

Connection and Support Resources During COVID-19

A heartfelt thanks to our communities and the creative minds who have made these virtual resources available for these unprecedented times.

This is a living document and as such we will continually update it and redistribute on a regular basis as we receive more suggestions from you.

We would like to acknowledge that the resources listed here have been pulled from many different sources.

Categories	Connection
	Mental Health
	Things to Do
	Tools and Resources

CONNECTION

- **Family Support Institute-** Family Support Institute (**FSI**) has put together a great ONLINE set of programs, tools and connection supports, specifically in response to families' needs during the **COVID 19 Crisis**. You can call directly toll free to: **1.800.441.5403** and check out the website tools at: <https://familysupportbc.com/covid/#Access>. Check the [FSI event calendar](#) for Family Support zoom calls and other family focused events and resources.
- **FSI Calendar for Connection-** This calendar was created to help people with diverse abilities know about different, fun and inclusive opportunities to connect with others during Covid-19. [Click here to see the Calendar](#), and find new events coming up!
- **PLAN-** Planned Lifetime Advocacy Network (PLAN) is non-profit organization founded in 1989 to help families secure the future for loved ones with disabilities. To learn about opportunities for connection and support individuals and families can visit the PLAN website <https://plan.ca/> or call the **toll-free helpline at: 1.844.311.7526**
- **B.C. Self-Advocate Leadership Network (SALN)**
SALN is a Network made of Self-Advocates from leading organizations in the Lower Mainland and Vancouver Island. Visit the SALN website <https://salnbc.com/> for easy to understand resources during COVID-19. SALN is creating weekly social events and activities to help people stay safe and connected during COVID-19. To learn about our next event contact SALN: salnbc19@gmail.com
- **Self-Advocates of the Rockies (SAOR)**
A group of adults with diverse abilities from Cranbrook BC. We aim to empower others to use their voice. We promote inclusion by celebrating diversities. SAOTR are creating weekly social events and activities to help people stay safe and connected during COVID-19. To learn about our next event contact us at: cranbrooksaur@gmail.com
- **The Advocacy League of Kindness (TALK-NW)**
We are a new Self Advocacy group located in Kitimat and Terrace. During COVID-19 we will be creating weekly social events and activities to help people stay safe and connected. To learn about our next event contact TALK-NW: talknorthwest@gmail.com

- **Kamloops Speaking Up for Self-Advocacy Awareness (SUSA) Society**
 The Kamloops Self Advocate Group is a group of people with developmental disabilities who meet once a month to discuss issues that are important to them, meet new people and plan events. During COVID-19 we are creating weekly social events and activities to help people stay safe and connected. To learn more contact SUSA: speakupkamloops@gmail.com
- **Vela Canada-** a non-profit society that provides COVID 19 information and mentoring to individuals with disabilities and their families particularly regarding Microboards and Individualized Funding. Here is a link to VELA's <https://www.velacanada.org/resources/covid-19> information.
- **Family Caregivers of BC-** Family Caregivers of B.C., visit: www.familycaregiversbc.ca or call the toll-free caregivers support line Monday to Friday, between 8:30 a.m. and 7 p.m. (Pacific time): **1 877 520-3267 or 211**
- **The South Asian Health Institute (SAHI)**, a program of Fraser Health, has compiled a list of resources, services and contacts to support the South Asian community during the COVID-19 pandemic, including information in multiple languages. You can [learn more and find links to these resources here](#).
- **British Columbia Aboriginal Network on Disability Society** If you are an Indigenous person living with a disability within the province of British Columbia or are an on-reserve organization requiring health information, resources and support services, BCANDS may be able to assist. You can [visit their website](#) here for information and links to Indigenous organizations and their responses in relation to the COVID-19 pandemic.
- **Métis Nation British Columbia**
[Métis Nation British Columbia \(MNBC\) has created a webpage here](#) with information about their response to COVID-19. Create an account to access the information. On this page you can find their weekly newsletter, advisories and emergency updates, information about [Metis Financial Corporation Business Support Program](#) and more.
- **Social Distance Powwow**
 In an effort to bring powwows into everyone's homes during a time when gather together is not possible, the Social Distance Powwow is an online space to showcase dancers, singers, music, regalia and crafts from across North America, including live streamed performances. Visit their Facebook group [here](#), which is open for anyone to join.
- **myCommunity BC maps for COVID-19**
 myCommunity BC is an online map built by British Columbians to be an online resource for people to find welcoming places in their own communities and

around the province. The myCommunity BC site, [which you can visit here](#), helps strengthen opportunities for inclusion and connection in communities. myCommunity BC has created a category in the map's dropdown menu called "Community Emergency Resources" to help map the amazing gifts and resources that are currently in effect and being offered during the COVID-19 pandemic.

- **ConnecTra Society's virtual gatherings**

ConnecTra Society is a connecting agency, linking people with physical disabilities to activities and programs to help them grow, gain confidence and be active and involved in community life.

- The **Hope for Wellness Help Line** is available to all Indigenous peoples across Canada who need immediate crisis intervention. Experienced and culturally sensitive help line counsellors can help if you want to talk or are distressed. It is available 24 hours a day, 7 days a week to offer counselling and crisis intervention.

The help line is available toll-free at 1-855-242-3310 (toll-free) or people can also connect to the on-line chat counselling service (when available) by visiting: hopeforwellness.ca/

Telephone and online counselling are available in English and French. On request, telephone counselling is also available in Cree, Ojibway and Inuktitut.

- **The First Nations Health Authority (FNHA)** has created a guide to provide useful information and resources for coping with the COVID-19 pandemic. This guide focuses on how you can care for yourself and others during this time, and [can be viewed on the FNHA website here](#).

The First Nations Health Authority (FNHA) has launched the new FNHA Mobile App as a convenient way to access information that supports the health, wellness and safety of B.C. First Nations. [You can read more about the app here](#), including information about how to download it on your mobile device.

- **First Nations Health Authority offers virtual services**

The First Nations Health Authority (FNHA) offers virtual health services to First Nations people in B.C. including Virtual Doctor of the Day and substance use and psychiatry services.

Learn more about these services and the referral process [on the FNHA website here](#).

You can also download [a printable FNHA poster promoting kindness, understanding and resilience here](#).

- **The First Nations Virtual Doctor of the Day** program enables members of B.C. First Nations who may not have a doctor of their own, or who have lost access due to the COVID-19 pandemic, to make virtual appointments. The intent of the program is to enable more First Nations people and their family members to access primary health care closer to home. The program includes doctors of Indigenous ancestry, and all doctors are trained to follow the principles and practices of cultural safety and humility.

[Learn more about the program here](#), including information about how to set up an appointment.

- **New Men's Virtual Support Group with Family Caregivers of BC.** Family Caregivers of BC helps support caregivers with all aspects of their journey. [Click here to learn about their virtual support groups](#). This includes the new monthly B.C. Men's Virtual Caregiver Support Group which takes place the second Tuesday of every month. Anyone interested in joining can call 1-877-520-3267 ext. 1 or email cgsupport@familycaregiversbc.ca.

The [caregiver support line](#) is also available Monday to Friday from 8:30 am to 7:00 pm by calling 1-877-520-3267.

- **COVID-19: Social Visitation Essentials Course.** Family Caregivers of BC and SafeCare BC are offering a self-paced, online course for those who would like to visit a family member or friend residing in a long-term care home or assisted living residence, as permitted by the care home's safety plan and regional public health direction.

[Learn more about the course here](#), including instruction on how to register.

- **The Family Support Institute (FSI)** is launching free online workshops available to all families and individuals from August to October. [Click here to learn about workshop topics](#) and upcoming sessions like Person Centered Planning and [MyBooklet BC](#). You can also [follow the FSI Facebook page here](#) to stay updated on any new sessions that are added.

- **Inclusion BC Virtual Learning Series - Registration is now open**

Over the next 18 months, Inclusion BC will be hosting a series of free webinars. Their Virtual Learning Series will be organized into three terms (Fall 2020, Winter 2021, and Fall 2021) with approximately six virtual sessions per term. Sessions will fall into themes, including employment, civic engagement, advocacy and K-12 education.

The first workshop series focuses on Employment and starts on September 8. [Find all of the details, including information about how to register, here.](#)

- **Assistance with using your phone to stay connected**

Are you a person with a disability who needs help with your phone? Neil Squire and Telus are working together to provide specialized assistance so people with disabilities can use their phone to stay connected and supported. For more information call 1-877-673-4636 or visit www.neilsquire.ca/techforgood.

- **Family Caregivers of BC webinar: *Building A Gold Medal Support Network***

Has anyone ever said to you, “Let me know if there’s anything I can do?” but you don’t know where to begin in asking for support? Family Caregivers of BC shares ways to set yourself up to feel supported in your caregiving in their one-hour webinar “Building A Gold Medal Support Network.” [You can click here to watch a recording of this webinar.](#)

- **Autism and Intellectual Disabilities Knowledge Exchange Network (AIDE Canada) compiles helpful resources**

It can be difficult to keep track of all the information and resources out there. AIDE Canada is a national network that is committed to providing accurate, up-to-date, and useful information and resources to individuals and families with members who have Autism Spectrum Disorder and intellectual disabilities. [Click here to learn more about AIDE Canada and to find their COVID-19 resource hub.](#)

MENTAL HEALTH

- **Developmental Disabilities Mental Health Services** Zoom support groups for people who are experiencing anxiety or sadness, especially around Covid-19. To join e-mail anne.halas@fraserhealth.ca and she will send you a referral form and instructions. Anne is a Training Facilitator with Developmental Disabilities Mental Health Services.

- **Anxiety Canada** is a leader in developing free online, self-help, and evidence-based resources on anxiety. See their website <https://www.anxietycanada.com/> for expert tools for managing anxiety.

Learn to relax, be mindful and develop better ways of thinking with the free MindShift CBT app. The app uses information based on Cognitive-Behavioural Therapy (CBT) to help people learn and use strategies such as breathing, shifting your thinking and grounding yourself.

- **Canadian Mental Health Association BC (CMHA)** launched a special COVID 19 site, STAYING WELL IN UNCERTAIN TIMES [at https://cmha.bc.ca/covid-19/](https://cmha.bc.ca/covid-19/) which provides a wide variety of options for family caregivers about mental health care.
- **Wellness Together Canada: Mental Health and Substance Use Support** provides tools and resources to help Canadians get back on track. These include modules for addressing low mood, worry, substance use, social isolation and relationship issues. <https://ca.portal.gs/>
- **Family Services North Shore** is offering up to 6 weeks of free counselling at this time. <https://www.familyservices.bc.ca/covid-19-support/>
- **The Wellness Society** <https://thewellnesssociety.org/> has holistic and beautifully designed self-help, therapy and coaching tools, including a recently created Coronavirus Anxiety Workbook.
- **The Centre for Addiction and Mental Health** has a COVID-19 page, which includes a section on coping with stress and anxiety, quarantine and isolation, stigma and prejudice, as well as answers to frequently asked questions.
- **Mental Health First Aid COVID-19 self-care and resilience guide**
Mental Health First Aid (MHFA), a program of the Mental Health Commission of Canada (MHCC), aims to improve mental health literacy and provide the skills and knowledge to help people better manage potential or developing

mental health problems in themselves, a family member, a friend or a colleague. MFHA has created a [COVID-19 Self-Care & Resilience Guide which you can read here](#). You can also [find other helpful COVID-19 resources from the MHCC here](#).

- Mindfulness can be practiced in many different ways and can be done at almost any time. To help people practice mindfulness at home, Dr. Dzung Vo from BC Children's Hospital has recorded some of the mindfulness meditations that he uses with his mindfulness groups. [Click here to find all of these recordings](#), which you can listen to on your computer or mobile device.
- **Foundry** is a province-wide network of integrated health and social service centres for young people ages 12 to 24. Foundry centres provide a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer supports. [Learn more about them at their website here](#).

Foundry is now offering virtual drop-in counselling sessions, peer support check-ins and group offerings to young people and their caregivers. **Call 1-833-308-6379 to book an appointment or learn more about services available.** If you're in Vancouver, you can call 604-283-2234. Sessions are available through voice, video and chat, and [you can click here for more information](#).

- **The Centre for Addiction and Mental Health (CAMH)** has created a self-help booklet series for people with intellectual disabilities that can be used with the support of family members, friends, staff and health care professionals. The booklets are intended to give people with intellectual disabilities an opportunity to talk through their feelings and make plans for staying well at this difficult time. There is a how-to guide accompanying each booklet.

Booklets in the series, which include "Feeling Anxious", "Good Night's Sleep" and "You can do it", can [all be found on the CAMH website here](#).

- **Emotional support guide for seniors.** B.C.'s Northern Health Authority has published a guide called *Emotional Support for Seniors: Practical Strategies for Anxiety and Stress Related to COVID-19*. The document includes advice on keeping routines, eating healthy and important information about support available from the provincial and federal governments. [You can click here to download the guide](#).
- **First Nations Health Authority substance use and prevention resources**

This topic of substance abuse may trigger unpleasant feeling or thoughts. Those who need emotional support can contact the 24-hour KUU-US Crisis Line at 1-800-588-8717.

First Nations overdose deaths have almost doubled between January and May 2020 as the COVID-19 pandemic arrived in BC and First Nations people are disproportionately represented in overdose deaths across the province. The First Nations Health Authority (FNHA) has created a graphic which you can see [here](#) about the overdose crisis in BC First Nations communities and actions that are being taken.

You can also find information and resources related substance use prevention and treatment [on the FNHA website here](#).

- **Virtual care for mental health and substance use during COVID-19**

The COVID-19 pandemic has created disruptions in our lives that can cause feelings of stress and anxiety. For people who are experiencing these feelings in their day-to-day life, virtual care services are available to help. These services use technology such as video, telephone and messaging to provide health care when caregivers and clients cannot meet in person.

[Find a list of virtual care resources from the Canadian Centre on Substance Use and Addiction here](#).

- **Mental Health Resources page created on the CLBC website**

For many people, the COVID-19 pandemic has led to feelings of stress, anxiety and isolation. Supporting mental health and wellness is now more important than ever.

To help people find and connect with mental health information and resources all in one place, CLBC has [created this new page on our website](#). We will add to the list as we become aware of new resources to share. If you have suggestions for information to be added to the page, please send an email to CLBCInfo@gov.bc.ca.

- **Metis Crisis Help Line offers support**

For those in crisis or needing immediate support, the Métis Crisis Line is available at 1-833-METIS-BC (1-833-638-4722). Anyone experiencing COVID-19 symptoms, please call 811.

The Métis Crisis Line is provided in collaboration with KUU-US Crisis Services and is a place where people can talk, trust and feel safe. The line is available 24 hours a day and 7 days a week.

- **Mobile resources to care for caregivers**

Care for Caregivers is a website that focuses on professional caregivers' mental health and wellness with solutions and strategies to manage the specific strains and stresses resulting from the COVID-19 pandemic. Many family members are providing care to their family member and may benefit from the many resources available on the website. Check out the mobile resources page here with mindfulness apps, stress and anxiety relief apps like cognitive behavioural therapy (CBT) and more.

- **Canadian Mental Health Association offers “Living Life to the Full” courses for free**

Want to know how to feel happier, more confident and worry less right now? Would you like to learn new ways of dealing with what life throws at you? The Canadian Mental Health Association's “Living Life to the Full” courses are fun and interactive and will help you understand your feelings, thoughts and behaviours, and what to do about them. The courses help you grow self-empowerment skills from the comfort of your home and connect with other members of your community. The group-based, virtual course will be delivered through weekly sessions by video conference with a trained facilitator.

The “Living Life to the Full” courses typically cost up to \$250 per person. For residents of British Columbia, virtual courses are currently being offered free of charge, thanks to funding from the province. You can find all of the information, including how to register, by clicking here.

- **Transition Houses and Safe Homes list**

Find and contact a safe home or transition house near you.

- **Naloxone (Narcan) Kit**

Find a site where you can get a take-home Naloxone kit.

- **Telephone and Online Counselling Supports for Indigenous People**

Many addictions treatment centres are closed due to the COVID-19 Pandemic. Find a list of Centres across B.C. that are supporting people in various ways by clicking here.

The following services are free and are available to all Indigenous people in B.C.:

- Carrier Sekani Family Services. Call: 250-567-2900 and ask for an ARP Team
- Kackaamin Family Development Centre. Call: 250-723-7789 or Toll-free: 1-833-205-6946
- Namgis Treatment Centre. Call: 250-974-8015
- Nenqayni Wellness Centre. Call: 250-989-0301
- North Wind Wellness Centre. Call: 250-843-6977 or Toll-free: 1-888-698-4333

- Telmexw Awtexw (Sts'ailes First Nations). Call: 604-796-9829
- Tsow Tun Le Lum. Call: 250-268-2463 or Toll-free: 1-888-590-3123
- Wilp Si'Satxw Healing Centre. Call: 778-202-0162 or 778-202-1349

- **Healthlink BC & 8-1-1**

The HealthLinkBC directory is a resource available to BC, providing detailed information about how and where to find health services in B.C. Contained directory information about health, mental health and addictions treatment services.

[Click here for the website](#) or dial 8-1-1

- **Here to Help B.C.**

We're here to help you find quality information, learn new skills, and connect with key resources in BC. Explore strategies to help you take care of your mental health and use substances in healthier ways, find the information you need to manage mental health and substance use problems, and learn how you can support a loved one.

[Click here to access support for yourself or someone else](#)

- **BounceBack B.C.**

BounceBack® is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

[Click here for the program](#)

THINGS TO DO

- **FSI Calendar for Connection**
This calendar was created to help people with diverse abilities know about different, fun and inclusive opportunities to connect with others during Covid-19. [Click here to see the Calendar](#), and find new events coming up!
- **Life Streams Online**
[Check out this webpage fo great resources, activities & learning and live events.](#)
- **Theatre Terrific-** *Theatre Terrific invites you to join the choral class via Zoom. Join us to raise your voice and celebrate coming together as one. Every form of voice is vital, so no matter your musical experience: you are welcome!*
- **Co make do:** Every week, [co make do](#) will offer up a range of experiences to connect with self, community, and the wider world. These experiences will take place online, using YouTube, Facebook Live, Zoom *and* over the phone, for those without Internet access. They will also offer tech support for those new to digital platforms. All experiences are designed to be doable and safe.
- **West Coast Reach Association** is hosting its weekly “Sing Along from Home” event from 7:00p.m. to 8:00p.m. (PST). It’s a great way of connecting with others through song. To register for the virtual singing sessions (using either your phone or computer), email westcoastreach@gmail.com for details.
- **Sproutflix** is a film distributor that hosts a large and diverse assortment of films featuring people with developmental disabilities.
- **Special Olympics BC** want to help everyone stay active, healthy and having fun. [Visit their website here](#) to find weekly wellness calendars with activities for each day of the week throughout the entire month.
- **Virtual Tour:** Cincinnati Zoo will be doing a Home Safari on their Facebook page, 3pm EST, featuring a different animal and a lesson:
<https://m.facebook.com/cincinnati-zoo/photos/a.96076385478/10158043842200479/>
- **Virtual Tour:** 10 homes you can tour virtually, including Buckingham Palace:
<https://www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtuallytour/>

- **Virtual Tour:** Discovery Channel Virtual Field Trips:
<https://www.discoveryeducation.com/community/virtual-field-trips/>
- **Virtual Tour:** Virtual Field Trip list, with trips to Mars, the zoo, the Louvre and more:
https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic
- **Reading:** Author Oliver Jeffers will be reading a book everyday:
<https://m.facebook.com/oliverjeffersart/photos/a.391765256611/10156586435571612/?type=3&source=48>
- **Reading:** Storytime from Space:
<https://storytimefromspace.com/>
- **Dancing:** Living room dance parties with DJ Mel
<https://m.facebook.com/DJ-Mel-48330349120/>
- **Dancing:** 34 Minutes of Dance Along Videos:
https://www.youtube.com/watch?v=sHd2s_saYsQ
- **Craft:** Comic book making and activity sheets
<https://jarrettlerner.com/activities/>
- **NASA** has made their entire media library publicly accessible and copyright free.
- Stuck at home? These 12 famous museums offer virtual tours you can take on your couch.
- **Canada's Wonderland** is doing virtual roller coaster rides you can take from home.
- **Special Olympics School of Strength.** Looking for a workout routine you can do from the inside of your home?
The School of Strength video series features Special Olympics Canada athletes and World Wrestling Entertainment (WWE) star Becky Lynch guiding you through a workout program designed for all abilities and fitness levels.
[Click here to get started.](#)
- **Special Olympics Staying Healthy At Home.** Resources to stay active, connected, positive, and informed

[Click here to learn about all the ways Special Olympics B.C. is keeping people active and connected.](#)

TOOLS AND RESOURCES

- **“Get Vaccinated” Portal for Immunization Registration**

To register online, you must provide the following information:

- First and last name
- Date of birth
- Postal code
- Personal Health Number
- An email address that gets checked regularly or a phone number that can receive text messages

Find your Personal Health Number on the back of your B.C. driver's licence, BC Services Card or CareCard.

Ready to register online? [CLICK HERE](#)

You can also register by Phone by calling 1-833-838-2323 seven days per week, 7am-to 7pm PST or 8am to 8pm MST | Translators are available.

- **CLBC Information for Individual and Families on COVID-19 page here.**

This website includes a section dedicated to plain language resources, including info sheets, an emergency plan, and summaries of announcements and teleconference calls. Visit [the new plain language page here](#) and be sure to check back often as we will continue to add new resources.

- **CLBC Toolkit for Connection**

This toolkit highlights just some of the tools and resources CLBC has created together to try and help people stay safe, strong, and connected. [Click here to see the toolkit](#)

- **Plain-language Emergency Planning Tool** developed by Self Advocates for Self Advocates. Click link below:

https://familysupportbc.com/wp-content/uploads/2020_03_31_Personal-COVID-19-Emergency-Plan-GENERAL-fillable.pdf

- **myCommunity BC** is an online resource map built by people from all over BC, working together to strengthen opportunities for inclusion and connection in their communities. Under **Community Mapping for COVID-19** a category called "Emergency Community Response" has been created, to help map the amazing gifts and resources (food banks, counselling...) that are currently in effect and being offered during the COVID-19 pandemic. Simply click below to explore or suggest resources in your community or for BC wide:

<https://findsupportbc.com/map/mapping.php>

- **Find Support BC-** connects families of persons with disabilities with resources available to them. It's simple; just click on the link: <https://findsupportbc.com/>

and add your own information to get started. It also has a link to the Emergency Community Response category to help users locate the various resources and vital information that are currently in effect and being offered during the COVID-19 pandemic.

- **Support Worker Central** is an online database designed to match individuals, families and agencies with support workers in their communities
<https://familysupportbc.com/support-worker-central/> Updates to the site, and promotion of support worker recruitment and pairing with individuals and families looking for support during the COVID 19 crisis is underway across the Province.

- **Social Stories and Social Scripts to Explain Covid-19 to Individuals we support:**

<https://www.mindheart.co/descargables> (available in different languages):

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR3sKjP71uf9FEbEapihxwzP-96HOqyysVKrvMa15VowwyJBtq4WEBTHMfM>

https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6583599_2.pdf?0.9769005281804615

<https://www.ppm.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

- **Social story about how everyone gets sick sometimes:**
https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf
- **Create a handwashing visual with your favourite lyrics:**
<https://washyourlyrics.com>
- **Learning about COVID-19 through visuals and videos:**
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- **Visual information sheet about COVID-19:**
<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

- **Toolkit for Supporting Individuals with Autism Through Uncertain Times:** It includes visuals, apps, and guidelines for supporting individuals <https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>
- A team of people with disabilities and their families have created a toolkit for people with disabilities for health care settings during COVID-19. **The toolkit for people living with disabilities in BC can be accessed by clicking here,** and included checklists, template letters, link to resources and Ministry of Health information.
- **Health Care Access Research and Developmental Disabilities (HCARDD)**, in partnership with the Surrey Place Development Disabilities Primary Care Program in Toronto, has created a number of accessible, plain language resources that can be of assistance for self advocates. Here are a few examples, and you can click the links to access each of these:

About My Health Tool is a form to fill out and share with health care providers to share information about likes, dislikes and preferred ways of communicating.

My Health Care Visit Tool is a form to fill out with a health care provider during a visit to better understand the purpose of the visit and what the next steps are.

A Virtual Doctor's Visit is a video showing an example of a visit to the doctor during COVID-19 using video technology.

You can find more information and resources related to COVID-19 [on HCARDD's website here.](#)

- **Self Advocate Leadership Network's YouTube Channel**

In addition to [their website](#), The Self Advocate Leadership Network (SALN) also shares information and updates [on their YouTube channel which you can find here.](#)

- **Tools available if you need to go to the hospital during COVID-19**

It's important to know what resources are available for people with disabilities should you or your family member have to go to the hospital. As a reminder, here are links to a few helpful tools we shared in previous updates:

- [Toolkit for People with Disabilities in B.C. for Health Care Settings](#) (including a link to the updated Hospital Essential Visitor's policy)
- [Personal COVID-19 Emergency Plan](#)
- Most health care providers are able to talk with patients on the phone or meet using video. [Here's a video of a virtual doctor's visit as an example of what to expect.](#)

- **MyBooklet BC** is a free online tool that families and people with disabilities can use to create a beautiful and personalized information booklet to store and share their strengths, gifts, goals and more!

Version 2 of MyBooklet BC is now available here. This updated version includes many enhancements including new design templates and a new image editing tool.

Keep an eye out for MyBooklet BC workshops coming in the Fall by visiting the Family Support Institute Event Calendar here.

- **Updates and helpful resources from Special Olympics BC (SOBC)**

Special Olympics BC (SOBC) has announced their first steps for safely returning to in-person sport programs, meetings, and fundraising events. They also continue to provide resources for people to stay supported and connected, including ways to help athletes maintain their training and health at home.

Learn more about the SOBC return to in-person programs and find other tools and resources here.

You can also check out this SOBC “building a routine at home” fillable schedule. Try using this template to fill out your daily tasks and goals and make a plan for your day.

- **Choose to plan: Free webinars from Nidus Personal Planning Resource Centre And Registry**

COVID-19 reminds us to be prepared and plan for the future. Nidus offers both free live webinars and recorded presentations. Click here for more information about these sessions.

Here are some topics covered by both live and recorded sessions:

- What if I’m hospitalized? Don’t wait!
- Types of power of attorney – what do I need?
- Consent – for care facility admission? for health care decisions?
- Joint Ownership: the Good, the Bad and the Risky!
- Making a will? What if someone dies without a will?
- Being a representative. Being an attorney. Being effective!

- **BCANDS Indigenous Support for Student Learning Program**

BCANDS is now offering the Indigenous Support for Student Learning Program (SSLP). This is a time-limited project for Indigenous students across Canada who have limited financial resources, including students with disabilities. The

SSLP is accepting applications from students of any age enrolled in a formal educational institution (either online, remote, or through on-site learning) to be considered to receive a laptop and accessories to assist with their continuing education and success.

- **Covid-19 Gargle Test**

Click [here](#) to learn how you can practice taking the gargle test at home.

- **Food Banks Canada**

Find the closest food bank through [clicking on this food bank finder](#).

- **First Nations Health Authority Food Security Toolkit**

During a global pandemic such as the one we are currently experiencing, food systems can be disrupted and lead to additional food security challenges for communities. There is an opportunity, however, to take more control over the community-level food system. With this toolkit, your community can make short-, medium- and long-term plans for food security using a food systems approach. This toolkit includes ideas, templates, tools and information to support your planning. [Click here to access the tool-kit](#).

- **EveryBODY Moves Resource Hub**

A database of resources to help make physical activity more welcoming and inclusive for those who face barriers to participation.

[Click here to access the Resource Hub](#)

- **Metis Nation BC Food Security Pilot**

Metis Nation has launched a Food Security Program Pilot Project for Metis citizens that includes the creation of a Home Gardening Pilot Project the distribution of 11 seed starter packs and funds to purchase soil and gardening tools for up to 50 families.

Applications opened on March 26 and are assessed on a first-come-first-served basis, with fair distribution over MNBC's seven regions. More details can be found by visiting www.mnbc.ca/covid or contacting ggratton@mnbc.ca.

Other activities in the program include: grocery delivery service; virtual community dinner (which includes supply of all ingredients); grocery gift cards; food hampers; community fridge containing fresh food; volunteer honoraria.

- **How to get Vaccinated for Covid-19**

Everyone born in 2009 or earlier (12+) is eligible. When you register, you get a confirmation number. Don't lose the number, you need it to book your appointment.

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register>