



# The VOICE of Albertans with Disabilities

December 15, 2021

Happy Holidays



Ava



Sam



Margot



Teresa



Michelle



Voice of Albertans with Disabilities

## VAD Holiday Hours

Voice of Albertans with Disabilities office will be closed for the following dates while we work from home and enjoy the holidays:

- December 23 starting at noon
- December 24
- December 25
- December 28
- December 29
- December 30
- December 31
- January 1, 2022
- January 2

Please leave a voice message at 780-488-9088 on the general mailbox if you require

our services during this time and someone will call you back within a couple business days.

Regular service hours resume January 3, 2022. If you require immediate service, please call 211 for community resources, 811 for Alberta Health Services and 911 in an emergency.

## SKIP THE DEPOT

Join VAD in our fundraising by donating your bottles and cans to Skip the Depot.

<https://app.skipthedepot.com/vadsociety>

Our ID number is: 6K9E



406 Hys Centre, 11010 - 101 Street NW, Edmonton, AB T5H 4B9

780-488-9088

[www.vadsociety.ca](http://www.vadsociety.ca)



[www.vadsociety.ca](http://www.vadsociety.ca); [vad@vadsociety.ca](mailto:vad@vadsociety.ca)  
Follow us on Facebook and Twitter: @VADisabilities

## What is AISH?

The AISH program provides a mix of health and financial benefits to Albertans who are unable to earn a living as a result of a debilitating or permanent medical condition.

The financial benefits include a:

- Monthly living allowance
- Child benefits

If you rent or own a house, you may qualify for a living allowance of \$1,685 per month.

For those living in an approved nursing home or auxiliary hospital, a modified living allowance comprising of a personal allowance rate (\$322) and accommodation rate (up to \$2,074) is provided.

The monthly benefit for dependent children is \$200 for the first child and \$100 for each additional child.

A variety of health benefits are also available through AISH including:

- Prescription drugs
- Dental services
- Optical services
- Diabetic supplies
- Ambulance services

Eligible individuals can access these benefits using their AISH Health Benefits Card.

***The AISH payment for January 2022 will be on December 22, 2021.***

VAD offers form assistance in person and via phone or virtual appointments. If you know someone that needs assistance filling out the AISH forms, please refer them to VAD at 780-488-9088. By booking an appointment with the Program & Services Manager, you can ensure that you have filled out the application in your best interest. Photocopies of ID and documentation for the application are provided at in person appointments to ensure that all the required information is sent in on the first submission and there is no cost to the indi-

vidual requiring assistance. Call the office at 780-488-9088, to set up an appointment, usually booking time is up to 2 weeks ahead. Book today as AISH has a processing period and the sooner you get started the sooner you could be approved for AISH benefits if you qualify.

## Pandemic Measures

Alberta Gathering Restrictions **Updated December 15**

[https://www.alberta.ca/covid-19-public-health-actions.aspx?utm\\_source=google&utm\\_medium=sem&utm\\_campaign=Covid19&utm\\_term=ongoing&utm\\_content=protected&gclid=Cj0KCQiA5OuNBhCRARIsACgaiqWv\\_AhIh53L6GOFG5bj2J-QER4Is3biS82ESL11LocSEUafRodKc8O4aAiJYEAUw\\_wcB](https://www.alberta.ca/covid-19-public-health-actions.aspx?utm_source=google&utm_medium=sem&utm_campaign=Covid19&utm_term=ongoing&utm_content=protected&gclid=Cj0KCQiA5OuNBhCRARIsACgaiqWv_AhIh53L6GOFG5bj2J-QER4Is3biS82ESL11LocSEUafRodKc8O4aAiJYEAUw_wcB)

### Indoor social gatherings

- Indoor private social gatherings are limited to a maximum of 10 people 18 and older, no limits on those under 18.
- This restriction does not apply to mutual support groups, or to workers who need to access your home to provide caregiving support or home repairs and maintenance.

### Outdoor social gatherings

- Outdoor private social gatherings limited to a maximum of 20 people, with 2 metre physical distancing between households at all times.

### Hand hygiene

Refers to hand washing with soap and water or hand sanitizing with alcoholic solutions, gels or tissues to maintain clean hands and fingernails. It should be performed frequently with soap and water for at least 15-20 seconds:

- Before and after preparing food;
- Before and after eating;
- After using the toilet;
- After coughing/sneezing into a tissue (or if non compliant with respiratory etiquette);
- Before and after using a surgical/procedure mask and after removing gloves;
- After handling body fluid-contaminated waste or laundry;



*Together, We Hold the Power!*

***Full Participation - Accessibility - Equity***



[www.vadsociety.ca](http://www.vadsociety.ca); [vad@vadsociety.ca](mailto:vad@vadsociety.ca)  
Follow us on Facebook and Twitter: @VADisabilities

- Whenever hands look dirty.
- If soap and water are not available, hands can be cleaned with an alcohol-based hand sanitizer (ABHS) that contains at least 60% alcohol, ensuring that all surfaces of the hands are covered (e.g. front and back of hands as well as between fingers) and rubbed together until they feel dry.
- For visibly soiled hands, soiling should be removed with an alcohol-based hand wipe first, followed by use of ABHS. Touching one's eyes, nose, and mouth with unwashed hands should be avoided.

### Respiratory etiquette

Describes a combination of measures intended to minimize the dispersion of large particle respiratory droplets when an ill person is coughing, sneezing and talking to reduce virus transmission.

- Cover coughs and sneezes with a surgical/procedure mask or tissue.
- Dispose of tissues in a lined waste container and perform hand hygiene immediately after a cough or sneeze
- Cough/sneeze into the bend of your arm, not your hand

### Family Violence Resources

Always call 911 in an emergency.

- Alberta's One Line for Sexual Violence 1-866-402-8000 (toll-free, 9 a.m. to 9 p.m., 170-plus languages), Online chat: [aasas.ca](http://aasas.ca)
- Family Violence Info Line, 310-1818 (24-7, 170-plus languages), Online chat: [alberta.ca/](http://alberta.ca/)
- Alberta Provincial Abuse Helpline, 1-855-4HELPA (43-5722) (toll-free, 7:30 a.m. to 8 p.m., Monday to Friday, 170-plus languages)
- Child Abuse Hotline, 1-800-387-KIDS (5437) (toll-free, 24-7)
- Mental Health Helpline, 1-877-303-2642 (toll-free, 24-7)
- Elder Abuse, [alberta.ca/get-help-elder-abuse.aspx](http://alberta.ca/get-help-elder-abuse.aspx)
- 211 Alberta, Call or text 211 for further community and government supports throughout the province in multiple languages.



### VAD's New Website in 2022

VAD is excited to announce that we are creating a brand new website!

Our main goal in launching this new website is to provide our clients, staff and others with a more intuitive and user-friendly experience that clearly states who we are, what we stand for, and what we can achieve for our clients with a focus on web accessibility and inclusiveness.

The website will feature a refreshed look, improved navigation and a handful of features which will make the overall experience more impactful on desktop, mobile and tablet. We've also be launching a new blog where we'll be publishing regular content on the topics that we're passionate about. For current members, we are creating member Login section with access to areas specific to VAD membership. This new website will have nline donation and payment capabilities as well as online forms for ease of use when contacting VAD.

Watch for the launch in 2022 as we release the new website to the public.



*Together, We Hold the Power!*

**Full Participation - Accessibility - Equity**



[www.vadsociety.ca](http://www.vadsociety.ca); [vad@vadsociety.ca](mailto:vad@vadsociety.ca)  
Follow us on Facebook and Twitter: @VADisabilities

WE INVITE YOU TO HOST A

# VIRTUAL LUNCH N' LEARN



BOOK TODAY

## LEARN ABOUT VAD SERVICES



Voice of Albertans with Disabilities offers many services. Learn about the great work we do and how we can collaborate with your organization today.

FREE EVENT

[www.vadsociety.ca](http://www.vadsociety.ca)

VAD Services include:

- Disability Awareness Presentations
- Accessibility Assessments & Training
- One-to-One Support & Referrals for AISH, CPPD, DTC, LAP, and more.

**BOOK TODAY!** ↓

MORE INFORMATION:

780-488-9088 OR [VAD@VADSOCIETY.CA](mailto:vad@vadsociety.ca)

*Together, We Hold the Power!*

*Full Participation - Accessibility - Equity*