

Subject: COVID-19 Updates - April 5, 2021 - Stay Home, Stay Safe
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Staying Safe, Staying Healthy

As you may have seen in the latest updates from government ([Saturday April 3, 2021 Announcement here](#)) there are record numbers of people testing positive right now:

- April 2nd – 1,018 new cases
- April 3rd – 1, 072 new cases
- On April 3rd there were 90 people in intensive care.

With such high community spread, it is more important than ever to follow the safety practices that will keep you, the people you support and your families safe and healthy.

- **Stay home if you feel sick – Call 811 for further directions and testing**
- **If you have been in close contact with someone who has tested positive, Call 811 for further directions and testing**
- **Wash your hands regularly**
- **Keep your distance – at least two metres or six feet from people outside your bubble**
- **Wear a mask on transit, in stores, in all indoor public spaces.**
- **Get outside, but continue to keep your distance.**
- **Keep your social bubble small – But stay connected with friends and family. Phone, video chat, go for a walk outside – it is so important to keep in touch.**
- **Continue with these safety practices even after vaccination. The vaccines help prevent serious illness three weeks after your shot, but they do not eliminate catching COVID-19 or spreading the infection to other people.**

Vaccines for People we Support

There are four ways that people we support have been getting their vaccines:

1. People living in Staffed Residential (24 hour staffing) have had HSCL visit their homes and give vaccines.
2. The age-based Vaccination plan is now at age 72 – people 72 years and older are able to book vaccination appointments with their Health Authority
3. CEV – Clinically Extremely Vulnerable: The Health Ministry will be sending letters to people in this category with information on how to get a vaccine from their Health Authority. All people served by CLBC are in this category. Some people have already received their letter and got their first vaccination.
4. People aged 55-65 are able to call a pharmacy and book a vaccination appointment.
 - a. The participating pharmacies are listed on the [BC Pharmacy Association](#) website. The list of pharmacies will be updated regularly.

Let us know if you need any assistance. If you have questions about the vaccines, call your doctor for personal medical advice.

Vaccines for Staff and Caregivers

There are three ways that staff and caregivers have been getting their vaccines:

1. The health authorities have invited employees providing direct support to make appointments for vaccines.
2. The age-based Vaccination plan is now at age 72 – people 72 years and older are able to book vaccination appointments with their Health Authority
3. People aged 55-65 are able to call a pharmacy and book a vaccination appointment.
 - a. The participating pharmacies are listed on the [BC Pharmacy Association](#) website. The list of pharmacies will be updated regularly.

These vaccines help our bodies fight off a COVID-19 infection and reduce the risk of hospitalization and death, but they don't prevent getting COVID-19 or transmitting the infection to others. Please continue to follow the public health safety guidelines.

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CLBC Update for Individuals & Families



Welcome to the April 1 edition of CLBC's Update for Individuals and Families. As a reminder, you can find all Updates (including past editions) [posted on our website here](#). You can also check out CLBC's [Facebook page here](#) and [Twitter page here](#). If you know of anyone who would like to receive future Updates, please share [the link to our sign up page](#) with them. If you have a specific question, or feedback about this update, you can send an email to CLBCInfo@gov.bc.ca.

CLBC and Government News

Information on COVID-19 vaccinations for individuals eligible for CLBC

The B.C. Government recently announced that people supported by Community Living BC (CLBC) are being prioritized to receive their COVID-19 vaccination in April. This information was part of a news release explaining who would be included in the "clinically extremely vulnerable" category of people that would be prioritized. [You can read](#)



[the announcement here.](#)



We have clarified and confirmed that CLBC clients eligible to be included in the ‘clinically extremely vulnerable’ category are people in either of the following situations:

- You are 19 years and older and **eligible to receive services** from CLBC
- You are 18 years old and **you have been assessed for and have been found to be eligible** for CLBC services when you turn 19

People in these two categories will receive a letter in the mail in the first weeks of April from Dr. Bonnie Henry that will explain how to book a vaccination appointment. For full details, [you can click here to read the message from John Stinson, CLBC Vice President, Regional Operations.](#)

If you have a question about this process for CLBC, you can call 604-733-2655 or toll free at 1-866-780-2655 or email CLBC_Vaccine@gov.bc.ca. Please note, these lines are for general questions about this process. We cannot book an appointment for you at this number.

Please note that eligibility for CLBC is only one criteria for being in the clinically extremely vulnerable group. To see all the groups of people, including options for people with a developmental disability who are 16 and 17, please [visit this web page and see the description](#) under the developmental disability category.

Teleconference audio recording now available

On March 30, a teleconference for individuals and families took place with Dr. Daniele Behn Smith, Deputy Provincial Health Officer and Ross Chilton, CLBC CEO.

The audio recording of the call [is now available on the CLBC website here](#). A plain language summary of the call will also be posted to that webpage in the near future and shared in the next edition of this update.

B.C.’s COVID-19 Immunization Plan is ahead of schedule

B.C. is currently moving from Phase 2 to Phase 3 of its Immunization Plan with everyone in B.C. on track to receive their first dose of vaccine by June 2021, two months sooner than originally anticipated. The general public will be getting the vaccine when B.C. moves to Phase 3 which is expected to begin in April.

You can [find information and stay updated on B.C.’s COVID-19 immunization plan here](#).

Find answers to frequently asked vaccine questions

Now that the B.C. COVID-19 Immunization Plan is underway, there is a lot of information to keep track of including information about:

- Registration, Clinics and Phases
- Safety, Allergies and Side Effects
- Dose Scheduling and Timing
- After the Vaccine

[Click here to visit the Immunize B.C. website to find answers to your questions.](#) For more information about B.C.'s COVID-19 Immunization Plan, go to [Immunize B.C.'s website by clicking here.](#)

Stronger province-wide restrictions to keep people safe

Between March 29 at midnight and April 19 at midnight the Provincial Health Officer is strengthening province-wide restrictions to bend the curve and help protect people. This includes:

- Limiting restaurants, pubs and bars to outdoor patio dining and take-out or delivery
- Cancellation of indoor low intensity group exercise classes
- Limiting religious gatherings and worship services to outdoors only
- Closure of Whistler Blackcomb ski resort

In addition to the orders, the PHO strongly recommends:

- Working from home whenever possible, unless it is essential to be in the workplace
- Keeping your child home from school if they feel sick or have any sign of illness
- Getting testing immediately if you or anyone in your family feels sick
- Avoiding all non-essential travel
- Supporting students in grade 4 to 12 to wear masks at school

You can [read the government news release about these restrictions here](#), and also [find information about province-wide restrictions here](#).

Province-wide restrictions



First Nations Health Authority (FNHA) vaccination clinic update

The FNHA has [published an update on their website here](#) with information about provincial and FNHA community-based clinics. The update also includes vaccine registration contact information for each health authority.

B.C. Government announces permanent increase to PWD

The Government of British Columbia has announced a permanent increase to disability and income assistance rates in the province. Beginning in April, income and disability assistance will rise by \$175 per month and the increase will automatically be applied to people's cheques.

With the increase, a single person who receives Persons with Disabilities (PWD) assistance will now receive \$1,358.42. A couple who receives PWD assistance will now receive \$1,947.56.

[You can click here to read the full news release](#), including information about increases to the seniors' supplement and the comfort allowance for people on income assistance living in special care facilities.

The final \$150 payment of the temporary BC Recovery Supplement was included on disability and income assistance cheques in March.

Staying Connected and Supported

Strategies for mental health webinars

Health Care Access Research and Developmental Disabilities (HCARDD) is supporting wellness and mental health for people and their families during the pandemic.

During February and early March, they hosted a virtual course for family caregivers on mental health for adults with developmental disabilities during the COVID-19 pandemic. Video recordings of the full course [are now available on HCARDD's YouTube channel here](#).

You can [learn more about HCARDD and their support and resources for people with developmental disabilities here](#).

Developmental Disabilities Mental Health Services (DDMHS) to host Spring groups

Developmental disabilities mental health services (DDMHS) provides specialized mental health community services for people age 12 and over who live with co-existing developmental disabilities and a mental illness. DDMHS will be hosting the following free group sessions during the Spring:

Group 1: *Dealing with Feelings of Anxiety or Depression* takes place:

- From 10:00 a.m. to 11:00 a.m. on April 9, 16, 23, 30, May 7, 14.
or
- From 10:00 a.m. to 11:00 a.m. on May 10, 17, 31, June 7, 14, 21.
- [Click here for the referral form.](#)

Group 2: *Healthy Relationships and Sexual Health* takes place:

- Wednesdays from 10:00 a.m. to 11:30 a.m. on April 14, 21, 28, May 5, 12, 19, 26, June 2, 9.
- Caregiver introduction session is on April 7.
- [Click here for the referral form.](#)

For more information, contact Anne Halas, Training Facilitator at anne.halas@fraserhealth.ca. You can [find information about these two groups on DDMHS's webpage here.](#)

Pathways Serious Mental Illness Society Hosts Family-to-Family course

[Pathways Serious Mental Illness Society](#) is a family-support organization, providing help for those who have relatives with mental illness.

Their Family-to-Family, eight-week free education course is offered twice a year. This course is for families, significant others and friends of a loved one with a mental illness, including anxiety disorders, PTSD, bipolar disorder, depression, borderline personality disorder, concurrent disorders and schizophrenia. It is taught using a team approach, by two trained family-member volunteers with lived experience.

Due to COVID-19 it will be offered online this Spring. The course starts April 6, 7 and 8 with classes running Tuesday, Wednesday, and Thursday evenings, as well as Saturday mornings.

Find [more information, including course curriculum and registration details, here.](#) If you have any questions you can call 604-926-0856 or email familysupport@pathwayssmi.org.

Reminder about helpful mental health supports

As a reminder, here are a few of the different resources we have shared to support mental health and wellness.

- Call 310-6789 for 24/7 confidential mental



health support for anyone in B.C.

- [Here to Help](#) provides online mental health information and tools.
- [AnxietyBC](#) provides information on how anxiety can express itself and effective strategies to address it in children, youth and young adults.
- [Canadian Mental Health Association BounceBack](#) teaches effective skills to help individuals overcome symptoms of mild to moderate depression or anxiety and improve their mental health.



Find [links to more mental health and wellness resources on the CLBC website here](#).

Family Support Institute Recipes for Respite continue

What's your Recipe for Respite? Families need a break to stay safe and strong. Join FSI to learn and share what families are already doing to get a break, as well as understanding the unique ingredients still needed to make respite a reality. Discussion will focus on working together for families and their loved ones to have a safe and helpful break from the significant and daily stresses going on right now.

These sessions take place on Mondays and Thursdays. [Find more information and register by clicking here](#).



Metis Nation British Columbia (MNBC) Food Security Pilot

The COVID-19 pandemic has complicated and emphasised food insecurity for many people. Metis Nation has launched a Food Security Program Pilot Project for Metis citizens that includes the creation of a Home Gardening Pilot Project the distribution of

11 seed starter packs and funds to purchase soil and gardening tools for up to 50 families.

Applications opened on March 26 and are assessed on a first-come-first-served basis, with fair distribution over MNBC's seven regions. More details can be found by visiting www.mnbc.ca/covid or contacting ggratton@mnbc.ca.

Other activities in the program include: grocery delivery service; virtual community dinner (which includes supply of all ingredients); grocery gift cards; food hampers; community fridge containing fresh food; volunteer honoraria.

Updated Support and Connection Toolkit highlights resources and activities

In each edition of this Update, we share an updated version of the Support and Connection Toolkit which gathers links to resources and activities into one document for easy access. [See the most updated toolkit here.](#)

Self Advocate Corner

Planning for your COVID-19 vaccine: Plain language questions and answers for people with developmental disabilities

Do you have questions about the COVID-19 Vaccine? The B.C. Ministry of Health and the B.C. Centre for Disease Control have put together [this easy to read questions and answer document and vaccine planning check list.](#)



Self Advocates Leading Connection updates

The five B.C. Self Advocacy groups who are leading connection events and activities have created profiles to help promote who they are, what they are doing and how to contact them. [You can read their profiles on the CLBC website here.](#)

Join one of the upcoming self advocate led events below or [visit the Calendar for Connection](#) to learn about other fun ways connect with others.

Speak Out Loud with Christle and Floyd hosted by the Self Advocate Leadership Network

- April 7 from 10:00 to 11:30am PDT / 11:00am to 12:30pm MDT
- [Register through Eventbrite by clicking here,](#) or email salnb19@gmail.com if you

have any questions.

National Beer Day versus National Sibling Day hosted by Self Advocates of the Rockies (SAOR)

- April 6 from 10:30 to 11:00 a.m. PDT / 11:30 a.m. to 12:00 p.m. MDT
- SAOR will be spending 15 minutes each on National Beer Day (April 7) & National Siblings Day (April 10). They will have some more fun facts, interaction, trivia, and more.
- Join on [Google Meets by clicking here](#). Need help? email at cranbrooksor@gmail.com attention: Jonathan.

Stories of Hope and Encouragement

COVID-19 Vaccine: Messages from self advocates and provincial leaders

COVID-19 vaccinations have begun in B.C. They will help keep people and communities safe from the virus and end this pandemic.

To help people feel safe and confident about taking the COVID-19 vaccine, self advocates are leading the way with some support from our provincial leaders, including Dr. Bonnie Henry, Provincial Health Officer, Nicholas Simons, Minister of Social Development and Poverty Reduction and Ross Chilton, CEO of CLBC.

[Click here to check out a video where they share special messages](#) about the importance of getting vaccinated.



Join the Vaxchamp campaign

The First Nations Health Authority (FNHA)'s #Vaxchamp campaign is asking Indigenous people to share their photo and tell why they are getting vaccinated against COVID-19.

You can [click here to learn more and to see photos and messages](#) from people across B.C. You can also [click here to download the #Vaxchamp posters](#).

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Be Calm, Be Kind, Be Safe