

Coronavirus: COVID-19
Current Update – August 31 2021

As of August 31st, 2021, Canada has a total of 1,497,268 confirmed cases of COVID-19. Ontario has 565,550 cases and Toronto has 174,236 cases.

Ontario reports just over 500 new COVID-19 cases

Today, there are 525 new cases of COVID-19 in Ontario. This is the lowest case count we have seen in six days, when it ranged between 660 and 835 new cases per day. The seven-day average is 701, up from 600 at this time last week. The positivity rate is 3.1%.

Of these 525 new infections, 434 are people who are either unvaccinated, partially vaccinated, or their vaccination status is unknown. The remaining 91 are fully vaccinated people.

Today's cases were found in: Toronto (120), Peel Region (60), York Region (30), Durham Region (19), Windsor-Essex (60), Hamilton (42), and Niagara Region (41). All other health units in Ontario reported fewer than 30 cases.

According to the province, there are at least 336 COVID-19 patients in hospital, with 158 people in an Intensive Care Unit, and 93 of them are breathing with the help of a ventilator. Of the 336 people in hospital, 33 people are fully vaccinated and 303 people are either not fully vaccinated or their vaccine status is unknown.

In Ontario, 31,176 vaccine doses were given in the last 24 hours. Over 9.9 million people in Ontario are fully vaccinated, which is 76.8% of the population that is eligible for a vaccine.

Sources:

1. <https://toronto.ctvnews.ca/ontario-reports-just-over-500-new-covid-19-cases-1.5567848>
2. <https://covid19tracker.ca/provincevac.html?p=ON>

New study: The risk of being hospitalized for COVID-19 is double for the unvaccinated and partially vaccinated

A new research study from the U.K. gives us more information about the Delta variant by comparing it to the Alpha variant. The study examined 43,338 cases of COVID-19 in England

between March 29 and May 23, 2021. It was published in a reputable source, the Lancet Infectious Disease Journal.

The study suggests that, when compared with the Alpha variant, the Delta variant doubles the risk of being hospitalized with COVID-19 for people who are unvaccinated and partially vaccinated. These groups also have a one-and-a-half times bigger risk of needing emergency care or being admitted to the hospital within 14 days of catching the Delta variant.

When people are fully vaccinated, they are less likely to have symptoms and be hospitalized for COVID-19, for both the Alpha and Delta variants.

“Indeed in this study only 1.8 per cent of COVID-19 cases (with either variant) had received both doses of the vaccine; 74 per cent of cases were unvaccinated and 24 per cent were partially vaccinated,” the study says.

President and Medical Director of the Vancouver Infectious Diseases Centre (VIDC) Dr. Brian Conway said the study should be a “warning” to Canada as the Delta variant continues to push COVID-19 cases higher.

Source:

1. <https://www.ctvnews.ca/health/coronavirus/delta-variant-doubles-risk-of-covid-19-hospitalizati-on-for-unvaccinated-study-suggests-1.5564539>

Ontario’s COVID-19 Vaccine booking portal:

Those eligible for a vaccine can book here: <https://covid-19.ontario.ca/book-vaccine/>.

Or by phone at: 1-833-943-3900.

For general information about vaccines, call: 1-888-999-6488.

In Toronto? Here’s a safe transportation option to go to your vaccine appointment:

Wheel-Trans is committed to providing vaccine rides to the elderly and people with disabilities in Toronto. Wheel-Trans is offering individual rides to City-run mass vaccination sites,

pharmacies, doctor's offices and clinics that are giving out vaccines. Customers may be joined by one Support Person on their Wheel-Trans ride.

You may be eligible for Wheel-Trans service if your disability prevents you from using the TTC's conventional transit for all or part of their trip.

If you are not yet a Wheel-Trans customer, and you think you may qualify for Wheel-Trans service, you are invited to apply by calling Wheel-Trans Customer Service at 416-393-4111, Monday to Friday from 8 a.m. to 4 p.m.

Existing Wheel-Trans customers can book their rides to and from their vaccine appointments by calling Wheel-Trans Reservations at 416-393-4222, seven days a week from 7 a.m. to 11 p.m. or through the Wheel-Trans Self-Booking Website. Access the website by clicking here:

<https://mywheel-trans.ttc.ca/SelfBooking2020/Login?ReturnUrl=%2fSelfBooking2020>.

Upcoming Events:

March of Dimes

Caregiving and Resources

Date: Monday, September 13, 2021 at 2:00 pm.

In this webinar, Heather Cresswell will share her the emotional and physical struggles of caregiving and the wonderful support she received for over 34 years. There will be tips and testimonials for all Caregivers. She will discuss her approach with her Mom on how she dealt with regular daily activities, appointments and services. She will give insight on what takes place when caring for a loved one long term.

Register:

https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHf-hHnLBGvolxLIpUMIAzQTBfMDc0T09PwDk0S00xRUhMWIBMSy4u

3-Part Series with Caroline Tapp-McDougall

Session 3: Slow Caregiving

Date: RESCHEDULED for Monday, September 20th at 2:00pm.

Register:

https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHf-hHnLBGvolxLIpUMIAzQTBfMDc0T09PwDk0S00xRUhMWIBMSy4u

Caregiver Support e-Learning Sessions (ongoing)

These sessions are delivered entirely online. This learning model enables you to work through these sessions at your own pace and time. There are 7 short videos and 4 modules. Each module takes about 30 minutes. These sessions provide tools to meet the unique needs of caregivers with the aim of reducing stress and learning new coping and problem-solving skills.

Register:

https://forms.office.com/Pages/ResponsePage.aspx?id=LgLPEQJhz0Oew_OpyuNE5Y_YdjYHf-hHnLBGvolxLIpUMIAzQTBFMDc0T09PWDk0S00xRUhMWIBMSy4u

Caregiver Connection Group (paused until September)

Caregiver Webinars and Caregiver Conversations will not take place in August. They will re-start on September 9, 2021 at 2:00 pm. You will need to re-register, and please do this before September.

Register or re-register:

<https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Support.aspx#Conversation>

One to One Peer Support Program

The One to One Peer Support program is still running. No one understands quite like somebody who has lived the same experience. Our Peer Support program pairs caregivers with peers who are also experienced in caregiving and can offer practical advice and support by phone or a video chat. Contact Angie Clark by email at aclark@marchofdimes.ca or call 1-905-301-8114 for more information or to get connected.

3-Part Series with Caregiving – A Family Affair

This series happened in April, and answered the question: How can families remain strong and intact throughout the caregiving experience? If you missed it or would like to re-watch it, please click below. The access code for all sessions is Care2021.

Session 1: How Care Shapes Family - The first webinar in this series will explore how families change when care needs cause everyone to examine the workability of old family dynamics. Click [here](#) to watch.

Session 2: Remaking the Family The second webinar in this series will explore how to intentionally reshape family relationships and dynamics in order to build a strong and sustainable care team. Click [here](#) to watch

Session 3: A Toolkit for Caregivers - The third and final episode in this series will offer tools and strategies to assess the wellbeing of family members individually and gauge how well the family is meeting challenges as a team. Click [here](#) to watch.

For recordings of previous webinars please contact Angie Clark at aclark@marchofdimes.ca.

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.

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 Senior Manager of Client Services/Lead AAC Facilitator Jessica at 416-222-4448 or jessica.nydp@gmail.com.