by the coronavirus. More than 34% of infections and 82% of deaths from COVID-19 are linked to these facilities.³



SELF-DIRECTION DURING COVID-19

Self-direction is a safe and effective alternative for older adults to receive the services and supports they need while living at home during the COVID-19 pandemic and beyond.

- Individuals who self-direct have more control over who they come in contact with and who is coming into their home to provide services.
- Self-direction allows individuals to recruit and hire their own workers, including family members.
- Hiring a family member or other house member during the pandemic limits the individual's risk of exposure.

¹ Retrieved from: https://www.unionleader.com/news/health/coronavirus/nh-reports-50-new-covid-19-cases-one-death/article_c3282775-0ca5-5cef-b852-35a49d9e0375.html

² GSIL is not required or able to formally track COVID-19 testing. However, GSIL would likely learn of COVID-19 diagnoses through their ongoing contact with participants.

³ Retrieved from: <https://www.wmur.com/article/new-hampshire-coronavirus-update-june-16-2020/32880021>