

LEARNING TOGETHER



Specialized services at your fingertips

IN THIS ISSUE

Introduction

Hello and welcome to the first edition of our Specialized Services newsletter!

Over the last few weeks, the Specialized Services team has been planning creative ways to continue to provide services to families in the community, individuals in our care and the staff that support them.

We know that right now, there is a lot of talk about COVID-19 or the Coronavirus. There is so much information out there it is hard to determine what is important and where to find resources that will be meaningful for you. Our team is pulling together resources and information, in collaboration with our partners at ConnectAbility.ca to support people with disabilities and those that provide care for them.

In this newsletter you will find helpful guides, tools and videos you can use right now to support individuals during this exceptional time.

Starting today, and every Wednesday thereafter, you will find this newsletter in your inbox and on various media platforms.

We know that this time is challenging for everyone and so will be identifying new and unique ways to support you. Please provide us with feedback so we can ensure that we continue to meet your needs moving forward. We encourage you to share this newsletter with colleagues, families, friends, and individuals. Now is the time for us all to come together and connect, share ideas and learn from one another.

Covid-19 Social Stories

Social stories are used to describe situations or activities which can be challenging for an individual. This includes specific information of what to expect, when to expect it, and why. This is presented in a visual, auditory, and written manner which provides the reader more understanding of a previously difficult situation.

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Social stories can be used for developing skills, coping with changes to routines, developing self-esteem, and providing behavioural expectations and strategies.

[Click here for a social story on Covid-19.](#)

[Click her for a social story 'sick at home'](#)

[Click here for a social story 'Getting Tested'](#)

Activities at Home

We know it can be difficult to keep individuals busy while at home. ConnectAbility.ca has some great resources you can access to keep everyone busy and having fun. ConnectAbility provides access to educational activities, audio books, virtual museum tours, virtual roller coaster and escape rooms, and so much more!

See below for some additional activities you can do while at home:

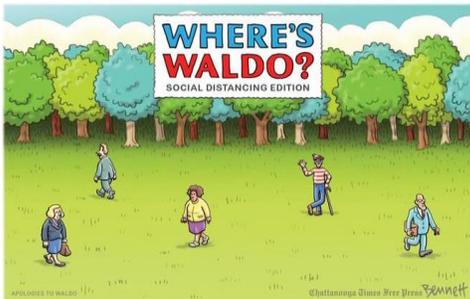
[Watch Rainbow Songs on YouTube](#)

[Lunchtime Doodles](#)

[Getting crafty at home](#)

ALTERNATIVES TO HANDSHAKES, HUGS, HIGH FIVES AND HONGI





Activity Schedules

Activity schedules use a series of pictures or words to communicate a sequence of activities or the steps of a specific activity. They are often used to help individuals understand daily events in their lives. Activity schedules can similarly aid in transitions from one activity to another. The choice to use pictures or words will depend on the ability of the individual.



[Click this link to learn more.](#)

[Visit ConnectAbility.ca to create your own visuals.](#)

There are many ways you can create your activity schedules. You can be as creative as you want!

[Click this link to learn how to create your own flip schedule.](#)

How to Use A Schedule

1. Set up activity schedule everyday
2. Separate what visuals are available for the day (e.g., activities and outings).
3. You can offer choices by presenting two activity options and placing the activity that was chosen on the board.
4. Review the schedule with the individual
5. Use First-Then instruction to transition throughout the schedule (e.g., First shower, Then breakfast).
6. Once the activity is completed, remove the visual from board.
7. Continue these steps (4-6) until the end of the schedule.

Tips & Tricks for Creating Your Own Schedule

There are some important elements that should be included when creating an activity schedule:

- Ensure you are always using the same word or phrase to describe each step (there needs to be consistency in the language used to aid in learning)
- Point to the picture when reading
- Each picture should be removed or turned over to represent it being “finished”



Hand Washing 101

You can help yourself and those around you to stay healthy by washing your hands often, with soap and water for at least 20 seconds. It is important to wash your hands when:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone who is sick
- **After** using the toilet
- **After** assisting another person to use the toilet / change diaper
- **After** blowing your nose, coughing, and or sneezing
- **After** touching garbage
- **After** touching high traffic surfaces e.g. doorknobs, counter tops, handrails etc.
- **After** returning home from being out in the community

Follow these five steps to wash your hands the right way:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

[Click here to watch a video on how to properly wash your hands.](#)

