
Subject: COVID-19 Updates - April 8, 2020
Date: Wednesday, April 8, 2020 at 5:30:15 PM Pacific Daylight Time
From: Ernie Baatz
To:

Good afternoon;

Thank you to all the people who have checked in with us, both letting us know they are ok, and asking how they can help us. There have been three big challenges for us in the past month:

1. We have been working with staff teams to reduce the number of people coming into each home and the number of staff working in more than one home. As well, we have been responding to the many varieties of staff displacement as we learn new terms such as quarantine and self-isolation. Families are keeping their family members safe at home, and asking for assistance when needed.
2. Gathering Personal Protective Equipment (PPE) and cleaning supplies to ensure our staff and the people we support can be safe. Again, thanks to Jeriah and Judy we have been scouring supply chains for the right products for our teams and have a little of everything on hand now.
3. Communicating our plans and available resources and answering questions proactively so people know they can be supported safely, and staff know how to provide support safely. That's what these updates are for! 😊

Physical distancing at home and at work

We've heard a lot about physical distancing when we're outside. Grocery stores have markers at 2m intervals to keep shoppers apart. Banks and stores have installed barriers to keep customers a safe distance from cashiers. We avoid walking too close to others. But what about at home?

Physical distancing is less of a concern when we're in our "bubble" with the people we live with. However there's always a risk when someone comes home after being out, or in the case of our staff, when they come into the home at the start of their shift. Here are some ways we can all help to reduce the risks:

Have an arrival routine – remove your outdoor shoes, coat, backpack and leave these items near the front door. Have a pair of slippers or indoor shoes that you only wear in the house. Leave jewelry and watches in your purse or at home. Wash your hands with soap and water whenever you come into the home. Wipe down shared household items that you'll be using – computer keyboard, remote control and your cellphone.

Create a safe distance – rearrange furniture if necessary to allow 2m distance in shared spaces like the living room and kitchen. Limit traffic in the kitchen to one person doing food preparation. Have people eat at separate tables, if physical distancing isn't possible at a shared table.

Limit staff and visitors – unless absolutely necessary, avoid having anyone new come into the home. This includes limiting the number of staff coming into people's homes. We've been working hard to reduce our teams to a core group of staff and limit the overlap of staff between homes. Thank you to all the staff who have adjusted their schedules and recognize the safety imperative in reducing the number of places that people are working. We continue to focus on ensuring that staff keep the same hours they had before this crisis. Many of the professionals we work with (nurses, doctors, OTs) are doing phone consultations rather than in-person visits.

Have an exit routine – before you leave the home, safely remove and discard of any protective items (gloves, masks etc). Wipe down shared household items and surfaces you've used. Take all your personal belongings

with you when you leave. Allow extra time to take out the garbage and recycling when you leave, so someone else doesn't have to leave the house just for that.

Much of this guidance comes from our exposure control plan that we posted in March:

<https://sscl.sharevision.ca/public/Files/SpectrumExposureControlPlanCovid19.pdf>

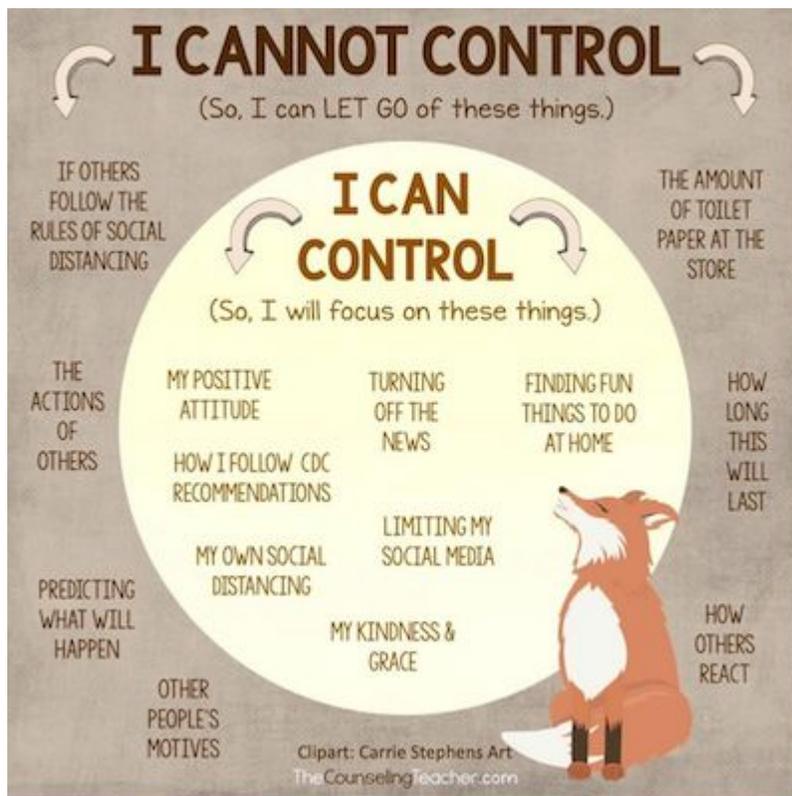
Let us know if you have additional suggestions for keeping staff and the people we support safe and healthy, or if you need supplies to help with keeping surfaces and hands clean.

50 Ways to stay SANE during the Corona Virus Pandemic

<https://thepracticalutopian.ca/2020/03/20/50-ways-to-stay-sane-during-the-coronavirus-pandemic/>

SANE = Strong, Active, Neighbourly and Energetic

Don't try and do all 50 today! 😊 But check through the list for things that strike a chord for you now.



Self-Care Challenge: Day 8

To-Do: Our challenge today has to do with values, which I wholeheartedly believe are fundamental to our psychological health and well-being.

Find a pen and paper (or something to write with—this can also be your phone!) and identify three core values that you hold near & dear to your heart. Try to hone in on identifying the top values which are most important to you (but you don't need to limit yourself if more come to mind!). Spend one minute reflecting on each value and why it's so critical to you and how you live your life. If it helps to brainstorm, you can think about your family, friends, or spiritual beliefs, or you can consider qualities like trust or integrity.

Why? Understanding our values is important for living a happy, healthy and meaningful life. Values articulate who we are, what's important to us, and can help guide us to create a future we want to experience. The first step to creating a values-based life is to identify and articulate what matters most to us.

Self-Reflection Tip: Putting our values into practice helps us create - with intention - a purposeful and meaningful life.

Of the three core values you identified, what is one thing you can do every day to support these values? Be creative with how you can adapt this to your home environment.

You can sign up for the daily tips here:

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

Let us know if you have any questions or need any assistance.

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