

9 July 2020

Dear people we support and families,

Today, we're ready to introduce [Lessening Restrictions – Phase 3](#).

Our Lessening Restrictions Committee has been hard at work, discussing the different ways our services can move forward, while still ensuring the safety and good health of the people we support, their families, and our staff.

In Phase 3, you will find that our focus is on banking, haircuts and foot care.

As of today, July 9th, the people we support can begin booking appointments again, for haircuts, foot care, and banking in person (an appointment is not always necessary).

This adds to our Lessening Restrictions – Phase 2, which focused on re-introducing going for drives in CLGW vehicles, for the people we support.

We think this is just one of many important phases to come, that addresses personal care, choice, and autonomy for the people we support.

If you have any questions or concerns, please connect with your residence's supervisor.

A few weeks back, we reported to you that two Direct Support Professionals, and two people we support had tested positive for COVID-19. Today, we're happy to report that all of these positive cases have been resolved, and that the residence is no longer required to self-isolate. Both Direct Support Professionals are returning to work this week. This team has been very resilient through this time. They worked collaboratively and thoughtfully to ensure everyone's safety and wellbeing.

Also, a family member shared with us a resource that we think might be helpful to have! CAMH has created a Self-help Booklet Series for people with developmental disabilities, that can be used with the support family members, friends, staff and health care professionals. Each booklet comes with a how-to guide, and the booklets are intended to encourage conversations about feelings and making plans for staying well during COVID-19. Some of the booklets address an introduction to COVID-19, feeling anxious, feeling down, getting active, and having a good night's sleep, amongst others.

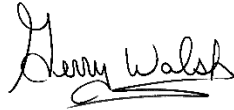
We hope that you will find these helpful: <https://www.camh.ca/en/health-info/mental-health-and-covid-19/faq-and-resources/self-help-booklet-series>

We will continue to keep you informed of any new developments, and you can read the latest at: clgw.ca/covid19

Regards,



Laura Hanley
Executive Director



Gerry Walsh
Board President