

April 16, 2020

COVID-19 Family Update

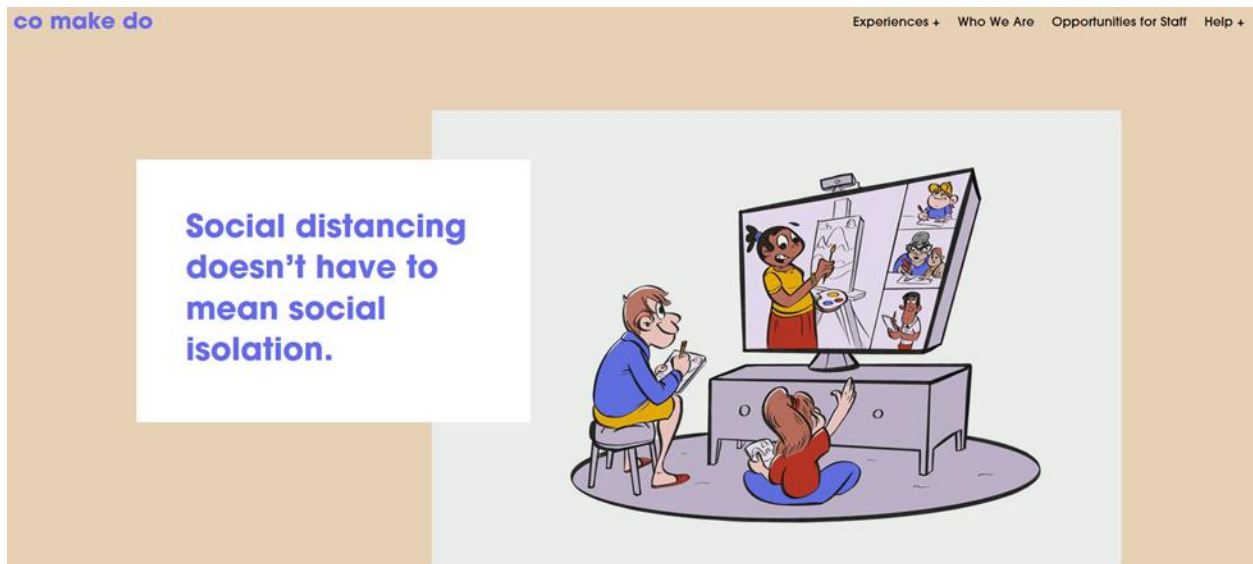
Dear Families,

Like you, we are quite heartened to see the pandemic curve flattening in BC. We are prepared for an outbreak, and have an ample supply of Personal Protective Equipment, cleaning supplies, non-perishable food and other goods. However, with several weeks of experience now behind us, we know that if we can continue to hold the line, we can also continue to prevent the transmission of Covid-19.

Practicing physical distance, good hand hygiene, enhanced cleaning protocols and staying home whenever possible, has kept every person we serve, free of COVID-19 up to this point.

As our new normal continues to unfold, we recognize that some folks will need more support than others. Some may also be communicating through challenging behaviour. Please contact us if you have additional support needs at this time, so that we can work together to help resolve them.

Last week, we introduced you to the website www.comakedo.ca. The folks behind this initiative are continuing to develop new content that will educate, engage and entertain your family members. Please take a moment to check it out, and let us know if you need help with technology or internet connectivity.



3rd CLBC Teleconference

Community Living BC has announced that they will be holding another teleconference call with Minister Shane Simpson, Dr. Daniele Behn Smith, Deputy Provincial Health Officer, and CLBC CEO Ross Chilton on Friday, April 17, 2020, from 11:15am–12:15pm. More details can be found by clicking [here](#).

To help keep families informed, CLBC has now launched a COVID-19 weekly update. You can look [here](#) to see their editions.

Family Caregivers of BC's Resources Page

The Family Caregivers of British Columbia's COVID-19 Resources page contains a list of excellent caregiver tips and supports. As we know, a caregiver's role may increase or intensify through this time and we encourage you to visit their page by [clicking here](#). Their Caregiver Support Line is also available Monday-Friday from 8:30am to 4pm, call: 1-877-520-3267.

COVID-19 Disability Advisory Group



Al Etmanski, writer, community activist and long-time disability advocate, and **Carla Qualtrough**, Minister responsible for Employment, Workforce Development and Disability Inclusion, are co-chairing the new COVID-19 Disability Advisory Group (CDAG) for the Government of Canada. The group will advise the Minister on the real-time lived experiences of persons with disabilities during this crisis on disability-specific issues, challenges and systemic gaps and on strategies, measures and steps to be taken.

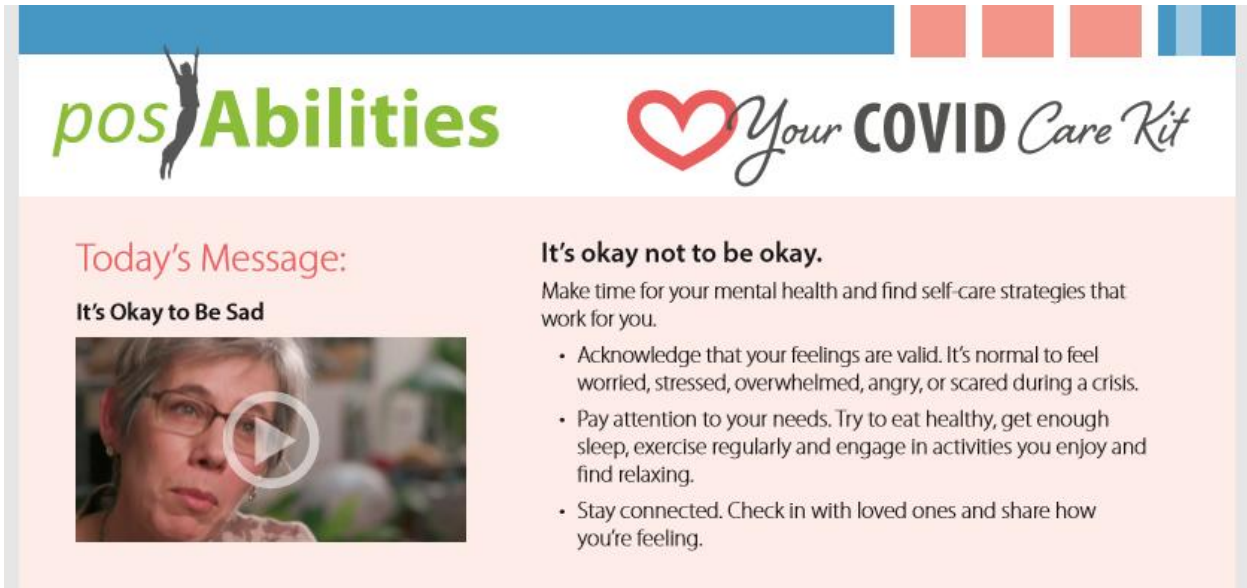
To learn more, [click here](#).

Official Websites

Please refer weekly to updates published on these official government and advocacy websites, as programs and services are still evolving and in some cases, expanding:

[Government of Canada](#)
[Province of BC](#)
[BC Centre for Disease Control](#)
[Community Living BC](#)
[Inclusion BC](#)

Additional Resources



The screenshot shows a message card from posAbilities. At the top left is the posAbilities logo, which includes a silhouette of a person jumping. To the right is a red heart icon followed by the text "Your COVID Care Kit". Below the logo is the heading "Today's Message:" in red. Underneath is the sub-heading "It's Okay to Be Sad" in bold black text. To the left of the text is a video player thumbnail showing a woman with glasses and a play button icon. To the right of the video is the text "It's okay not to be okay." followed by a paragraph: "Make time for your mental health and find self-care strategies that work for you." Below this is a bulleted list of three items: "Acknowledge that your feelings are valid. It's normal to feel worried, stressed, overwhelmed, angry, or scared during a crisis.", "Pay attention to your needs. Try to eat healthy, get enough sleep, exercise regularly and engage in activities you enjoy and find relaxing.", and "Stay connected. Check in with loved ones and share how you're feeling."

Lastly, don't forget to check out our COVID-19 resources page for families and individuals at www.posAbilities.ca/COVID-19. The page includes plain language info about COVID-19, virtual things to do, wellness resources, as well as our COVID Care Kits. Upcoming issues will focus on additional caregiver resources and DIY projects and ideas, including how to make cloth masks.

We have received lots of positive feedback from families over the past few weeks, and we greatly appreciate your continued support. All in all, we are on a very solid footing at this time due to everyone's efforts! The little things you do for us, like sharing your jokes, yoga videos, and notes of thanks, are appreciated by our team members.

Sincerely,



Fernando Coelho, CEO
posAbilities