
Subject: COVID-19 Update - April 2, 2020

Date: Thursday, April 2, 2020 at 1:12:46 PM Pacific Daylight Time

New emergency supports for province's most vulnerable

<https://news.gov.bc.ca/releases/2020SDPR0012-000620>

For everyone on income assistance or disability assistance who is not eligible for the emergency federal support programs, including the CERB, the Province will provide an automatic \$300-monthly COVID-19 crisis supplement for the next three months. This supplement will also be provided to low-income seniors who receive the B.C. Senior's Supplement and recipients of income assistance or disability assistance who reside in special care facilities.

With the current provincewide suspension of BC Transit and Translink bus fares, the Province will also provide all BC Bus Pass Program users receiving income assistance and disability assistance with the \$52 Transportation Supplement for the duration of the fare suspension. This will be included on the next cheque and for each subsequent month while the fare suspension remains in place.

Existing Compass passes under the BC Bus Pass Program will not be cancelled and will remain active during this time, so people will not need to reapply for bus passes in the future. This will also ensure people can still use SkyTrain and SeaBus services that are still charging fares.

Autism, Anxiety and COVID-19 – Thursday, April 2, 2020 at 3pm

COVID-19 has profoundly heightened anxiety in the autism community internationally. Our families and organizations are struggling to provide a stable environment for children, youth and adults with autism spectrum disorder. Able adults with ASD are also feeling the strain.

To mark World Autism Day with a practical initiative, ACT has invited three respected mental health clinicians, who have presented for ACT on autism and mental health, to answer questions on 'Anxiety and COVID-19'. Wherever you live in the world, in British Columbia, across Canada, or further afield, you are welcome to submit your questions. We will choose the most representative for our panelists to tackle.

Join us on this page on Thursday, April 2, 2020 from 3-4 pm Pacific Time to watch live.

<https://www.actcommunity.ca/autism-anxiety-and-covid-19-thursday-april-2-2020>

====

Self-Care Challenge: Day 2

To-Do: Reconnect with someone you care about.

Reaching out can be in many forms, but during this time of isolation, we suggest a phone call or video chat, and express one thing you appreciate about this individual.

Make your expression heartfelt and specific. For example, “I appreciate how non-judgmental you are when I share my personal stresses with you—I trust you and that means a tremendous amount to me.” This holds more meaning and depth than, “I’m thankful to have you in my life.”

Why? Humans are social creatures. Our connections to other people are critical to living longer, happier, and healthier lives. And although we may know how much others mean to us, we aren’t always great at communicating those feelings! This is particularly important now during a period where we have significantly less human interaction.

Self-Reflection Tip: Modern-day life and regular demands keep us busy. Consider what you could let go of to create more space for important social connections when life returns to normal.

You can sign up for the daily tips here:

<https://mailchi.mp/myworkplacehealth/kv0v0jdncb>

Let us know if you have questions.

Ernie Baatz

Executive Director

Spectrum Society for Community Living

Express yourself. Build your network. Find your voice.

www.spectrumsociety.org