

COVID-19 COMMUNIQUE # 9

TO: All Staff	RE: Resources
FROM: Emergency Preparedness Leadership Team	DATE: April 6, 2020

This edition of the Communiqué is dedicated to resources for staff and the Individuals we support.

1. **TOLERANCE FOR UNCERTAINTY – A COVID-19 WORKBOOK** (ATTACHED TO EMAIL AND ON CLA WEBSITE)
A guide to accept your feelings, tolerate distress and thrive.
<https://www.clalanark.com/covid-19-resource>
2. **WORLD HEALTH ORGANIZATION – COPING WITH STRESS DURING THE COVID-19 OUTBREAK**
Coping with stress during the COVID-19 outbreak. (ATTACHED TO EMAIL AND ON CLA WEBSITE)
<https://www.clalanark.com/covid-19-resource>
3. **HOW DO YOU TALK ABOUT COVID-19 TO PEOPLE WITH INTELLECTUAL DISABILITIES?**
5 conversational tips to talk to Individuals we support about COVID-19.
<https://www.openfuturelearning.org/blog/index.php/how-do-you-talk-about-covid-19-to-people-with-intellectual-disabilities/>
4. **IS COVID-19 AN OPPORTUNITY**
Six points to connect us to the experience of people with intellectual disabilities in a pandemic.
<https://www.openfuturelearning.org/blog/index.php/out-of-the-ordinary-navigating-the-pandemic-in-human-services/>

5. SOCIAL STORY THAT EXPLAINS CORONAVIRUS AND HELPS TO REDUCE ANXIETY

Explains coronavirus to those with intellectual disabilities.

<https://www.surreyplace.ca/wp-content/uploads/2020/03/Social-Story-COVID.pdf>

6. COVID-19 INFORMATION – GOVERNMENT OF ONTARIO

Up to date information on the virus from the province.

<https://www.ontario.ca/page/2019-novel-coronavirus>

7. SELF-ADVOCATE COVID-19 GUIDE AND WORKBOOK – ADAPTED FROM OPENING DOORS UK

Self advocate guide and workbook out of the UK

https://mcusercontent.com/4d4cfab0c99c164a0a953b154/files/8c9dd6cc-bf83-483b-84e59ccf67a4d1b9/My_Plan_for_being_safe_and_staying_in_FINAL_3_.pdf?utm_source=mailchimp&utm_campaign=0300b5e6e1f0&utm_medium=page

*We're all IN THIS together,
And together we've got this!*

