



THE WEEKLY WRAP

Community Living Options

Issue 1



UPDATE FROM OUR CEO

MEL KUBISA

Hello everyone,

I hope you all managed to have a safe but lovely Easter break. My communication prior to Easter reinforced many of the actions we here at CLO have taken to address the COVID-19 pandemic and ensure we keep our clients and staff as safe as possible.

Our key actions in response to COVID-19 remain:

1. The COVID-19 plan to contain the virus and prevent the spread via: enhanced infection control and cleaning practices, key worker roles on site, infection control training, thermometers purchased, continued tracking of PPE supply (and we received some hand sanitiser this week!).
2. If our staff or clients present with flu like symptoms we will immediately seek medical opinion to assess if COVID-19 testing is applicable and the required self-isolation until results are back, from there we have plans to contain any further spread of the virus, and a key notification team who will respond immediately. I want to reassure you as families we do not have a 'no visitor' rule, we provide support in your son or daughters home therefore any visitors or restrictions to the site will include YOU in that decision making. We are encouraging less 'foot traffic' in people's homes and essential visits only, even our Coordinators are using technology to stay in touch (daily) and contactless deliveries from the office. We encourage everyone to stay away if unwell, this is to protect our vulnerable clients and the staff at the frontline there to support, while also protecting our community and minimise any potential spread.
3. We are building our casual workforce to support our frontline staff and to also support those people in SA who have lost work due to the pandemic.
4. WHS updates from our Quality, WHS/RTW Coordinator – Lyn. Lyn is actively updating us on Safe Work SA information and releases
5. Our HR team are providing updates on the Industrial conditions and CLO's response to workers in regards to self-isolating, as well as health and wellbeing tips and sessions. Stay tuned for our 'Employee Pulse Check' report due out this week.
6. We continue to support flexible work practices and working from home to ensure we can support our business sustainability in all critical business functions as the virus is monitored in SA.
7. Our teams have put some great work into work sheets, activity packs, mindfulness sessions, and Easter activities to keep everyone entertained during the isolating period.

At CLO we will continue to work with the federal and state governments and the requirements necessary to flatten the curve on the spread of COVID-19 in our community, our team undertake daily assessments of the information and developments that inform our decision making. Do not hesitate to contact our team if you are concerned, worried, isolated or have a question. We want to stay connected with you and ensure you are protected at this challenging time.

HOW TO COMMEMORATE OUR HEROES THIS ANZAC DAY



This year we have been asked to commemorate our heroes a little bit differently from what we are used to but we will still have the opportunity to show our respects to the servicemen and women on Anzac Day. This year, we have been asked to stand at the end of our driveways at 5:55am on April the 25th and share a minute's silence. This tribute promotes mate ship and a sense of community.

We would love to see our CLO team getting involved in this initiative, to show our respects and keep connected as a community. If you would like to share a 'driveway photo' of you standing at the end of your driveway, we would love to see them. Please send any photos through to Brittany.b.rutherford@clo.org.au



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MENTAL HEALTH AND WELLBEING DURING THE COVID-19 OUTBREAK



Source: Lifeline

The outbreak of the coronavirus COVID-19 has impacted people in varying ways on an international scale. It is understandable that during times like this, people may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus.

While it is important to stay informed, the following are some mental health and wellbeing tips and strategies to continue looking after ourselves and each other during these difficult times.

Some tips from Lifeline:

- **Manage your exposure to media coverage-** as this can increase feelings of fear and anxiety. Be mindful of sources of information and ensure you are accessing good quality and accurate information.
- **Follow a “calm yet cautious” approach-** do your best to remain calm and be mindful not to contribute to the widespread panic that can hinder efforts to positively manage the outbreak. Ensure you are following directives issued by the government, medical advice and observe good hygiene habits.
- **Show compassion and kindness to one another-** these times of fear, isolation (both physical and social) and uncertainty are when it is most important that we strengthen our sense of community by connecting with and supporting each other. Remind ourselves that we can manage this much better together in solidarity, and that COVID-19 doesn't discriminate – it can affect anyone regardless of age, gender, nationality or ethnicity.
- **Actively manage your wellbeing by maintaining routines where possible-** connect with family and friends (even if not in person), staying physically active, eating nutritious foods and seeking additional support by contacting Lifeline or further professional support as required.

Strategies to cope with social distancing, self-isolation or quarantine

Going into a period of social distancing, self-isolation or quarantine may feel daunting or overwhelming, and can contribute to feelings of helplessness and fear. In addition to the above, we encourage the following;

- **Perspective-** try to see this time as unique and different, not necessarily bad, even if it something you didn't necessarily choose
- **Connection-** think of creative ways to stay connected with others, including social media, email and phone
- **Be generous to others-** giving to others in times of need not only helps the recipient, it enhances your wellbeing too. Is there a way to help others around you?
- **Stay connected with your values-** Don't let fear or anxiety drive your interactions with others. We are all in this together!
- **Daily routine-** create a routine that prioritises things you enjoy and even things you have been meaning to do but haven't had enough time. Read that book, watch that show, take up that new hobby.
- **Try to see this as a new and unusual period that might even have some benefits.**
- **Limit your exposure to news and media-** Perhaps choose specific times of day when you will get updates, and ensure they are from reputable and reliable sources.

For more information, please follow this link:

<https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Hello Neighbour!

Through COVID-19,
we're here for you.

 Lifeline 13 11 14