

Subject: COVID-19 Updates - September 22, 2020 - Back To Basics Part 2 - Staying Healthy

Date: Tuesday, September 22, 2020 at 5:41:22 PM Pacific Daylight Time

From: Ernie Baatz

To: Ernie Baatz

Back to Basics Part 2 – Staying Healthy

Welcome to Part 2 of our “Back to Basics” update, which will focus on staying healthy. Taking care of ourselves, physically and mentally, is our first line of defense against Covid-19. Ensuring that the individuals we serve and their supporters stay healthy is a cornerstone of Spectrum’s pandemic plan.

Supporting individuals to stay healthy

Many of the people supported by Spectrum have health conditions that put them at higher risk of serious illness if they are exposed to Covid-19. Others struggle with making healthy choices or accessing supports to stay healthy due to a variety of factors. Some of the ways we can support the health and well-being of individuals include:

- *helping people to understand and follow prescribed treatment plans*
- *maintaining contact with health care supports (doctors, nursing supports, counselling)*
- *getting enough sleep*
- *getting daily exercise*
- *having access to healthy meals and snacks*

In our residential services, teams have been working closely with individuals’ families and professional supports to ensure that each person is maintaining optimal health. In our community inclusion and outreach services, much of our support over the past six months has focused on keeping people connected to the activities and supports that will keep them healthy, both physically and mentally. We know how vitally important this support has been, especially to those who have limited social, emotional or financial resources.

We have all been learning how to keep ourselves and others safe from the virus by washing our hands, keeping our distance, and wearing masks when we are in spaces where keeping our distance is difficult. The Spectrum office has a supply of fabric masks and a good supply of medical disposable masks. Talk to your manager to put in an order.

Helping people to stay strong and healthy will be even more critical as we head into the fall and winter.

Supporting staff and caregivers to stay healthy

Spectrum’s services depend on the staff and caregivers who show up every day to provide essential supports. Their health and well-being are critical for the continuity of our services. Some of the ways we can support the health and well-being of staff and caregivers include:

- *ensuring that staff stay home if they are not feeling well*
- *ensuring that shared living providers have ample support, including respite*
- *checking in regularly with staff and caregivers*
- *providing a supportive work environment*
- *ensuring that staff have ample breaks and time off between shifts*
- *expanded health care benefits and employee assistance plan*
- *flexible work schedules that support healthy work/life balance*

We are so very grateful for our dedicated staff and caregivers who have stepped up to meet the

challenges of the last six months with professionalism, compassion and genuine concern for the individuals they support. For all who rely on their support, it's important that we recognize their need to take care of themselves and their families.

Spectrum staff and caregivers, like everyone else, have their own health issues or may be living with vulnerable family members. Let's all work together to support our front line supporters to stay healthy.

Stay tuned tomorrow for Back to Basics Part 3.

CLBC Teleconferences for Individuals and Families

The recording of the Teleconference from September 17th 2020 is now on [the CLBC website](#).

The speakers on this call were:

- Honorable Shane Simpson, Minister of Social Development and Poverty Reduction
- David Galbraith, Deputy Minister, Minister of Social Development Poverty Reduction
- Dr. Daniele Behn Smith, Deputy Provincial Health Officer
- Michael Prince, CLBC Board Chair
- Ross Chilton, CEO Community Living BC

Plain Language Summary of the presentation:

<https://www.communitylivingbc.ca/wp-content/uploads/Sept-17-teleconference-for-individuals-families-Plain-Language-Summary.pdf>

The next teleconference for individuals and families is scheduled for October 15th.

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If you have an unanswered question, please send to CLBCInfo@gov.bc.ca

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Be Calm, Be Kind, Be Safe