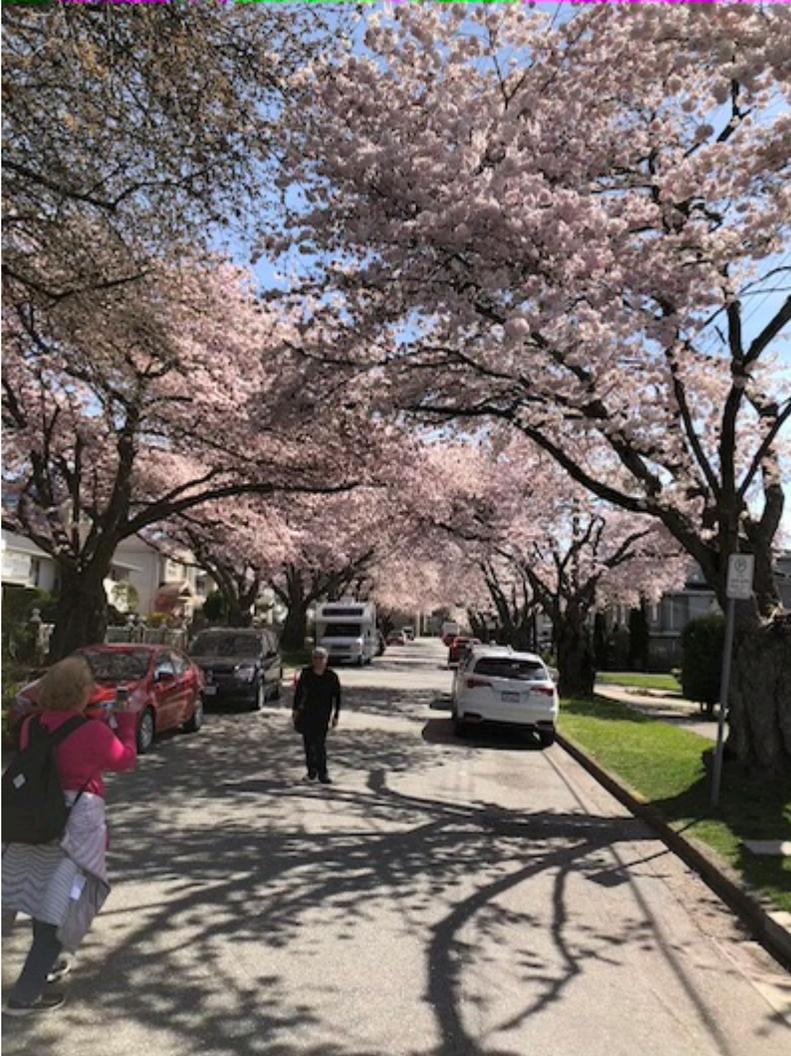

Subject: COVID-19 Updates - April 13 2020
Date: Monday, April 13, 2020 at 3:50:45 PM Pacific Daylight Time
From: Ernie Baatz
To:

Good Afternoon;

I hope everyone is getting out and enjoying our Spring sunshine. That sunshine and fresh air is important to our good health. Get out in the backyard. Go for a walk around the block. Just keep your distance from your neighbours.



Remember to:

1. Wash your hands!
2. Don't touch your mouth, nose or eyes!
3. Keep your distance – 2 metres or 6 feet from people outside your “bubble” or family.
4. If you are sick, stay home.

Point of Care Risk Assessment

These days, any time we are in close contact with another person, we're thinking about the potential risks and taking precautions to protect ourselves and the other person. A **point of care risk assessment** is about taking a thoughtful approach in our interactions with the people we support. Prior to providing care, it's important to consider the following:

1. The person – are they ready for the interaction, cooperative?
2. The environment – is the environment safe, free from distractions?
3. The task – do you know how to complete the task, have all the necessary supplies?
4. Yourself – are you ready for the interaction, focused?

Staff and caregivers are in frequent contact with individuals, often providing care in close proximity. Regardless of whether someone is showing symptoms or not, it's important to take precautions to keep yourself and the individual safe.

A point of care risk assessment is a methodical approach to checking in with the other person to be sure you both are ready for the interaction. If either of you are not ready, or if you don't have what you need to complete the task safely, STOP and wait, or seek assistance. Do not proceed until you are confident that it's safe to do so.

WorkSafe BC has a short video for staff working in long term care facilities that provides a good overview of point of care risk assessment:

<https://www.worksafebc.com/en/resources/health-safety/videos/point-of-care-risk-assessments-in-long-term-care/introduction?lang=en>

And we outlined these steps for our staff in our [March 16th bulletin: Guidelines for Staff When Meeting in the community or at home.](#)

A Plain Language Resource to help people with disabilities Stay Safe from the Corona Virus.

Here is short slide show with audio and some short videos to help people understand what is happening these days, and how to stay safe:

<https://disabilitywebtraining.com/virus-safety-pwd/>

Daily Self-Care Tips: “It takes as much energy to wish as it does to plan” Eleanor Roosevelt

To-Do: Today, write down three goals you'd like to accomplish; one this week, one this year, and another this decade. Be creative and have fun with this challenge! Any dream you have big or small, all the way from hobbies to work-related to relationship goals - nothing is off-limits!

Why? There is a lot of meaning behind the adage, “fail to plan, plan to fail.” Establishing goals and writing them down increases our success rate of reaching those goals - the science proves it! Planning for the future also gives us hope and is an important part of living a purposeful and meaningful life. Remember, our current crisis with coronavirus won't last forever.

Self-Reflection Tip: Consider what factors help you succeed at achieving your goals (this could be writing them down or telling a friend). Also reflect on any self-limiting beliefs you may have that get in the way of achieving your dreams (common thoughts that get in our way are: we don't deserve it, we aren't capable, or we could never do it well).

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

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