
Subject: COVID-19 Updates - April 10, 2020

Date: Friday, April 10, 2020 at 4:51:48 PM Pacific Daylight Time

From: Ernie Baatz

To: Ernie Baatz

Statistics Canada has a survey to find out how you are doing during the COVID-19 Pandemic

Here is a snapshot of how Canadians were coping at the end of March:

<https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2020029-eng.htm?HPA=1>

In these difficult times, when everyone's lives are being affected by the COVID-19 pandemic, you can do something important for your family, friends, neighbours and community.

Please take five minutes to participate in our data collection on the Impacts of COVID-19 on Canadians.

<https://www.statcan.gc.ca/eng/survey/household/5311-COVID-19>

Thank you for helping us release essential data to inform Canadians and contribute to decision making. We are counting on you!

Do not hesitate to share this information with your friends, family and colleagues.

COVID-19 Disability Advisory Group created for Canada

<https://www.canada.ca/en/employment-social-development/news/2020/04/statement-by-minister-qualtrough-on-canadas-disability-inclusive-approach-to-its-covid-19-pandemic-response.html>

We recognize that some groups of Canadians are significantly and disproportionately impacted by this pandemic, in particular Canadians with disabilities. For some persons with disabilities, underlying medical conditions put them at greater risk of serious complications related to COVID-19. Others face discrimination and barriers in accessing information, social services, and health care. For others, the need for self-isolation and physical distancing create additional challenges.

As we continue to address the COVID-19 outbreak, our priority will remain helping persons with disabilities maintain their health, safety, and dignity. This includes through more formal communication channels and touch points with the disability community.

To this end, we are establishing the COVID-19 Disability Advisory Group, comprised of experts in disability inclusion. This Group will provide advice on the real-time lived experiences of persons with disabilities during this crisis; disability-specific issues, challenges and systemic gaps; and strategies, measures and steps to be taken. Areas of particular focus will be equality of access to health care and supports; access to information and communications, mental health and social isolation; and employment and income supports.

Members of the group are listed here in the backgrounder:

<https://www.canada.ca/en/employment-social-development/news/2020/04/backgrounder--covid-19-disability-advisory-group.html>

Four British Columbians are on the COVID-19 Disability Advisory Group:

Co-Chair: Minister Carla Qualtrough

Co-Chair: Al Etmanski

Neil Belanger

Dr. Michael Prince

Daily Self-Care Tips

To-Do: Do something creative today.

Find a place and an activity that brings you peace and spend time doing what you love. It can be as simple as writing in a journal, drawing or painting, playing an instrument, or writing a letter to a friend or loved one. Remember not to be judgemental based on your skill level- take the time to have fun. (For me, this is painting- something I'm hoping to dedicate more time to more time to during my self-imposed home quarantine time!)

Why? Creative activities help us acknowledge and celebrate our uniqueness, and it encourages self-expression. When we engage in being creative without judgement it becomes meditative and helps to relieve stress.

Self-Reflection Tip: Think about what views you have about your ability to be creative. If they're negative, how can you ever-so-slightly revise or reframe these views to make them more positive? Also, consider what holds you back from being creative in your day-to-day life?

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.

Ernie Baatz

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