

Search

Search

FR



CANADIAN ASSOCIATION
FOR COMMUNITY LIVING
ASSOCIATION CANADIENNE POUR
L'INTÉGRATION COMMUNAUTAIRE

Diversity includes. On se ressemble.

#COVIDdisability: Disability-Related Resources for Families

CACL knows that the implications of COVID-19 for people with intellectual disabilities and their families are significant. Many of us are facing increased levels of anxiety. Personal isolation and “social distancing” may separate us from friends, family, regular health care, or support systems and services. Our carefully established routines for loved ones with a disability may be disrupted. These are not small issues, and we are committed to ensuring people with intellectual disabilities and their families have access to important information that is accessible.

CACL will be sharing disability-related resources related to the COVID-19 pandemic on this page, pulled together in one spot for families. We will be adding to it as trustworthy resources are developed. Let's also be sure to stay connected to each other in new ways. When you find reliable information or practices that may help other families, share it! And to be sure we see it, use **#COVIDdisability**.

Trusted COVID-19 Information

Avoid speculation and rely only on information provided by public health authorities to make important decisions that affect your family and loved ones. Some trusted sources of information include:

- [Public Health Agency of Canada](#)
- [World Health Organization \(WHO\)](#)
- [Local public health units](#)

Plain Language Information

- The Green Mountain Self-Advocates have developed a [plain language guide for self-advocates](#) and their support staff.
- Our friends at People First of Canada have developed a [plain language information sheet](#) for self-advocates, based on Public Health Canada's recommendations.
- Surrey Place also has produced an [Easy Read guide](#).

COVID-19 and Discrimination

COVID-19 has potentially disproportionate impacts on vulnerable groups, including people with disabilities, Indigenous and racialized peoples, older people living alone or in institutions, and low-income communities. Many of these vulnerable groups are more likely to have limited access to safe and inclusive housing, childcare, transportation, and secure employment.

People with disabilities also have higher incidences of chronic or co-occurring health conditions. Discrimination, including harassment against any persons or communities related to COVID-19, is prohibited when it involves a ground under the Human Rights Code, in the areas of services, housing, and employment, among others.

- The Ontario Human Rights Commission has released an [information resource on discrimination and COVID-19](#).

Information for Caregivers

- The Ontario Caregiver Organization has [information on precautions for caregivers](#) and a [tip sheet for caregiver mental health](#).
- The National Organization for FASD has developed a [Stay At Home Guide](#) for children with FASD that is a fun resource for all those whose daily routines may be disrupted.

COVID-19 and Mental Health

- We encourage you to look out for those around you and check in on someone if you notice significant attitude or behavioural shifts. If you do see significant changes and are worried about someone you love, [Be There](#) provides information on how to start a conversation and give support.

Stay tuned and check back as we add more accessible resources and information from trustworthy sources for families and self-advocates. We invite you to share your finds with us online using #COVIDdisability.

Please note: As a national office with staff across the country, the CACL team already works largely in a virtual capacity. CACL is following the advice of Public Health Canada and has postponed in-person staff meetings and related travel, and staff with caregiver responsibilities are working flexible schedules to accommodate COVID-19 related closures. Our full operations continue, so please feel free to connect with us [online](#) or by [phone](#).

Share this

[Twitter](#)

[Facebook](#)

Who We Are

[About Us](#)

[Our Federation](#)

[Meet Our Board](#)

[Meet Our Staff](#)

[Our Mandate](#)

What We Do

[Income Security](#)

[Safeguards in Medical Assistance in Dying](#)

[Employment](#)

[Legal Capacity](#)

[Support To Families](#)

[Safe & Inclusive Communities](#)

[Inclusive Education](#)

[Past Work](#)

Take Action

[Donate Now](#)

[Leave a Legacy](#)

[Corporate Sponsorship](#)

[Become an Ambassador](#)

[CACL Foundation](#)

Resources

[Position Statements](#)

[Newsletters & Annual Reports](#)

News

Our Stories

[Media & Press Releases](#)

[Accessibility](#)

[Privacy Policy](#)

[Contact Us](#)

READY
WILLING
& ABLE



Institutes for Research and Development on Inclusion and Society
Les instituts de recherche et de développement sur l'intégration et la société

©2017 Canadian Association for
Community Living & its licensors.

Charity registration number 10684 2545
RR0001 All rights reserved.