



March 27, 2020

## **COVID-19 – Family Update**

Dear Families,

We hope that everyone is coping as well as possible during this difficult time. We wanted to update you all with some information and resources that may be of interest to you and your loved ones.

### **CLBC Conference Recap**

Yesterday, Community Living BC hosted a public conference call with the Honourable Shane Simpson, Minister of Social Development and Poverty Reduction (SDPR), David Galbraith, Deputy Minister, Dr. Danièle Behn Smith, Deputy Provincial Health Officer, and Community Living BC CEO Ross Chilton.

The panel answered several questions for individuals and families about CLBC services and supports during the current COVID-19 pandemic. CLBC has promised to provide a transcript of the call with their responses in the next few days. For highlights and more information, [please click here](#).

### **211 – Hotline to Support Seniors**

The BC government is expanding its 211 hotline in an effort to pair volunteers with isolated seniors during the Coronavirus pandemic. The line can now be called from anywhere in BC and will be staffed by live operators. The 211 operators will match volunteers with seniors who need help picking up medication, groceries or performing other tasks. You can call 2-1-1 or visit <http://www.bc211.ca> if you are a senior in need, or would like to volunteer with a senior in your community to check in on them or help pick-up groceries/prescriptions. The helpline takes calls 7 days/week to help keep seniors safe.

### **Your COVID Care Kit – Staying Socially Connected While Practicing Physical Distancing**

We are pleased to introduce Your COVID Care Kit, a new wellness resource to help you deal with COVID-19. Watch a video from self-advocate Krista, check out Casey Maltman's powerful artwork, and discover ideas for things to do at home with kids or adults of all ages. Find all that and more in the attached PDF.

### **COVID-19 Resource Page**

We have also gathered resources related to COVID-19 for families and individuals on our website at [www.posAbilities.ca/COVID-19](http://www.posAbilities.ca/COVID-19). The page includes plain language info about COVID-19, virtual things to do, wellness resources, and more. We'll be updating this page regularly with new resources.

We will continue issuing weekly updates to keep you informed. A kind reminder that family updates are posted to our social media channels and our blog at [www.posAbilities.ca](http://www.posAbilities.ca) –these updates can be translated as well.

If there is anything you need from us or additional ways we can support you, please reach out to us by email: [info@posAbilities.ca](mailto:info@posAbilities.ca) or phone: 604-299-4001 to leave a message.

We wish good health for you, your families, and your communities.

Sincerely,

Fernando Coelho, CEO  
*posAbilities*