

Coronavirus: COVID-19
Current Update – May 22, 2020

As of May 22, 2020, Canada has a total of 81, 765 confirmed cases of COVID-19. Ontario itself has 24, 628 cases with Toronto having 9357 cases. **At this time, residents of North Yorkers continue to remain symptom free and staff members continue to self-monitor.** If this changes, we will notify all staff, residents and stakeholders as soon as possible.

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Navigating the “new normal” during the COVID-19 pandemic is no easy task for anyone. We at North Yorkers value the connections that we make with community partners to make things a little easier while we continuously adapt to the ever changing situation. We have built our foundation of knowledge through various trainings and webinars, provided to us by Ontario Public Health, the Central LHIN, as well as other community agencies.

Trainings that we have participated in during the pandemic include:

- ❖ Healthcare Worker PPE Usage and Cohorting of Residents in Long Term Care and Retirement Homes
- ❖ Environmental Cleaning in Resident Care Environments
- ❖ HR and employment/labour law services can support you during COVID-19
- ❖ Managing Employees and Volunteers During COVID-19
- ❖ What Canadian Employers Need to Know About COVID-19
- ❖ Mental Health in Adolescents and Young Adults with Cerebral Palsy

We will continue to connect with our community partners to further our understanding of new and innovative information, and we encourage each of you to participate in virtual trainings and gatherings to keep yourself occupied while social isolating at home. The most recent webinar that we participated in, *Mental Health in Adolescents and Young Adults with Cerebral Palsy*, is a great example of a webinar that anyone can participate in as it was a great way to learn about recent studies conducted to discover how individuals with Cerebral Palsy may face more challenging mental health issues during a crisis situation such as the coronavirus pandemic, and various coping resources. Sometimes in isolation, virtual community connections can bring us value and support when we need it the most. We will continue to support our stakeholders and non-service recipients through sharing as much valuable information as possible.

Belonging to a Community during COVID-19

- Adult Cerebral Palsy Hub- COVID-19 Support
 - <http://adultcphub.org/>
- HB Alumni Network
 - <http://hbalumninetwork.ca>
- Ontario Federation for Cerebral Palsy
 - <http://www.ofcp.ca/>

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It is important that as we encourage our staff at North Yorkers as well as other Personal Support Workers (PSW) in various community settings, to practice effective infection prevention measures. We also have an expectation that consumers do their part to keep themselves safe, to ensure the safety of their PSWs. As a consumer in the community, you must consider all of the appropriate steps to take to practice effective social distancing when you go to the park, when you go get groceries, or when you go to the pharmacy. The Federal Health minister has strongly advised that everyone should be wearing a face mask or covering when out in public, especially in scenarios where it is a challenge to maintain a 6 foot distance from others. Consumers have the potential to create just as much risk as their support worker.

We continue to encourage IPAC policies and procedures at North Yorkers, as well as keeping our residents out of the community until further notice. We will continue to keep in contact with families regarding any changes or allowances in our protocols. Until then, we will not be allowing any visitors at this time. Please do not attempt to visit over the weekend as our staff will ask you to leave. We will encourage our residents to utilize our outdoor spaces during this nice weather to encourage positive health and wellness.

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19 Photos of The Pandemic from around the World that would've been so shocking a year ago

<https://www.buzzfeed.com/christopherhudspeth/photos-of-the-pandemic-world-different>

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If you or someone you know uses Augmentative and Alternative Communication (AAC), and requires resources related to COVID-19, please contact Jessica (Jessica.nydp@gmail.com) and she can assist you in accessing and/or creating various communication tools.

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If you think you may be experiencing symptoms of COVID-19, take the self-assessment at www.ontario.ca/coronavirus. Follow all directions from your medical provider or your local health unit at the following phone numbers:

Telehealth Ontario: 1-866-797-0000

Toronto Public Health: 416-338-7600

Peel Public Health: 905-799-7700

Durham Region Health Department: 905-668-7711

York Region Public Health: 1-877-464-9675

Please refer back to previous updates as lots of important information has been provided that may still be relevant. If you have any questions or require more information on how you can protect yourself and those around you from the COVID-19 virus, please contact our Outreach Communication Facilitator Jessica, at 416-222-4448 or

jessica.nydp@gmail.com