

A TOOLKIT for CONNECTION



Staying safe, strong, and connected during COVID-19

What is the Toolkit for Connection all about?

The COVID-19 pandemic has created the need for physical distancing, smaller social bubbles and less physical connection with friends and family. Reducing social connection and activities presents a challenge for us all and particularly with those we serve who are most vulnerable and isolated.

Recognizing the importance of making sure those we support continue to be connected, Community Living BC has partnered with the BC CEO Network, the Family Support Institute, Vela Canada, Inclusion BC, BCANDS and other organizations to connect with and support people who are more vulnerable during this time.

This toolkit highlights just some of the tools and resources we have created together to try and help people **stay safe, strong, and connected**.

The Contents of This Toolkit



1. A short video on different ways to use this toolkit
<https://youtu.be/mXh-KAXVhDQ>
2. Ways to use the toolkit
3. Calendars for Support and Connection
4. Provincial Connections- Printable One-Pager
5. Local Connections- Fillable One-Pager Template
6. Wellness Guide to Overcoming Isolation During COVID-19: Being Connected, Staying Connected, and Choosing Connection
7. [FindSupport BC](#) website
8. **MyCommunity BC Map** [My Community BC](#)
9. On-line [Support and Connection Resources During COVID-19](#)



Guidance for Partners on Different Ways to Use this Toolkit

Attention CLBC Community Councils, Welcome Workshop Presenters, Self Advocate and Family leaders, Service providers and Community partners.

The Toolkit for Connection is designed to support the amazing work you are already doing to help people stay safe, strong and connected during COVID. You may even already be using some of these tools or even helped design them! We invite you to have a look and see if there is something that might further support your leadership.

A few highlights:

The **templates for local resource sharing** can be filled in and printed on computer or printed and filled in by hand. The templates are designed to be tangible ‘take-aways’ for people who need them and to be placed and replaced in frequented locations. To keep costs low: template copies are designed for any black and white printer on standard legal-sized paper.

What you can do: Brainstorm and fill in **local resources** portions at a team or staff meeting, circulate it to be filled in by your community partners, or fill in yourself. Print copies and post in your community and share with those who are isolated and disconnected at this time.

The new Calendar for Connection is hosted on the Family Support Institute website and focuses on highlighting social connection events and activities that are accessible and inclusive for the people we serve.

What you can do: Share with people who are at risk of loneliness and isolation. Create and share your own accessible and inclusive events on this calendar for connection.

Explore, share and post other toolkit items in ways that work for you.



The Connection Tools in The Toolbox– Some Details

1. Calendars for Connection:

- [Family Support Institute Event Calendar](#)

This is a calendar of family support focussed hangouts, learning events, and topic specific webinars. These zoom meetings are safe and respectful place for family to family support. Calls are facilitated by FSI Regional Network Coordinators who are parents themselves and who follow-up meetings with information and support as necessary.

- [Calendar for Connection](#)

The new calendar for connection focuses on highlighting social connection events and activities that are accessible and inclusive for the people we serve. The calendar attempts to identify and gather all of the SAFE opportunities for connection happening provincially and locally for those we support to tap into. For example- virtual self advocacy workshops, on-line meet-ups to share how people are doing and feeling, fun music/art activities... Service providers, self advocacy groups and other partners are encouraged to create and share their own accessible and inclusive events on this calendar for connection.

2. [Provincial Connections - Printable One-Pager](#)

People are feeling isolated and disconnected from others now, more than ever. We understand not everyone has access to the internet or technology to find connection and support. This is a one-page, printable template outlining supports available to connect anyone, anywhere in B.C. You can print this on letter sized, black and white paper and post anywhere and everywhere you know people might look for help or support.

A Toolkit for Connection



3. [Local Connections- Fillable One-Pager Template](#) *(Downloadable Word document)*

People are feeling isolated and disconnected from others now, more than ever. We know local communities are the best places to connect their people with resources and supports available close to home. To connect those who do not use technology or internet, fill out this one-page fillable/printable template with the local resources and supports you know of. You can print it easily on letter-sized paper in black and white.

We know, you know your community best. Knowing best, means you know the best ways to get information to those who need it. Post it anywhere and everywhere you think people will see it.

Consider printing and posting your provincial and local connector templates here:

- Food Banks
- Laundromat
- Coffee shops
- Service partners
- Friendship Centre
- Public transit/covered bus stop
- Your office reception area
- Community college/university
- Churches
- Recreation Centres
- Shopping malls and complexes
- Schools
- Thrift Stores
- Shelters
- Washrooms in public parks
- Libraries
- Walk-in clinics

4. **Wellness Guide to Overcoming Isolation During COVID-19: Being Connected, Staying Connected, and Choosing Connection.**

Being alone and lonely is difficult enough, but stay-at-home orders and social distancing make it even more challenging to overcome such feelings and make connections. To help address these challenges, Advocates for Human Potential, Inc.'s (AHP) Human Potential Press, in collaboration with the Copeland Center for Wellness and Recovery, developed and is making available at no charge

A Toolkit for Connection



This new guide is designed to help you and those you support, maintain emotional wellness and whole health. The practical information and exercises offer a pathway to making and building connections and help you overcome feelings of isolation and loneliness.

Use this guide to help those you know at risk of isolation and loneliness create a plan to stay safe and connected to others during this time.

[Find the free digital download here.](#)

5. [FindSupport BC](#)

FindSupport BC is a website created and hosted by the Family Support Institute that connects families of persons with disabilities with the resources available to them. FindSupport BC has created a category called "Emergency Community Response" to help users locate the various resources and vital information that are currently in effect and being offered during the COVID-19 pandemic.

Print the FindSupport BC info postcard and post in your community.

https://familysupportbc.com/wp-content/uploads/Resource_FindSupportBC_Postcard.pdf

6. [My Community BC](#)

My Community BC is an online map built by citizens like you work together to strengthen opportunities for inclusion and connection in their communities. During COVID **myCommunity BC** has created a category called "Emergency Community Response" that highlights places in community that can help during the pandemic. Do you know about helpful resource or place in your community that needs to be added to the map? Please share myCommunity BC with others and add the inclusive resources in your community to the map.

Print the myCommunity BC info postcard and post in your community.

https://familysupportbc.com/wp-content/uploads/My-Community-BC-SINGLE.HR_.pdf

Postcards also available at local CLBC offices.

A Toolkit for Connection



7. **More** [Support and Connection Resources During COVID-19](#) - an online tool

This is a living on-line document that is continually updated and communicated on a regular basis on the CLBC website and in the biweekly CLBC COVID-19 Individual and Family Update. We would like to acknowledge that the resources listed here have been pulled from many different sources. Resources in this document are broken into the following categories.

Categories	Connection
	Mental Health
	Things to Do
	Tools and Resources

If You Have Other Tools to Recommend for the Toolkit for Connections please drop in email and/or sample CLBCInfo@gov.bc.ca Subject: Toolbox