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August 2020

*Durham Family Resources*

# FAMILY *focus*

SO THAT ALL PEOPLE ENJOY A FULL AND MEANINGFUL LIFE  
WITHIN THE COMMUNITY.

## Safe at Hospital: Families Take the Lead for Best Health Outcomes

When COVID hit, local families began to voice their concerns about whether their loved ones would be safe in hospital at this time. When times are tough and questions hard, coming together to sort things out is always helpful. For the past 2 months, seven family members have met together with staff of DFR, quickly inviting the Head Clinical Ethicist from Lakeridge Health into the conversation. Now they are ready to share some information with local families in **an upcoming webinar Zoom event**. Key discussions and to be included in the webinar include:

- How to make sure you are prepared for possible hospital emergency visits or admissions,
- How to ensure that the person would be accompanied by someone they know and trust in order to safeguard their voice, their health and their health outcomes amid communication challenges,
- And once in that essential care partner role at hospital, how should one be prepared to act and communicate to support the person and their healthcare team

As a result of two months of meeting, reading, reflecting, writing and discussions, the **Safe at Hospital Working Group** has accomplished a lot. We have worked on an 8-part Toolkit, or list of information and documents, to help families prepare for the safest possible hospital visit with the best outcomes. This Toolkit is designed so that each family chooses the documents, formats and ideas to each create their own uniquely-designed kit for their own use. Through these discussions and their own work, three of the Working Group families have developed useful documents for themselves that they are willing to share on our website in the near future.

We have also worked closely with Sean Hillman, Head Ethicist with Lakeridge Health in order to first of all understand current visitation policy and how to appeal for the accompaniment needed, and later to shape the newest exception to the visitation policy that takes into account the essential partner in care role played by family and paid supporters to people with disabilities. Work continues on helping the hospital to understand the 24-hour support requirements of many people with disabilities and the essential nature of this support.

Finally, the group has come to understand that potential care partners in hospital settings need to have and hold a well-understood role, which includes a collaborative approach toward other medical practitioners, set of clear and helpful duties unique to each person, and skills to communicate and advocate in busy medical settings. The Working Group has developed separate documents for families to understand and enter this essential care partner role that works toward best health outcomes at hospital.

The Safe at Hospital Working Group is inviting families, potential care partners, and allies to a 1.5 hour webinar on **Thursday, August 20<sup>th</sup>, 2020 from 7-8:30 pm**. Members of the Working Group will share their learning in these three areas through presentation, stories, and an opportunity for discussion with the audience.

## Safe at Hospital Working Group Learning

Thursday, August 20<sup>th</sup> 7:00pm-8:30pm

**Register here to receive your Zoom link!**



## Thinking it Through:

### What is "School" Going to Look Like for my Child in September?



In the upcoming days, parents are being asked to make a decision regarding their children returning to school. Will it be the traditional classroom or home based learning? For some, the rhythm of traditional schooling works well and for others a more relaxed yet thoughtful routine has proven beneficial. There are of course a myriad of factors to consider in addition to individual preference.

No matter your choice - know that learning happens! Whether it is in person or home-based, children are resilient and will continue to learn, grow and thrive! Join together with families on **August 11<sup>th</sup> from 4pm-5pm** to "think it through TOGETHER" by sharing your thoughts, concerns, and ideas.

**Save the date - Join us again on August 27<sup>th</sup> 2020** from 1pm-2:30pm as we are joined by a local Educator and families to discuss maximizing learning at home and in the classroom.

**Register Here to Receive the Zoom Link Details!**

## Real Homes Now: Things Happen When Families are in Charge

New Video Launch Event!



At Imagining Home this month, we are excited to welcome the Oak Park Family Group from Oakville, for the launch of their new video which highlights their journey into homes of their own and fuller lives in their own community. This is a group of 8 families who, with the help of some modest funding and a dedicated family facilitator, were able to imagine, find and create homes for their loved ones within just 2 years. We'll hear from the project coordinators who are also two moms from the group, Vicki McCallum and Karen Alexander, who will share a bit about the project as well as their own family journeys over these past two years. Once again, this month's meeting will be held via Zoom Video.

Each month at Imagining Home, we share housing updates and discuss timely topics of interest for families. If you are new to Imagining Home and would like to attend a meeting to see if it's for you, we welcome you to contact Erin prior to attending your first meeting, at (905) 436-2500 ext. 2511 or [eoreilly@dafers.com](mailto:eoreilly@dafers.com). Our next Imagining Home meeting is on **Wednesday, August 12 at 6:30pm** via Zoom meeting. Please contact Erin to RSVP or for more information about connecting to the Zoom call. Looking forward to our time together!

**IMAGINING HOME MEETING • WEDNESDAY, AUGUST 12, 2020 • 6:30PM**

**ONLINE, VIA ZOOM!**

**CONTACT ERIN FOR DETAILS ([EOREILLY@DAFRS.COM](mailto:eoreilly@dafers.com))**





## Two New Options Offer One-Time Payments to Canadians with Disabilities to Help Navigate Pandemic Challenges

### Federal: Bill C-20

Late in July, [the House of Commons passed Bill-C20](#). The bill grants a payment of up to \$600 to help cover additional costs incurred by people with disabilities due to the COVID-19 pandemic. Alongside this payment, Bill-C20 also extends the federal government's emergency wage subsidy for employers affected by COVID-19 pandemic shutdowns, and extends legal deadlines for some court matters.

Those who already receive the disability tax credit, the Canada Pension Plan or Quebec Pension Plan disability benefit or who are on disability supports provided by Veterans Affairs Canada will qualify. For Canadians who received the one-time seniors payment and who qualify for the disability payment, they will see their seniors payments topped up to reach the \$600 maximum.

People do not need to apply for this payment - if you already have the Disability Tax Credit, you will automatically receive the \$600. This one-time payment is non-taxable and non-reportable on your taxes. For more information, Canadian Association for Community Living has [a great Q&A with more details - read it here!](#)

### Federal/Provincial: Safe Restart Agreement

Early in August, the provincial government, in partnership with the federal government, announced funding to keep children and staff safe in child care and early years settings. The additional funding will help increase cleaning and infection control, ensure staff have access to personal protective equipment, promote physical distancing, purchase additional cleaning supplies, and support staffing needs.

Parents and guardians have until August 31, 2020 to [apply for Support for Families](#). Under this program, parents or guardians of children between 0-12 years old, or up to 21 years old for children and youth with special needs, are eligible for a one-time payment per child to purchase educational materials to support learning at home.

## Bio Medical Approaches Study Group Continues its Conversation Online this August!

Shared learning and topical conversation continues with the Bio Medical Approaches Study Group as the group continues its virtual meetings this August!



**STUDY GROUP  
INFO**  
**FRIDAY, AUG 14,  
2020**  
**10AM**

Everyone is welcome to attend and participate in the Bio-Medical Approaches Study Group when we meet on the second Friday morning of each month. We will be meeting via Zoom video or audio conferencing on Friday, August 14<sup>th</sup>, at 10 am. **Your RSVP to Janet below will ensure that you receive the Zoom invite details.**

We engage with anything "Bio - Medical" and so families talk about all of the approaches, alternatives, strategies that we have found, are being pushed into, have discovered online and more! We have a wide circle of families who are ready to share their vast experience and together we sometimes are able to help each member make better sense of the options and choices that surround them.

The group meets monthly and is open and welcoming to new and past participants! We typically meet at The Gathering Place (20-850 King St. W, Oshawa), on the second Friday of each month at 10am - this month, our office is closed, so we will be meeting online via Zoom meetings. Please RSVP for this month's meeting to [jklees@dafers.com](mailto:jklees@dafers.com) to get the online meeting details!





# Non-Medical Masks FAQ

Most public health officials appear to be [unanimous in their support for wearing non-medical masks and face coverings](#) and many governments across Canada have mandated their use indoors. In Durham Region, non-medical masks or face coverings are mandatory for all community members, with the exception of those who have health, respiratory and sensory issues; various disabilities; are unable to remove the mask without assistance; children under the age of two; or other valid reasons.

A non-medical mask (typically a cloth mask) or face covering, when worn in situations where physical distancing is a challenge helps to slow the spread of COVID-19. Specifically, wearing a non-medical or cloth mask helps people who may have the virus - and do not know it - from transmitting it to others. Wearing a mask alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to [good hygiene](#) and [public health measures](#), including frequent [hand washing](#) and [physical \(social\) distancing](#).

With people wearing so many different types of face coverings in different ways and at different times, there remains some understandable confusion about this new staple in our daily lives.

## Where do I have to wear a mask?

Wearing a non-medical mask/facial covering in the community is recommended for periods of time when it is not possible to consistently maintain a 2-metre physical distance from others, particularly in crowded public settings (stores, shopping areas, public transportation). As of Friday, July 10, 2020, [wearing non-medical masks or face coverings is required in commercial establishments in Durham Region](#). Currently, these commercial establishments include:

Retail stores, convenience stores, malls/plazas, restaurants, personal service settings, grocery stores and bakeries, gas stations, indoor farmers' markets, areas of mechanics' shops/garages/repair shops which are open to the public.

The areas of a commercial establishment that are subject to the non-medical mask and face covering requirements are:

Any areas in which customers interact with one another or with staff members, OR  
Any areas that are open or accessible to members of the public

Except where: The area is outside, whether or not the area is covered (e.g. a restaurant patio)

# What kind of mask should I be wearing?

According to the Public Health Agency of Canada (PHAC), homemade masks that are made out of at least two layers of tightly woven material, such as cotton or linen, and include a filter are the most effective at preventing the spread of the virus.

According to the World Health Organization, scientific evidence suggests that some materials are more effective than others at protecting droplets from spreading while still allowing their wearer to breathe with relative comfort. Knitted cotton – from a T-shirt, for example – and polypropylene produce some of the best results, while nylon and

looser cotton such as that found in a handkerchief are less helpful.

According to the World Health Organization, it is ideal if your cloth mask be made of three layers; an outer layer that should be made of water-resistant fabric; an inner layer that should be water absorbent; and a middle layer that acts as a filter. Some cloth masks have a “pocket” in the middle where you can insert and change material for a filter such as fleece, silk, shop or paper towel.



Masks should fit securely to the head with ties or ear loops, maintain their shape after washing and drying, and the material for the mask should also be large enough to completely and comfortably cover the nose and mouth without gaping.

If you wear glasses, ensure you wear a mask that creates a good seal around the top of your nose. You can try wearing your mask a bit higher and resting your glasses on top of the mask to prevent fogging. You can also [try this hack to stop glasses from fogging](#).

Avoid masks with exhalation valves. Some cloth and disposable masks come with an exhalation valve at the front. The valve makes it easier to breathe out, but it also releases unfiltered air, so it doesn't protect others if you're contagious. And protecting others is the primary reason to wear a mask.

## Tips for choosing a proper non-medical face mask or face covering



Should be made of 2+ layers of tightly woven fabric (such as cotton or linen).



Ensure it is well-fitted with ear loops or ties.



Fit comfortably against your face allowing you to breathe easily so you don't need to adjust it.



Be large enough to completely cover the nose and mouth without gaping.



Must be durable to allow you to frequently wash and dry it without losing its shape.

Cloth masks protect others from your respiratory droplets, but will not protect you from the droplets of others.

**Wearing a non-medical face mask should not be a replacement for following proven measures such as handwashing and physical distancing.**

See [Tips for choosing a mask from the Region of Durham](#)



[durham.ca/novelcoronavirus](https://durham.ca/novelcoronavirus)

Durham Health Connection Line | 905-668-2020 or 1-800-841-2729  
If you require this information in an accessible format, contact 1-800-841-2729



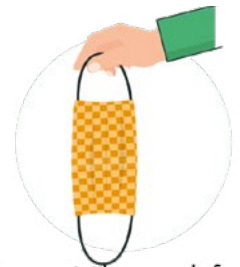


# How do I use a mask safely?

Wearing a mask is a proactive way to keep our communities safe - but only if they are used properly. Follow these World Health organization do's and don'ts to ensure you are wearing your non-medical mask or face covering well. Durham Region has put out it's own similar [recommendations around wearing a mask safely](#).



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



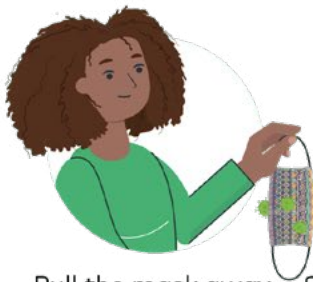
Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



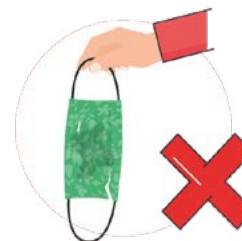
Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

Public Health Canada advises against people dangling their face masks from their ear loops or wearing them tucked under their chin with their mouth and nose exposed. The U.S. Centers for Disease Control (CDC) specifically recommends that people avoid wearing face masks around the neck or pushed up on the forehead.

Most public health agencies also ask wearers to avoid touching their masks as much as possible while they're wearing them, which includes adjusting the position of them on their face.



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 2 metres



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

## How do I clean my non-medical masks?

Non-medical masks that cannot be washed should be disposed of properly in a lined garbage bin, and replaced as soon as they get damp, soiled or crumpled. Do not leave discarded masks in shopping carts or on the ground where other people may come into contact with them.



According to Public Health Canada, face masks or face coverings should be changed and cleaned if they become damp or soiled. The agency said masks can be put directly in the washing machine, using the hot cycle, or washed by hand with hot water and soap, and then dried thoroughly afterwards. If your mask has a removable, non-reusable filter, make sure to remove and throw out the filter before machine washing or hand-washing your mask.

People should think of face masks like they think of their hands and wash them regularly and when they return home. Now that you are in the habit of washing your hands as soon as you get home, you should do the same thing with your face mask.

The CDC also recommends washing cloth masks with a bleach solution comprised of five tablespoons of household bleach mixed with approximately 3.8 litres of room temperature water. The agency said people can soak the mask in this solution for about five minutes and then rinse it with cool or room temperature water.

## How safe am I while wearing a mask?

It's important to remember that masks should be used as part of a range of other measures and habits to keep yourself safe. On their own, masks will not completely protect you from COVID-19.

You should continue to wash your hands regularly with soap and warm water or a hand sanitizer, adopt good respiratory/cough etiquette and practice physical distancing of two metres or six feet with people who you don't live with.

Non-medical masks or face coverings, when worn correctly, act as a barrier to protect those around you from getting sick and passing along viruses and other communicable diseases that are spread through droplets.

Wearing a non-medical mask or face covering **protects others.**

When others wear a non-medical mask or face covering, this **protects you.**

# Have You Attended Making the Most Family Series? Come Together to Discuss and Continue Learning!

The Making the Most Study Group is a fantastic opportunity for those who have completed the series to continue their learning and take some next steps in developing valued roles and relationships with a loved one.

Last month we talked about circles of support and what can result when a group of people are intentionally invited to come together with a clear purpose. Some families shared their experiences of starting up a circle and we reflected on common challenges and hesitations. This month we plan to continue this theme, but welcome anyone wishing to join the conversation anew. We will continue to share and discuss some first steps for people exploring this idea further and consider how we can harness the collective energy to move forward, strengthen relationships, share responsibilities, and hold and safeguard the vision of a good life.



## MAKING THE MOST STUDY GROUP

This group will meet via Zoom from 6.30-7.30pm on **Monday, August 31<sup>st</sup>** and members will be sent a link to join nearer the time.

AUGUST 31, 2020  
6:30PM TO 7:30PM

Online via Zoom Meetings

{ [respiteservices.com](http://respiteservices.com) }

**CHAP**  
COMMUNITY HELPERS  
FOR ACTIVE PARTICIPATION

RespiteServices.com is up and running connecting families to supporters! Contact Sandy for details!

Respiteservices.com is continuing to operate remotely to connect families and support workers. We know people continue to need good support during this time and are working diligently to continue to provide this service to residents of Durham Region.

To be matched with support workers, you must be registered with [respiteservices.com/durham](http://respiteservices.com/durham). Contact Sandy at (905)436-3404 or [sciarlariello@dafrs.com](mailto:sciarlariello@dafrs.com). New supporters are continuing to be added. Contact Sandy for more information!

Want more  
information?

Durham  
Association for  
Family Resources  
and Support

For more  
information on our  
organization or any  
of our events, please  
visit our website at  
**[www.dafrs.com](http://www.dafrs.com)**  
or contact Heather  
by phone or email:  
**(905)436-2500  
ext.2314**  
**[hminors@dafrs.com](mailto:hminors@dafrs.com)**

For more information, please visit our website, [www.dafrs.com](http://www.dafrs.com),  
and see the "Upcoming Events" tab.

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