



The VOICE of Albertans with Disabilities

May 25, 2020

Strong Protection for Vulnerable Seniors

A provincial investment of more than \$170 million will help keep residents and staff in long-term care, designated supportive living facilities and seniors lodges safe from COVID-19.

One of the key conditions for Alberta's relaunch is strong protection for the most vulnerable, including those in congregate living facilities.

Funding will be used for enhanced staffing and extra cleaning supplies and will address lost accommodation revenue.

"We know from our experience over the past few months that seniors are most at risk from COVID-19. If our province is to carefully and gradually lift public health restrictions, we must first make sure our most vulnerable will remain safe. This funding is another step in that direction and complements ongoing efforts."

-Tyler Shandro, Minister of Health

"Our government is strengthening our ring of defence around Alberta's seniors. The funding we are putting into place for seniors lodges to assist with costs arising from COVID-19 protective measures, will help protect seniors housing providers from financial pressures and will help our seniors to remain safe at home."

-Josephine Pon, Minister of Seniors and Housing

"We know from our many conversations with continuing care operators that they are struggling to meet the challenges of this unprecedented pandemic. Operators are facing rising costs to maintain operations, comply with provincial health orders and keep Albertans safe. In places where outbreaks have occurred, added precautions to respond to COVID-19 have increased operators' incremental costs and they have no way to raise revenues to cover them."

-Jennifer McCue, board chair, Alberta Continuing Care Association

A total of \$14.2 million will be allocated per month. Funding is retroactive to March 15. There will be a requirement to report on the use of these funds, and facilities will need to return money not spent on COVID-related purposes. Funding will continue until the orders from Alberta's chief medical officer of health are lifted. It will be distributed in coordination with Alberta Health Services and Seniors and Housing.

This funding is one element of Alberta's Relaunch Strategy that must be in place before Alberta can safely remove public health restrictions. For more information, visit alberta.ca/COVID19.

Quick facts

- Seniors lodges, designated supportive living, and long-term care serve about 37,000 people at any point in time.
- Designated supportive living and long-term care facilities have already received advanced funding of \$24.5 million, as well as funding to increase health-care aide staffing levels and wages.

Media inquiries

Steve Buick

780-427-3665

Senior Press Secretary, Health



VAD Virtual AMG

June 11, 2020, 7 to 9 pm

Please Email VAD for Zoom Number and Access Code
vad@vadsociety.ca

Information available on our Website!

<https://vadsociety.ca/news-and-events/events>

VAD is seeking Board Members

All applications must be received by **June 1, 2020**, at the office of the Voice of Albertans with Disabilities 406, 11010 101 Street, Edmonton, Alberta T5H 4B9 or by email to execdir@vadsociety.ca

Nominating Guidelines

1. Only fully paid members of the Voice of Albertans with Disabilities may be nominated or vote in the election at the AGM.
2. Board of Directors will be comprised of a minimum of 7 and a maximum of 10 Directors.
3. Consumer-driven Board: 75% of all Board Directors must have a disability (Bylaw).



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4. Directors are elected for two year terms, up to a maximum of three, two-year terms.
5. To ensure continuity, the Board of Directors should stagger elections each year. This will enable incumbent Directors to work with new Directors for at least one year.
6. Nominations must be received in the offices of the Voice of Albertans with Disabilities 72 hours before the AGM.
7. In accordance with the society's Bylaws, the province is divided into four areas with each area represented by two Directors
 - Alberta North
 - Edmonton and Area
 - Calgary and Area
 - Alberta South
8. Board member should have one year's experience before becoming an Executive Member (President, Secretary, Treasurer, and Nominating Chair).
9. The CCD Representative should have a minimum of two years' experience on Voice of Albertans with Disabilities board.

Covid-19 Carpooling

If possible, avoid carpooling with people from outside your household. If carpooling is necessary, take steps to keep all occupants safe, such as:

- limiting the number of people in the vehicle where possible, to maintain physical distance of 2 metres (6 feet).
- ensuring all occupants wear masks and wash their hands before entering the vehicle.
- cleaning and disinfecting commonly touched surfaces such as door handles, seatbelt buckles and arm rests after each trip.



Cohort Families

Members of one household can partner with another household to create a cohort family.



This is an agreement to maintain physical distancing from everyone else. All members in a cohort must:

- be completely committed to practicing physical distancing from people outside the cohort family.
- be healthy and not show any COVID-19 symptoms.
- not have underlying medical conditions.
- not be at high risk (for example, seniors).
- have not travelled outside Canada in the last 14 days.



The Voice of Albertans with Disabilities Board of Directors Needed!

Voice of Albertans with Disabilities is a non-profit charitable organization of persons with disabilities, support members and interested or like-minded organizations. Our goal is to improve the quality of life of persons with disabilities through educational, legislative and positive policy changes at all levels of government and society. *Voice of Albertans with Disabilities operates under the three principles of Equity, Accessibility and Inclusion.*

Voice of Albertans with Disabilities is looking for board members. Perhaps you have a disability and would like to make a difference in your community? Perhaps you are familiar with activities of non-profit organizations, including projects, programs and resource development? Perhaps you have board experience or fundraising experience or have leadership skills that you could bring to our Board of Directors.

This year, Voice of Albertans with Disabilities is looking for board members who are 18 years of age or older, can commit to a two-year term, have internet access/email and live in the province of Alberta.

Voice of Albertans with Disabilities Board of Directors meets eight times a year (or as the business of the Society shall require); at least two of these meetings are face-to-face and include an annual general meeting of the members. The balance of the meetings are telephone conference calls. For more information on Voice of Albertans with Disabilities, please visit our website at www.vadsociety.ca for the nomination form.

Get involved! Board members needed!



Non-medical Masks

- Wearing a non-medical mask, such as a homemade cloth mask, has not been proven to protect the person wearing it. However, it may be helpful in protecting others around you.
- Face coverings are another way to prevent respiratory droplets from contaminating other people or surfaces.
- They should only be used in addition to other prevention steps.

If you choose to use a non-medical face mask:

- you must wash your hands immediately before putting it on, before taking it off, and immediately after taking it off.
- it should fit well (non-gaping).
 - do not share it with others.

Face masks can become contaminated on the outside, or when touched by your hands. When wearing a mask:

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- avoid touching your face mask while using it.
- continue practicing good hand hygiene.
- change a cloth mask as soon as it gets damp or soiled.
- put it directly into the washing machine or a bag that can be emptied into the washing machine and then disposed of.
- cloth masks can be laundered with other items using a hot cycle, and then dried thoroughly.
- masks that cannot be washed should be discarded and replaced as soon as they get damp, soiled or crumpled.
- dispose of masks properly in a lined garbage bin
- don't leave discarded masks in shopping carts, on the ground, etc.



<https://www.alberta.ca/prevent-the-spread.aspx>

ABTraceTogether

Help prevent the spread of COVID-19 with the ABTraceTogether mobile app.

ABTraceTogether is a mobile contact tracing app that helps to let you know if you've been exposed to COVID-19 – or if you've exposed others – while protecting your privacy.



Quickly identifying and isolating positive cases is an important part of our response to the COVID-19 pandemic,

and preventing the spread. The more Albertans who voluntarily download and use the app, the safer we'll be, and the faster we can reopen the economy.

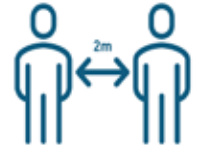
When you venture out in public, avoid close contact with others and use the ABTraceTogether app. ABTraceTogether uses your phone's Bluetooth to keep an anonymous log of other app users you've been in close contact with.

If you're exposed to COVID-19, Alberta Health Services (AHS) will use information from ABTraceTogether to contact you on the number you used to register your account. AHS contact tracers will tell you about your risk of exposure and the actions you should take.

If you get COVID-19, you'll be asked to volunteer your ABTraceTogether logs so other users that you've had close contact with can be notified.

Your personal data is only stored on your phone for 21 days in an encrypted format. Your information will not be shared with AHS contact tracers without your permission. Download the app: <https://www.alberta.ca/ab-trace-together.aspx>

Physical distancing involves taking steps to limit the number of people you come into close contact with. This is not the same as isolation – you do not need to remain indoors.



To protect yourself and others:

- keep at least 2 metres (about the length of a hockey stick) distance from people outside your household or cohort family.
- limit the number of times you leave your home for errands; try to limit grocery store visits to once a week.
- try to have only one person in the household do the shopping.
- try to shop at less busy times.
- order online to have groceries or other items delivered if possible.
- go for a walk in your neighbourhood or park while maintaining distance from others.
- avoid overcrowding in elevators or other enclosed spaces.
- follow Alberta's mandatory restrictions on gatherings
- wash or sanitize your hands after touching communal surfaces.

Rider Express Transportation

Their mission is to provide safe, reliable, comfortable, and convenient grounds transportation, logistics, and tour services. They provide unprecedented travel experiences because they deliver top-notch service every time!

Launched in 2016 in Saskatchewan, Rider Express continues to expand into new territories. They have started our scheduled service between Vancouver and Calgary in 2018. New routes will be added to our existing network which will help Rider Express connect the



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people from Vancouver all the way to Winnipeg. They continuously grow our fleet of buses with newer models. Recently they have added four Prevost buses with 2019 and 2020 models. They are most pleased when they see the smile on their passengers face when receive our services.



Rehabilitation Advice Line

A new Rehabilitation Advice Line has been launched by Alberta Health Services, in partnership with Allied Health Professional Practice & Education, Allied Health Zone Operations, the Neurosciences, Rehabilitation & Vision Strategic Clinical Network (SCN), the Bone and Joint SCN, and Health Link. The number is 1-833-379-0563 and is open every day from 10 a.m. to 6 p.m. to Albertans over the age of 18 who:

- Have existing disabilities related to neurological conditions (e.g.: Parkinson’s, Spinal Cord Injury, MS, Brain Injury, Stroke)
- Have existing health conditions that affect muscles, bones, and joints – including those awaiting or recovering from surgery
- Are recovering from COVID-19



This Alberta-only line will be answered by Allied Health clinicians who will provide information about exercises to help with physical concerns, rehab services that are open for in-person or virtual visits, Community-based organizations that can provide assistance and strategies to help with day-to-day activities

PPE Information

Personal Protective Equipment (PPE) is special equipment that is sometimes needed to assist with preventing infection. PPE is used in addition to routine precautions such as thorough hand washing, and cleaning and disinfecting surfaces, and only as required for specific circumstances.

1. All Disability Service Providers, PDD FMS agreement families, and FSCD families that directly employ disability workers continue to be prioritized for access to PPE related to the COVID-19 pandemic – including after July 1st 2020.
2. All Disability Service Providers, PDD FMS agreement families, and FSCD families that directly employ disability workers WILL NOT be required to pay for access to PPE related to the COVID-19 pandemic, including after July 1st 2020.

If you need PPE and do not have access, please email and ask for a order form: CPSMOperations.EOC@ahs.ca

Lunch ‘n Learn

May 27, 2020
12:00pm – 1:00pm



AHS Rehabilitation Advice Line:
Advancing Access to Rehabilitation for Albertan.

The Rehabilitation Advice line launched on May 12, 2020 to improve access to rehabilitation services for Albertans who have had an injury, orthopedic surgery, neurological condition and/or are recovering from COVID-19 in the community.

For More Information see Insite:
<http://csc.albertahealthservices.ca/7518.asp>



Education for Life Bursary

To mark the occasion of our 25th anniversary in 1998, Voice of Albertans with Disabilities initiated the Education for Life Bursary program. With this program, we support students who have a disability to achieve their post-secondary goals. Submit a completed application form to VAD by July 15. Information available at:

<https://vadsociety.ca/support/bursaries>



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