

CPLF Covid-19 April 22, 2020 Important Notices

Access Calgary

During the COVID 19 related shutdowns, regular trips to agencies and programs that have been closed were put on a suspension until April 30. Since that date is fast approaching, please consult Access Calgary to check if trips for your clients will be suspended beyond April 30. Please advise us of any extended suspensions no later than April 24. Trips will begin to generate starting April 27 and will then need to be cancelled if the suspension has not been extended. Please respond to AccessCalgaryBookings@calgary.ca by April 24.

Reporting Covid-19 for Safety

Report any confirmed or suspected cases of COVID-19 impacting clients or CPLF staff to your Case Manager and/or CPLF Human Resources Manager at hr@cplf.ca.

Limiting Movement of CPLF staff

In line with recent updates from Alberta Health Services, our community needs to limit the movement of staff who are working for more than one employer or working in long term care facilities, old age homes, nursing home and group homes of other service providers. To best mitigate risks to our community, please contact your Case Manager or our CPLF Human Resources Manager at hr@cplf.ca and together we will address limiting of your movement for the protection of our community.

Official Resources

- Visit [Alberta Covid-19 Resources](#) and alberta.ca/COVID19 for the most up-to-date information on COVID-19 and details on the measures in place to help prevent the spread and support Albertans.
- For those who may have been exposed to Covid-19 here is a [self-assessment tool](#). For our CPLF support staff, the following Advanced Self-Assessment tool should be used.
<https://myhealth.alberta.ca/Journey/COVID-19/Pages/HWAssessLanding.aspx>

CPLF Personal Protective Equipment (PPE) Update

PPE Distribution Process for Support Workers

If CPLF support workers and/or clients need any PPE then support workers need to contact their Case Manager with a list of items to be issued or refilled. CPLF hopes to have masks, gloves, wipes, hand sanitizer and thermometers continuously available. Upon approval by your Case Managers, they will forward your request to Dora. Dora will keep track of PPE offered and coordinate a time with you to come to our offices and receive the requested PPEs. For those who cannot drive, Dora will coordinate other CPLF staff to make deliveries.

If you need PPE that can be found in a store, please purchase as needed and CPLF will reimburse you for reasonable costs. Submit your receipts to your Case Manager for approval.

Home Made Face Masks

When an N95 mask is not available and social distancing is compromised, there is an opportunity to create your own mask that can support not touching your face and filtering large droplets of saliva from

getting into your respiratory system. Learn more about this here:

theglobeandmail.com/canada/video-the-pros-and-cons-of-three-homemade-masks/

Don't Reuse N95 Masks

While you can clean and reuse a cloth face covering, it's best not to recondition an N95 mask. Find out more about sterilizing and reusing masks here:

cnet.com/how-to/coronavirus-mask-cleaning-reuse-what-you-need-to-know/

Proper Use of PPE - <https://www.albertahealthservices.ca/assets/Infofor/hp/if-hp-ipc-donning-ppe-poster.pdf> and more information at <https://www.albertahealthservices.ca/info/Page6422.aspx>

Mental Health

Symptoms of Depression & Anxiety

During troubling times, it is not uncommon to feel depressed or anxious. Symptoms can include the following:

- Psychological: sense of doom, fear of dying, distractibility, speeding thoughts, insomnia, irritability.
- Physical: racing heart rate, flushing, shortness of breath, headache, sweating, dizziness, nausea, muscle pain.
- Behavioural: isolation, outbursts, sleeping during the day, increased substance use, repetitive comments, self-injury.

CPLF Mental Health First Aid

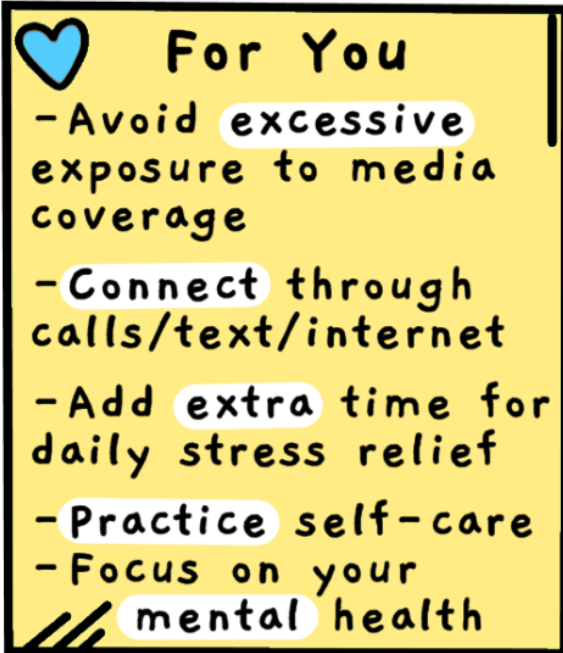
Use the ALGEE model as described below:

1. Assess risk of harm/suicide. If a risk is present, contact 911 or the Distress Centre (403-266-1601) for assistance. Encourage slow breathing. Move to a quiet area.
2. Use verbal and non-verbal communication techniques to listen to the person.
3. Give information. Fear is common and unpleasant. Anxiety is a real medical condition. The person is not weak.
4. Encourage professional help. Questions to ask: Does this person need to see a doctor about the fear? Does this person need to contact a counsellor? What therapies have been effective in the past?
5. Encourage other supports. Popular self-help: talk with friends and family. Reduce caffeine intake. Regular stretching, exercise. Controlled breathing. Engage in a pleasurable task. Meditation. Relaxing music. Prayer.

If the problem is unusual, persistent, or unsafe, notify your Case Manager as soon as possible.

As always, CPLF promotes healthy self-care practices. During this virus season, the following recommendations are helpful:

MANAGING CORONA VIRUS (COVID-19) ANXIETY



♥ For You


- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting



For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure



For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Mental Health Portal

If you need more information related to mental health, visit the Wellness Together Canada: Mental Health and Substance Use Support website. It provides tools and resources to help get Canadians back on track, including modules for addressing low mood, worry, substance use, social isolation and relationship issues. Visit ca.portal.gs

Other Resources & Programs

CPLF Facebook Group

As mentioned in our last Pandemic Response, CPLF has created a private, moderated Facebook group

for anyone in our community. Admission to the room is granted to active staff, clients, and guardians to help maintain social supports and facilitate remote Day Programming. To join, visit: facebook.com/groups/cplffriends/

CPLF Group Remote Sing-Alongs

Join your friends at CPLF for a remote group sing-along with Bryan! Even though we're all in our own homes, we can still connect online to share our love of music together.

We will have three different groups consisting of weekly sessions for 10 weeks:

- Group A: Mondays, 1145am-12:45pm, starting April 27th, 2020
- Group B: Tuesdays, 1145am-12:45pm, starting April 28th, 2020
- Group C: Thursdays, 1145am-12:45pm, starting April 30th, 2020

Each group has a maximum size of 20 participants. The cost is \$60 per group, and participants are welcome to register for multiple groups. Contact May or events@cplf.ca to sign up and provide the participant's name, the email(s) to be invited to remote meeting, and the email and name of the individual receiving the invoice for payment.

Success Stories

During difficult times is when champions and heroes often rise to the challenge. CPLF would like to hear your stories of success, so we inspire our community during these troubling times.

The Storybank Guideline shows why success stories are important. If you would like to share a story, please fill out the *CPLF Stories of Inspiration Lead Form* and submit to editor@cplf.ca. Our editor, Chris Turner, will then follow-up with Case Managers to pursue the stories we want to share with our other readers.