

# Lessening Restrictions – Phase 4

Community Living Guelph Wellington is taking steps to lessen COVID-19 restrictions for the people we support, their families and our staff.

These steps will come in phases. Each phase will be reviewed by Wellington-Dufferin-Guelph Public Health, before putting into action, in an effort to ensure good health and safety for all involved.

[In Phase 1](#), we released guidelines to support pre-arranged, scheduled, outdoor family visits. These visits began as of June 18, 2020.

[In Phase 2](#), we released guidelines for going for a drive in a Community Living Guelph Wellington Vehicle. Drives began as of July 3, 2020.

[In Phase 3](#), we will be focusing on guidelines for banking, haircuts and foot care. These activities began as of July 9, 2020.

In Phase 4, we will be focusing on short-stay absences, and essential overnight absences. These activities can begin again as of September 10, 2020.

## Guidelines for Short-Stay Absences and Essential Overnight Absences

For the people we support to safely resume these activities, it will be important to understand that these absences need to be guided by the following principles: safety, emotional well-being, equitable access and flexibility.

If a residence is currently experiencing an outbreak, that residence will have absences suspended. If someone is staying with their family at the time of the outbreak, they will be expected to remain with their family until the outbreak ends.

Safety guidelines for short-stay and essential overnight absences will be progressive. As our community successfully adjusts to other restrictions being lessened, we will implement more flexibility and creativity. For the time being, these guidelines may seem a little more restrictive. We continue to keep in mind that should just one person in a residence become ill, everyone who lives and works at the residence is impacted, as well as their families, friends, and the people who matter most to them.

Should someone living in the residence be awaiting test results, and effectively self-isolating, other people supported within the residence may participate in Short-Stay Absences and Essential Overnight Absences.

## Going out with purpose – Short-Stay Absences

Going to school, work, volunteering (if it's available), attending private day programs, having a coffee or a meal in a restaurant with a friend or with family, and other activities are available again for the people we support. Given that Wellington County and Guelph are in [Stage 3 of Re-Opening Ontario](#), the people we support may safely resume some of the things they enjoyed doing before COVID-19. However, some activities may still not be available due to closures or the high-risk nature of the activity.

To participate in **Going out with purpose – Short-Stay Absences**, the following safety guidelines are in place:

- All people involved are expected to follow Wellington Dufferin Guelph Public Health safety guidelines.
  - This includes, but is not limited to: wearing a mask, frequent hand hygiene, physical distancing, and limiting the number of people involved in an activity.
- People supported by CLGW and staff are expected to follow CLGW's safety guidelines, outlined in each Lessening Restrictions document.
- People supported by CLGW and staff are expected to follow any Ministry of Children, Community and Social Services safety guidelines.
- People supported by CLGW and staff are expected to follow any safety guidelines put into place by the establishment they are visiting, or the activity they are participating in.
- Short-Stay Absences are pre-arranged and scheduled, using the same process included in [Lessening Restrictions – Phase 1](#). When families are arranging a Short-Stay Absence, they will be screened using [SA38 Visitor Guidelines](#).
- Staff will provide transportation, as resources allow, to and from the activity.
  - Family may also provide transportation, and will be expected to [follow vehicle disinfecting protocols](#).
    - Those in the vehicle when making a pickup/drop-off will be expected to complete an active screening.
    - The person supported will be expected to sit as far away from others, while in the vehicle, as possible. Only one person should be seated in each row of seating in a vehicle. All vehicle occupants will need to wear a mask. If the person supported cannot wear a mask, they will have to be transported alone.
  - Public transportation, including buses and other communal vehicles are not recommended at this time, as they present a possible higher risk of infection.
  - Taxis may be used in the event that no other private transportation can be arranged.
- People supported must pass an active screening upon leaving and returning from going out.
  - This is in addition to the twice-daily screening and temperature check that occurs in each of our residences.
- People supported will thoroughly wash their hands upon leaving, and returning, to the residence.

- People supported will wear a mask whenever entering indoor spaces, and are encouraged to wear their mask while outdoors.
  - Masks should only be removed to eat or drink, and then immediately put back on afterwards.
- People supported will have to maintain good physical distancing (6ft or 2m of distance from others).
- People supported will be expected to employ good hand hygiene anytime they touch objects or surfaces, or are potentially touched by someone else. This may be hand washing or the use of sanitizer.
- Staff will work with the establishment, organizer, family or friend to determine if the number of people attending/participating can be kept as low as possible for the safety of everyone involved.
  - As much as possible, crowded spaces should be avoided.
- Should someone need support beyond going to and coming back from their Short-Stay Absence, this will be evaluated on a case-by-case basis to ensure that everyone involved has an appropriate level of support. This may require some creative problem solving, or deferring some activities until more support can be made available.

### Essential Overnight Absences

Visiting a family home for an overnight or weekend visit is available again for the people we support. These visits can be essential to the mental health and wellbeing of the people we support.

Each overnight absence will be looked at on a case by case basis to identify any areas of concern, and to make sure that the person supported, the residence, and the family have the resources available to have a successful visit.

To participate in **Essential Overnight Absences**, the following safety guidelines are in place:

- Family may provide transportation to and from the overnight visit, and will be expected to [follow vehicle disinfecting protocols](#).
  - Those in the vehicle when making a pickup/drop-off will be expected to complete an active screening.
  - The person supported will be expected to sit as far away from others, while in the vehicle, as possible. Only one person should be seated in each row of seating in a vehicle. All vehicle occupants will need to wear a mask. If the person supported cannot wear a mask, they will have to be transported alone.
- Staff may also support transportation, as resources allow, to and from the overnight visit.

- Public transportation, including buses and other communal vehicles are not recommended at this time, as they present a possible higher risk of infection.
- Taxis may be used in the event that no other private transportation can be arranged.
- Essential Overnight Absences are pre-arranged and scheduled, using the same process included in [Lessening Restrictions – Phase 1](#). When families are arranging an Essential Overnight Absence, they will be screened using [SA38 Visitor Guidelines](#).
- People supported will follow **Enhanced Precautions** for 14-days following the overnight visit. This includes:
  - Passing an active screening upon returning from the overnight visit.
  - Outdoor visitors **only** for during the Enhanced Precautions period of 14-days.
  - Frequent monitoring of symptoms, in addition to the twice-daily screening and temperature check.
  - Decreased use of common areas, and use of a mask whenever frequenting a common area in the residence.
  - Limiting contact with other people living in the residences.
  - Physical distancing must be maintained if participating in any group activity.
  - Frequent hand hygiene practices.
  - Follows good respiratory etiquette (coughing/sneezing into bent elbow, wearing a mask).

The 14-day **Enhanced Precautions** is not a self-isolation. The person supported may leave the residence. If it is for a Short-Stay Absence (such as work, volunteering, a private day-program, etc.), the 14-day time period will not restart. However, should the person supported do another overnight visit away from the residence, their 14-day Enhanced Precautions will restart at day one, upon their return.