

Subject: COVID-19 Updates - October 20, 2020
Date: Tuesday, October 20, 2020 at 3:44:41 PM Pacific Daylight Time
From: Ernie Baatz
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Attachments: image001.png, image002.png

“Hey, what’s our hurry?”

Susan Wilson is our Mandt trainer and has shared some ideas on how we respond when people around us do something that upsets us.

Taking time to Choose Our Responses:

When we think about it; as humans, there are many reasons we do the things we do. In a time where we seem to be surrounded by a feeling of urgency I found it quite comforting to notice that for a majority of the challenges we need to respond to - we can respond in ways that we can take some time with.

All the things we say or do communicate something to the people around us. We’ve heard this, and we understand this....mostly. Sometimes we get challenged by what people are saying to us, in word or deed, and we accidentally add to the stress and urgency of a situation. If we want to live our best life together it is perhaps one of our duties to examine our responses and see if they create a better life, or a harder life, for those around us. So it is good to slow down a minute and take time to explore and read the signs.

For most changes in behaviour and communication it is good to remember: “we have time” and “this is what we are here for” and of course “we are on your side”.

Here’s one way to look at it that is based on information I have gathered through Spectrum’s mentors. A behaviour that becomes a challenge for someone can fall under these categories: Different, Dysfunctional, Distressful, or Dangerous.

1. Is the behaviour Different?: Some of the things that we do are odd or unusual. Can we come to understand the purpose of what a person is doing and what are they telling us? Different is not necessarily a negative thing. Our society values uniqueness...it is “personality”. Can we help by walking side by side, being a role model, mentoring and understanding?
2. Is the behaviour dysfunctional?: Dysfunctional Behaviour gets in the way of fully meeting a person’s needs and goals. It can get in the way of relationship building and it usually only works in a way that gets part of our needs met. We might need to see the reasons behind what someone is doing to see if we can assist them to find more easily understood ways to get their needs met. We do this in a cooperative way that seeks to understand the reason behind the request and communication. Asking ourselves from their perspective “what are they trying to achieve?”. We do this in a way that recognizes that the reason a person develops a way of interacting in the world is because it works in some way. It’s hard to give that up if we don’t help a person find a way that works better.
3. Is the behaviour or communication distressful?: Distressful behaviour is when the things that people do causes stress for others; or sometimes even causes stress for the person that is doing

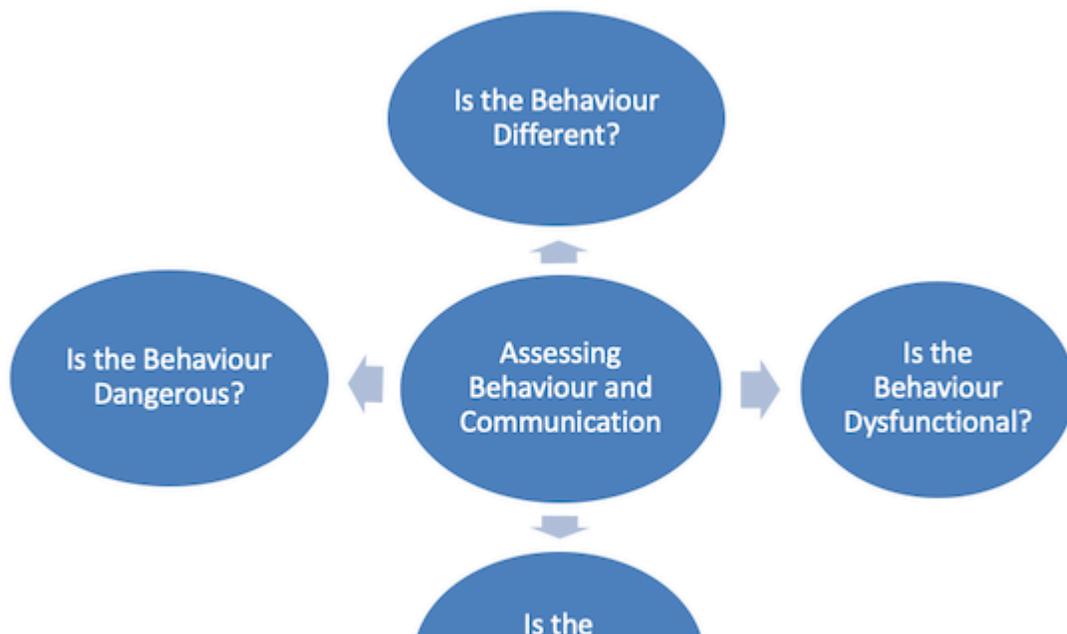
the actions. Here we want to try several things. If the thing that a person is doing is causing us stress we want to make sure we are doing our part to keep ourselves healthy and understand that. Our non-violent crisis intervention, the “Mandt System”, teaches us to affirm how we feel...but to choose how we respond. It looks like: “the way they are turning on and off the lights is bothering me and making me irritable – but I choose to take a moment come back and be compassionate; to just check in with them to see what is going on for them”. If someone else is being distressed we need to understand who and why they are being distressed and reassure people that we are working to help make things better. “We are on your side.”

That brings us to the fourth assessment of behaviour: Is the behaviour and communication dangerous?

4. Is the behaviour Dangerous?: Dangerous behaviour is a behaviour that poses an immediate threat of harm to themselves or others. This is the behaviour that requires a more urgent response. If we find ourselves in this situation we should be seeking additional help and support. None of us are doing this alone. It is made up of several potential responses. The first is an assessment if an emergency response is needed: intervention, first aid, emergency services called if needed. The second is planning. This is unique for each individual and should consist of the different perspectives of a network or team; which could be family and the direct support team that surrounds a person and could even involve medical or professional help if needed. Make sure your team leader knows if you think planning needs to happen.

We are in the midst of an unusual time; and in times of challenge, conflict and change figuring this out becomes even more important. The sense of urgency around us can sometimes overwhelm the understanding and “common sense” we usually have and we can respond to other people’s communications and behaviours in a more urgent way than is necessary. It causes us stress and we end up responding in ways that might escalate the behaviour or override what another person is trying to tell us about their lives... it might even override their personal choices (agency) and personal expression.

What we want to remember is that in most circumstances we have time and resources to continue to build understanding and work on improving our interactions with people in ways that build people up.



For more information on this article and assessing behaviour and communication, contact [Susan Wilson](#).

Joint statement on B.C.'s COVID-19 response, latest updates – October 19, 2020

Dr. Bonnie Henry, B.C.'s provincial health officer, and Stephen Brown, deputy minister of health, have issued the following joint statement regarding updates on the novel coronavirus (COVID-19) response in British Columbia:

“Today, we are reporting on three 24-hour periods. From Oct. 16 to 17, we had 172 new cases. From Oct. 17 to 18, we had 153 new cases. In the last 24 hours, we have had a further 174 new cases.

“This represents a total of 499 new cases, including seven epi-linked cases, for a total of 11,687 cases in British Columbia.

“There are 1,639 active cases of COVID-19 in the province, 4,028 people who are under active public health monitoring as a result of identified exposure to known cases and 9,753 people who tested positive have recovered.

“Currently, 67 individuals are hospitalized with COVID-19, 19 of whom are in intensive care. The remaining people with COVID-19 are recovering at home in self-isolation.

...

“There continues to be transmission of COVID-19 in many parts of the province. While this is expected, we all need to remain vigilant to slow the spread as much as possible.

“We want to keep as many activities as possible open for all of us and keep our communities safe. This is the balance we are working hard to achieve, and following our safety basics allows us to do just that.

“We want to avoid a rapid increase in new cases that overwhelms the health-care system, making it more difficult to care for those who are unwell – whether from COVID-19 or another illness.

people from across the US and Canada that participate in these zoom meetings and it is interesting to hear how people are coping with the pandemic in places across North America.)



Join us Thursday, 10/22/2020 to learn the best practices and share your experiences with advocates from across the US and Canada to successfully support people with disabilities as we reopen society. How can we balance the need to keep people safe and promote inclusion? Share your own experiences in small discussion groups. We want to reach as many people as possible.

Please share this notice on listservs, webpages, Twitter, Facebook, and other social media. We want to reach as many people as possible.

The afternoon Zoom training session will teach how to lead effective Zoom meetings. Learn the four best practices for effectively using Zoom including the Chat Box, Polls and Break Out rooms to increase participation in discussions.

Closed Captioning Provided

[Click here to receive reminders of future sessions](#)

Join our new private Facebook group page at:
<https://www.facebook.com/groups/DisabilityZoom>

Support Meetings: How to best support people with disabilities through reopening?

Thursday, 10/22/2020 - 12 noon ET, (11am CT, 10am MT, 9am PT)

<https://zoom.us/join/zoom/register/v5MocOGqqzotUhhCCTAwT92w0RLvUGaKYg>

Or call in: +1 301 715 8592 US; +1 647 374 4685 Canada

Meeting ID: 275 782 517

Zoom Training: How to engage participants in Zoom meetings through the use of the Polls, Chat Box and Break Out rooms?

Thursday, 10/22/2020 - 4 p.m. ET (3pm CT, 2pm MT, 1pm PT)

https://zoom.us/join/zoom/register/vJlqc-yrqzwpibWfo81SO5BM_fx5ls70uw

Or call in: +1 301 715 8592 US; +1 647 374 4685 Canada

Meeting ID: 167-453-573

Future sessions will be held Thursdays.

[Click here to follow us on Facebook and see the latest meeting dates and events.](#)

[Click here to join the mailing list to receive reminders of future sessions](#)

Visit our Web page at www.disabilityzoom.com

We want to reach as many people as possible. Please share this notice on listservs, webpages, Twitter, Facebook, and other social media.

Ernie Baatz

Executive Director

Spectrum Society for Community Living

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Be Calm, Be Kind, Be Safe