

Caregiver Resources and Guidance
Caregivers, this is for you!
Coronavirus (COVID-19) Pandemic Response

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Introduction

Being a kinship or foster caregiver can be stressful and with the addition of COVID-19 there is so much more you are managing. You may be missing spending time with the people who are important to you, or have someone in your household who tests positive for COVID-19 and has to isolate. The children in your care might have to temporarily stay home from school or do at home learning. You may also be experiencing job loss or other additional hardships that are affecting your family. Whatever you are managing, please know that you are not alone and this resource was created for you! It provides guidance and many resources to support your wellness as well as caring for the children and youth in your care.

Remember if you are struggling it is important to reach out to your case team and your support network.

Please note that some of the guidance and resources listed below may change without notice. For the most up to date information on COVID-19 guidelines visit:

- <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Caregiver Wellness

Caregiver Health

Immediately notify the child's caseworker and your kinship or foster care support worker if you have COVID-19 symptoms and have travelled outside Canada; or were exposed to someone who has confirmed COVID-19; remain home for 14 days and call Health Link 8-1-1 for instructions.

- Consider signing up for [My Health Records](#) it will give you online access to your personal health records including: immunizations, medications and lab results including COVID-19.
 - To set up My Health Records got to: <https://myhealth.alberta.ca/MyHealthRecords>
 - Create a MyAlberta Digital ID
 - This is started online and then a verification code will be mailed to you. It will take up to 10 days to receive the verification code.
 - Once you have the verification code, you can finish the online process and will then have a verified MyAlberta Digital ID and access to your health records.
- [COVID-19 Personal Risk Severity Assessment](#)
 - Use this tool to assess your risk of experiencing severe health outcomes if you get COVID-19.
 - Anyone can be infected with COVID-19, and anyone can experience severe outcomes (hospitalization, ICU admission or death). Your risk level (low, medium, high) shows your likelihood of having a severe outcome if you get it, based on current data and knowledge of the virus. Everyone should take steps to [prevent getting and spreading COVID-19](#). [COVID-19 Personal Risk Severity Assessment](#), will assist you with identifying your risk level and provide additional measures you can take.
 - Visit this link for more details: <https://www.alberta.ca/lookup/COVID-19-personal-risk-severity-assessment.aspx>
- If you are experiencing symptoms of COVID-19 and are planning to go to the hospital or clinic, call ahead to notify them of potential risk.
- Prescriptions - Does your pharmacy deliver? Can someone from your support network pick up your prescriptions?
 - Some pharmacies may still be opening early or staying open later for seniors or customers who need assistance to decrease exposure risk. Contact your local pharmacy for further details.

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Caregiver Mental Health

- Mental Health Support Dial 2-1-1
- The Psychologists' Association of Alberta would like to help those Albertan's who are experiencing distress due to the COVID-19 Pandemic. The Disaster Response Network members are offering pro-bono **(free) psychological services** with priority for health care providers and first responders traumatized by recent events. This is not a crisis line or a referral service but pro-bono support by volunteer psychologists of 1-3 sessions for those in need.
<https://psychologistsassociation.ab.ca/about-paa/disaster-response-network/>
- [Wellness Together Canada](#). The COVID-19 pandemic has us all living in constantly changing times. 24/7 Covid-19 Support Line and free counselling for mental health and addictions. **1866 585-0445** Website includes a number of downloadable PDF resources as well as self-directed e-courses for your use. <https://homewoodhealth.com/corporate/covid-19-resources>
This is a partnership between Federal Government and Homewood Health.
- [How to smudge: Burning sage](#) **CBC News**: How do you smudge? Why do you smudge? Questions answered by knowledge keeper Debra Courchene.
<https://youtu.be/6fIMumk2cnA>
- [COVID-19 and Your Mental Health](#) **Alberta Health Services, Addiction and Mental Health**: Provides helpful tips and resources for mental and emotional preparedness.
<https://www.albertahealthservices.ca/amh/amh.aspx>
- [How to Stay Emotionally Healthy During the Coronavirus Outbreak](#) **Psychology Today**: Techniques for managing stress and anxiety over the outbreak.
<https://www.psychologytoday.com/ca/blog/hope-resilience/202003/how-stay-emotionally-healthy-during-the-coronavirus-outbreak>
- [How to Manage Your Mental Health During Self-Isolation](#) **Independent News**: Ways to ensure you safeguard your emotional and mental wellbeing during a potentially extended period of being alone.
<https://www.independent.co.uk/life-style/health-and-families/coronavirus-mental-health-self-isolate-how-to-manage-quarantine-a9404431.html>
- [How to Lead with Mental Health in Mind During the Coronavirus Pandemic](#) **Forbes**: Five ways to start support employee mental health during the coronavirus pandemic.
<https://www.forbes.com/sites/mindsharepartners/2020/03/19/how-to-lead-with-mental-health-in-mind-during-the-coronavirus-pandemic/#17555d12f356>

News Articles

- [‘Social distancing’ is a misnomer: we should be physically distancing, but remain as social as ever](#) **The Globe and Mail**
<https://www.theglobeandmail.com/opinion/article-social-distancing-is-a-misnomer-we-should-be-physically-distancing/>
- [It's Okay to Be a Different Kind of Parent During the Pandemic](#) **The Atlantic**
<https://www.theatlantic.com/family/archive/2020/04/what-losing-my-husband-taught-me-about-pandemic-parenting/609607/>
- [Being a Parent Has Made My Pandemic Life Simpler, If You Can Believe It](#) **The Atlantic**
<https://www.theatlantic.com/family/archive/2020/05/parenting-makes-pandemic-life-better-not-worse/611110/>

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Webinars

- [The Impact of the Pandemic on Mental Health Web Series](#) **CASA: Child Adolescent and Family Mental Health**: Information on practicing self-care, parenting, youth perspectives, trauma and addictions during the pandemic.
<https://www.casaservices.org/web-series>
- [The Art of Us: Love, Loss, Loneliness, and a Pinch of Humor Under Lockdown](#) **Ester Perel**: YouTube series recording of four live workshops covering how we engage with the new normal from a relational perspective.
<https://www.youtube.com/playlist?list=PL-vH9r-QDUXP3u0bHXHU3MaW2YVeqqL28>
- [Talking to your Child about COVID-19](#) **Morneau Shepell**: How to demystify fear, stress and anxiety during COVID-19.
<https://www.morneaushepell.com/ca-en/talking-your-children-about-covid-19>
- [Supporting Children During Covid-19](#) **Crisis & Trauma Resource Institute**: This webinar explores stress in children and youth as well as key factors for fostering their resilience. Viewers will learn strategies to help support children's attachment relationships and their physical and emotional well-being, along with strategies to cope with grief and loss.
<https://ca.ctrinstitute.com/>

E-Courses

- [Helping Families with Children and Youth Build Resilience in the Era of COVID-19](#) **The Community Technical Assistance Center of New York (CTAC) and the Managed Care Technical Assistance Center of New York (MCTAC)**: A review of the human stress response as it applies to COVID-19 and offer strategies and tips on how to communicate with children and youth.
- [Providing Services Telephonically: Tips for Family and Youth Peer Support Providers](#) **The Community Technical Assistance Center of New York (CTAC) and the Managed Care Technical Assistance Center of New York (MCTAC)**: Thoughts and best practice tips on: important steps to prepare staff, engaging participants, setting healthy boundaries, and working in a way that is consistent with the core principles of peer services.

Podcasts

- [A Social Prescription: Why Human Connection Is Crucial To Our Health](#) **National Public Radio**: Discussion about how to mitigate loneliness
- [How to Enjoy Working From Home](#) **How To! With Charles Duhigg** A workplace design guru tackles a listener's

COVID-19 and Family Based Care

Caregiver families are subject to the same health and safety guidelines provided for all community members. It is important that you continue to monitor Alberta Health, Alberta Health Services and municipal guidelines to ensure you are following the most up to date provincial public health orders and safety measures in your community.

[Where can you access accurate and up to date information about COVID-19?](#)

Learn about the novel coronavirus (COVID-19) and actions being taken to protect the health of Albertans.

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- Government of Alberta
<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>
- Alberta Health Services Information about COVID-19 for Albertans
<https://www.albertahealthservices.ca/topics/Page16997.aspx>

Information below compiled from Government of Alberta, Alberta Health Services and Government of Canada. As new information is learned, daily guidance may change and it is best to check with the above websites with the most up to date information.

What you can do to Prevent the Spread

Practicing good hand hygiene (hand washing and sanitizer) and Physical distancing (2 m. /6 ft. apart) are the two best ways to [prevent the spread of COVID-19](#)

Other ways to prevent the spread are:

- Cover coughs and sneezes with your elbow or shoulder
- Avoid touching your face
- Clean household items and sanitize hard surfaces (door handles, phones, bedside tables, countertops, electronics, toilets, handrails, TV remotes)
- Follow the Universal Precautions contained in the Kinship Care and Foster Care Handbooks.

Non-Medical Face Coverings

Face coverings, such as homemade cloth masks, protect *others* by helping to keep your airborne droplets from spreading to other people or surfaces. Wearing one may also help stop you from touching your nose and mouth. Use face coverings *in addition* to the above-listed prevention steps.

(See: [Guidance for Wearing Non-medical Masks](#))

Infants under 2 years of age, those with breathing difficulties such as asthma, or those who cannot remove the mask on their own are NOT to wear masks or face coverings.

Wear a face covering in public places to help limit the risk of spread to others if you will be within 2 metres of people other than members of your own household.

- Wearing a reusable non-medical face covering:
 - Wash your hands immediately
 - before putting it on,
 - before taking it off, and
 - after taking it off
 - Only use the elastics or ties to put it on and avoid moving or adjusting it
 - It should fit well (non-gaping)
 - Do not share it with others
 - You may want to carry a bag with several clean masks, as they should be worn for a short time
 - As well, carry a plastic bag to safely store used masks in until they can be washed at home.

Face coverings and masks easily become contaminated on the outside or when touched by your hands. Cloth masks can be laundered with other items using a hot cycle and then dried thoroughly.

- When wearing a mask:
 - Avoid touching your face mask while using it
 - Continue practicing good hand hygiene
 - Change a cloth mask as soon as it gets damp or soiled

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- Put it directly into the washing machine or a bag that can be emptied into the washing machine and then the bag disposed of
- Disposable masks or face coverings that cannot be washed should be discarded and replaced as soon as they get damp, soiled or crumpled. Properly dispose of masks in a lined garbage bin.

Face coverings and masks alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical (social) distancing

Monitor for Symptoms

Continue to monitor for COVID-19 symptoms in yourself and those in your household.

For a list of [COVID-19 symptoms](#) go to <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>

- Adults over 18 should stay home and [get tested](#) if they have any COVID-19 symptom.
- Children under 18 should refer to the [daily screening checklist for instructions](#).

COVID-19 testing is available to all Albertans with symptoms, close contacts of confirmed cases and those linked to an outbreak. If a you or a member of your household has any symptoms listed above [take the COVID-19 self-assessment](#) or [call Health Link 811](#) to arrange testing.

Follow instructions and update the caseworker as well as your foster or kinship support worker of any next steps directed or recommended by AHS. If isolation is required, follow AHS direction as set out below.

Prepare for Isolation

- Choose a room in your home you can use to separate sick household members from healthy ones.
- Choose a separate bathroom for sick individuals to use, if possible.
- Plan to clean these rooms as needed when someone is sick.
- Have [72 hours' worth of food and supplies at home](#). We do not recommend stockpiling goods.

Mandatory Isolation in the Home

Albertans are legally required to isolate for **14 days** if they recently returned from international travel **or** are a close contact of someone with COVID-19 **or** tested negative and have known exposure to COVID-19.

Albertans are legally required under Public Health Order to isolate for:

- 10 days if they have any core COVID-19 symptoms that is not related to a pre-existing illness or health condition **or** if they test positive for COVID-19 (10 days or until symptoms resolve, whichever is longer).

Isolation means:

- Stay home – do not leave your home or attend work, school, social events or any other public gatherings.
- Avoid close contact with people in your household, especially seniors and people with chronic conditions or compromised immune systems.
- You are prohibited from taking public transportation like buses, taxis or ride-sharing.
- Do not go outside for a walk through your neighbourhood or park. This includes children in mandatory isolation.
- You can get fresh air in your backyard, if you have one, but you must remain on private property not accessible by others.

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- If you live in an apartment building or high-rise, you must stay inside and cannot use the elevators or stairwells to go outside. If your balcony is private and at least 2 metres away from your closest neighbour's, you may go outside on the balcony.

There are exemptions to this for COVID-19 testing and emergency care. This directive is consistent with the new federal requirements under the *Quarantine Act*.

As well, you should:

- Use delivery or pick-up services for errands like grocery shopping.
- Ask friends or family to drop off food, medicine and other supplies.
- Not share household items like dishes, drinking glasses, cups, eating utensils, towels and pillows.
- After using these items, wash them thoroughly with soap and water, place in the dishwasher for cleaning, or wash in the washing machine.
- Regularly clean and disinfect frequently touched surfaces such as doorknobs and counters.
- Wash your hands often with soap and water thoroughly for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty.
- Not touch your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze.
- Throw used tissues in the garbage and immediately wash your hands with soap and water for at least 20 seconds.

How to Care for a COVID-19 Patient at Home

- *Limit contact*
 - Only one healthy person should provide care
 - Do not share personal items with the ill person (toothbrushes, towels, bed linin, utensils or electronic devices)
 - Use a separate bathroom from the ill person if possible
 - If not possible, the ill person should put the toilet lid down before flushing
 - Try to ensure that the ill person has a designated bedroom and bathroom, if at all possible
- *Protect yourself*
 - If possible, people who are at higher risk of serious illness from COVID-19 should not care for someone with COVID-19.
 - These people include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems
 - Maintain physical distance from the ill individual, as much as possible.
 - If you need to be within 2 metres of the ill person, wear a mask, disposable gloves and eye protection.
 - Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.
 - Do not re-use masks or gloves.
 - Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing gloves, masks and eye protection.
 - Dry your hands with disposable paper towels.
 - If not available, use a reusable towel and replace it when it becomes wet.
 - You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
 - Avoid touching your eyes, nose and mouth with unwashed hands.
- *Keep your environment clean*
 - Place used masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.

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- Place possibly contaminated laundry into a container with a plastic liner and do not shake.
 - Wash with regular laundry soap and hot water (60-90°C), and dry well.
 - Clothing and linens belonging to the ill person can be washed with other laundry.
- At least once daily, use household disinfectants or diluted bleach (1 part bleach and 9 parts water) to clean and disinfect surfaces that people touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes).
 - Clean touch screens with 70% alcohol wipes.

Government of Canada [suggested supplies](#) for the home when caring for a person with COVID-19:

- Medical mask, or if not available, a non-medical mask or face covering for COVID -19 case and caregiver in the home.
- Disposable gloves, eye protection, thermometer
- Fever-reducing medications
- Hand soap and alcohol based hand sanitizer containing at least 60% alcohol.
- Tissues
- Waste container with plastic liner, regular household cleaning products, regular laundry soap, dish soap and disposable paper towels
- Approved hard-surface disinfectants that have a Drug Identification Number (DIN) or if an approved hard surface disinfectant is not available, bleach containing 5 % sodium hypochlorite, and a container for dilution and alcohol (70%) prep wipes or cleaners suitable for cleaning high- touch electronics (e.g., phones)

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/how-to-care-for-person-with-covid-19-at-home-advice-for-caregivers.html>

Medical Personal Protective Equipment (PPE)

Medical Personal Protective Equipment (PPE) can mean gloves, medical masks of various types, eye protection and sometimes gowns.

When PPE is determined to be necessary because of a confirmed case of COVID-19, not all PPE items may be required (See: [Modified PPE outside of Healthcare Facilities](#)). PPE needs are determined by the task that is being performed. As noted above under “Protect Yourself”, if you need to be within 2 metres of the ill person wear a *medical mask*, *disposable gloves* and *eye protection*. Gowns are not recommended when clothing contamination is unlikely. Contact Health Link 811 if you are unsure if, or which, PPEs are required.

- ***Medical masks are recommended for COVID-19 patients in the home and for protection for those providing direct care to COVID-19 patients at home.*** If medical masks are not available, non-medical masks or face coverings (i.e. constructed to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) can be worn by the ill person, if tolerable. This will cover their mouth and nose, and may prevent respiratory droplets from contaminating others or landing on surfaces.
- A non-medical mask or face covering may also be worn by those providing direct care to COVID-19 patients at home. However, wearing a non-medical mask or facial covering in the community has not been proven to protect the person wearing it.
- Strict hygiene and public health measures, including frequent hand washing and maintaining a physical distance of at least 2 metres from the ill person, will reduce the chance of being exposed to the virus.

Agencies and regions do have a process to acquire PPE for caregivers if it is determined it is necessary in cases of *confirmed* COVID-19. Your support worker will help you plan what items you need and the quantity of each item. They will also assist you to access AHS guidelines on how the PPE should be worn

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– both how to put it on and take it off correctly and to dispose of it so that you do not put yourself or others at risk of contamination (see link below).

[See Appendix below for graphic: “Do I Need Personal Protective Equipment?”](#)

Helpful Links

- COVID-19: How to use a non-medical mask: Dr. Deena Hinshaw, chief medical officer of health, provides step-by-step instructions for putting on, wearing, taking off and disposing of a non-medical mask.
<https://youtu.be/6MojzHFStNs>
- COVID-19: Choosing the right non-medical mask for wearing in public: Dr. Deena Hinshaw, chief medical officer of health, talks about what to look for in a non-medical mask and shares some dos and don'ts of wearing them
https://youtu.be/J_hds5pOdyU
- Build an emergency kit: Information on what to have on hand, including supplies for 14 days and checklists for your pets, farm animals, vehicles as well as special items (pregnancy, disabilities, allergies, chronic conditions)
<https://www.alberta.ca/build-an-emergency-kit.aspx>
- How to care for a COVID-19 patient at home: <https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-patient-at-home.pdf>
- Self-Assessment Tool to help determine whether to be tested:
<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>
- Self-isolation Information Sheet:
<https://open.alberta.ca/dataset/44e7c639-7bb6-4bb4-9138-1abf5c56a7b8/resource/91cd86ac-7eaf-4376-9f9a-0b600a9af2fa/download/health-self-isolation-information-sheet.pdf>
- Visit ahs.ca/covid to take a [self-assessment](#) to determine whether you should be tested for COVID-19.
- How to isolate at home when you may have COVID-19
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html>
- Government of Canada's public service announcements about COVID-19 are available in Indigenous languages.
Public Service Announcements: <https://www.sacisc.gc.ca/eng/1583781906998/1583781926813>

Planning for your family

Your family has been impacted by COVID-19. You are most likely trying to figure out a plan for your household as you consider how you are going to manage without knowing what the future holds. These are stressful times but it is important for you to know **you are not alone**. Your child's caseworker and your kinship or foster care support worker are available to answer questions and help you complete a COVID-19 Caregiver Preparedness Plan and now is the time to rely on your support network.

Question: How will you manage if?

- You are not able to go out into the community due to concerns about your age or health concerns that put you or a member of your household at greater risk of infection.
- You or a member of your household has to self-isolate.
- You or someone in your household becomes sick.

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Answer: COVID-19 Caregiver Preparedness Plan

It is essential to follow **preventative measures**, avoid contact with others who have COVID-19 symptoms and have travelled outside Canada; or were exposed to someone who has confirmed COVID-19. COVID-19 has created a unique situation. Sometimes it is hard to ask for help but this is a time for people to come together and support one another. If there are needs that cannot be met by your support network or you do not have anyone to ask for help contact the child's caseworker and your kinship or foster care support worker. They can help you with building a network to help develop a plan that works for your family.

Building your plan with your support network:

- Set up a time to connect with household members and your support network to discuss what the needs of your household are.
Your **support network** includes but is not limited to your child's caseworker, your kinship or foster care support worker, other professionals, relatives, friends, local caregiver support groups, spiritual and cultural communities.
- Create a calendar and plan for immediate **AND** future needs.
- Here are some examples of how your support network can help you:
 - Pick up groceries, prescriptions, household items and help with chores
 - Provide you with a break/relief/child care
 - Assist with errands such as a vehicle repair or if you have a personal appointment
 - Share resources
 - Provide a mental health break – someone to talk to during this stressful time

REMEMBER to *immediately* contact your support worker and the child's caseworker to confirm the next steps needed if you need to put the Plan into effect.

Caring for the Children in your Home

It seems like almost everywhere you turn the focus is on COVID-19. You are not alone as families attempt to navigate all the information about COVID-19 and try to plan for the unknown. Information keeps changing and it is hard to keep up. The world around us can feel scary for adults and children. It is important to reach out if you are struggling and be aware of how the children/youth in your home are coping.

The Alberta Foster and Kinship Association (AFKA) provides a variety of supports and services to Alberta's Foster and Kinship Caregivers. For support during office hours, 8:15 am – 4:30 pm Monday to Friday, call 1-800-667-2372.

For support 24/7, access their "Request for One-on-One Support" online form at:

<https://www.afkaonline.ca/general/request-for-one-on-one-support/>

Questions or concerns can also be addressed through a message submission on the AFKA's Facebook Page:

(Facebook) @Albertafosterandkinshipassociation

Caregiver support programs, resources and other contact information can be found on their webpage:

<https://www.afkaonline.ca/>

If you need support that is more urgent contact your support worker and child's caseworker. If it is after regular business hours call Children's Services Crisis Line. You will be prompted to press 1 if you are calling from Red Deer or south of Red Deer, and to press 2 if you are calling from north of Red Deer.

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- **Children's Services Crisis Line** 1-800-638-0715
- AHS: Help in Tough Times
<https://www.albertahealthservices.ca/amh/Page16759.aspx>
- Kids Help Phone (24/7): Now offering support to all people from care of ANY AGE across Canada
1.800.668.6868, plus text, messaging available
<https://kidshelpphone.ca/>
Resources Around Me: a resources map for young people across Canada
- **First Nations and Inuit Hope for Wellness Line** (24/7): Culturally competent phone counseling and crisis intervention available in English, French, Cree, Ojibway, Inuktitut: 1-855-242-3310

Caregiving During The Pandemic

- **Safe Internet and Social Media Use** - There has been a rise in internet use for children due to increased accessibility for educational purposes. This has also increased access to social media and gaming platforms. You are reminded to have conversations with your support worker, the child's caseworker and children in your home about safe internet use. All safety issues need to be discussed including; where internet access will occur, how it will occur and how you will monitor it. See the Kinship Care Handbook and Foster Care Handbook for more information on social media use and internet safety links.
- **Safety First: Let's protect our children from ingesting hand sanitizer**
<https://www.fnha.ca/about/news-and-events/news/safety-first-lets-protect-our-children-from-ingesting-hand-sanitizer>
Poison and Drug Information: 1-800-332-1414
<https://www.albertahealthservices.ca/topics/Page11978.aspx>
- **Caring for Children During the COVID-19 Crisis** **Canadian Mental Health Association:** Provides tips and guidelines for parenting
<https://cmha.ca/news/caring-for-children-in-the-covid-19-crisis>
- **How to Support Children and Yourself During the COVID-19 Outbreak** **Centre on the Developing Child, Harvard University:** Activities, tips and resources to support healthy child development
<https://developingchild.harvard.edu/resources/how-to-support-children-and-yourself-during-the-covid-19-outbreak/>
- **Coronavirus (COVID-19): Physical Distancing and Family Wellbeing** **Raising Children Australia:** Making the most of family time during physical distancing
<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-physical-distancing-and-family-wellbeing>
- **Ways to Promote Children's Resilience to the COVID-19 Pandemic** **Child Trends:** Information on protective factors that can buffer children from harm and increase the chances they adapt positively to adversities such as the COVID-19 pandemic.
<https://www.childtrends.org/publications/ways-to-promote-childrens-resilience-to-the-covid-19-pandemic>
- **Parenting in a Pandemic: Tips to Keep the Calm at Home** **Healthy Children, American Academy of Pediatrics:** Tips from the American Academy (AAP) to help your family through the outbreak.
<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Parenting-in-a-Pandemic.aspx>
- Coping during the COVID-19 Pandemic: Yale's Guide for Families with Children with Autism Spectrum Disorder. Developmental Disabilities Clinics at the Yale Child Study Center. 2020 <https://bit.ly/3e1efFe>
- Dr. Nadine Burke Harris: Helping Adults and Children With Trauma During The Pandemic

Caregiver Resources and Guidance

Caregivers, this is for you!

Coronavirus (COVID-19) Pandemic Response

https://youtu.be/57EAL_e5Nf0

- Caring for Kids: A website designed by Canadian pediatricians to provide caregivers with information about their child's health and well-being
Helping children and teens cope with stressful public events
<https://www.caringforkids.cps.ca/handouts/disaster>
<http://www.caringforkids.cps.ca/>
- How to Talk to Kids About the Coronavirus
<https://youtu.be/WhVad8ToCiU>
- The @CAFND Children's Aid Foundation of Canada has been working on an ongoing open-source Youth Covid-19 resource list. <http://ow.ly/6x3M50z2DMI>
- Author Manuela Molina, created this short book for children under the age of 7 about COVID-19
<https://www.mindheart.co/descargables>
- Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic
- <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>
- ALIGN Website with Resources <https://alignab.ca/>

Maintaining the child's relationships to important people in their life

Family Time is recognized as essential for children to foster healthy connections, bonds and attachments with their parents, guardians, siblings and other significant connections. In-person visits will occur in accordance with the case plan and planning may include visits outside the home all while following Alberta Health Services (AHS) guidelines.

Other ways to maintain connections may include:

- Phone call, text and email.
- Writing letters, cards and post cards.
- Virtual play dates through: FaceTime, Google Duo, Google Hangouts, Zoom, Skype and other social media apps.
- 13 Activities to Make the Most Out of Video Chats With Kids. Parlakain, Rebecca. Public Broadcasting Services for Kids. PBS for Kids. 2020 <https://www.pbs.org/parents/thrive/activities-to-make-the-most-out-of-video-chats-with-kids>

Back to School for Kindergarten to Grade 12

Students across Alberta will return to class for the 2020/21 school year under *Scenario 1: In-class learning with enhanced health and safety measures*. You may have mixed feelings about the child or youth in your care returning to school. It is important for you to talk about your worries with your foster/kinship support worker and the child/youth's caseworker.

- Parents, students and school staff must review the self-screening questionnaire each day before going to a school building. Visitors must also use this questionnaire to determine if they may enter a school.
- For students with pre-existing or underlying medical conditions or risk factors, parents should:
 - Consult your child's physician to consider the health risks and make a decision about returning to school that will best support the child.
 - Contact your child's school to discuss available options and support.
- [COVID-19 information : get the facts : back to class for 2020-21](#)
 - <https://open.alberta.ca/publications/covid-19-information-get-the-facts-back-to-class-for-2020-21>
- [COVID-19 information: parents' guide 2020-21 school year](#) (available in seven languages) contains steps parents and students should follow to reduce the risk of COVID-19 in schools.
 - <https://open.alberta.ca/publications/covid-19-information-parents-guide-2020-21-school-year>

Caregiver Resources and Guidance

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Coronavirus (COVID-19) Pandemic Response

- The [school re-entry plan \(2020-21 school year\)](#) allows schools and parents to prepare for learning while putting student and staff safety first. The plan offers guidance on a wide range of operational issues including:
 - hygiene and health requirements
 - student learning
 - transportation
 - diploma exams
 - mental health and psychological supports for students and staff

Videos – Returning to school safely

- Elementary – [Returning to School Safely](#)
 - <https://youtu.be/GLaj98wmgRc>
- Junior and High School – [Returning to School Safely](#)
 - <https://youtu.be/CwYmS-P3Nn0>

For up to date information about school re-entry as well as the link to the Self-screening questionnaire, tool kit and resources, please visit <https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx>

- Check with your child’s school for possible specialized supports and services available for children and students with disabilities.

Note: If you are returning to work and require childcare, make a plan with your foster/kinship support worker and the child’s caseworker.

[Interactive and Learning Websites](#)

Check out these free education resources, virtual museums, virtual field trips, fun activities and more online.

Educational Programs on YouTube, Netflix and more...

- Lunch Doodles with Mo Willems (YouTube) <https://youtu.be/RmzjCPQv3y8>
- Pretend to travel the world. Go on a virtual tour of these 12 famous museums. <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- 20 Virtual Field Trips https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR3jDPMCVMwO5MFsGQb4h2byYyRcyTMabhEx8nWYINL4wYStvpKLFO9D_al
- 1 50 Educational Netflix Shows <https://homeschoolhideout.com/educational-shows-on-netflix/>
- Best Educational TV Shows on Netflix <https://observer.com/2020/03/best-educational-tv-shows-netflix-children-coronavirus-lockdown/>
- Educational TV Shows for Kids <https://teachbesideme.com/educational-tv-shows-for-kids/>
- PBS Kids <https://pbskids.org/everything/>
- YouTube Kids https://youtube.com/kids/?gclid=CjwKCAjwvOHZBRBoEiwA48i6Ap_SpDYL5r1D-r31k6rGI2GcmHgZtqMXvNws9bgb3I-VizFOYyvoKBoCHYoQAvD_BwE&qclsrc=aw.ds
- National Film Board of Canada <https://www.nfb.ca/>
- Caring for Each Other - Your friends on Sesame Street are here to support you and your family during the COVID-19 health crisis. <https://www.sesamestreet.org/caring>

Indigenous Language and Learning

- Check out Think Indigenous on Facebook. Indigenous educators help teach students online.
 - Think Indigenous - Online Indigenous Education K-8: <https://www.facebook.com/ThinkIndigenousOnlineEd>

Caregiver Resources and Guidance

Caregivers, this is for you!

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- Many Indigenous language apps are free and accessible. Easy way to help child stay connected to the culture and practice speaking, writing, and comprehension.
 - Cree Literacy Network <https://creeliteracy.org/>
 - Cree
 - [https://www.firstvoices.com/explore/FV/sections/Data/Plains%20Cree%20\(Y\)/Cree/Maskwacis-Cree/learn](https://www.firstvoices.com/explore/FV/sections/Data/Plains%20Cree%20(Y)/Cree/Maskwacis-Cree/learn)
 - Dene <https://www.firstvoices.com/explore/FV/sections/Data/Athabaskan/Dene/Dene/learn>
 - Blackfoot <https://dictionary.blackfoot.atlas-ling.ca/#/help>
 - Stoney <https://www.omniglot.com/writing/stoney.htm>
- Metis Nation of Alberta - Download and print off their Children's Booklet and learn about Métis culture and family history while stay safe at home. Follow the link: <http://ow.ly/gHeo50yWxlz>
- Interactive activities for caregivers and children brought to you by Sesame Street <https://sesamestreetincommunities.org/topics/foster-care/>

Regulation and Body Break activities.

- <https://www.bokskids.ca/boks-at-home/>
- <https://www.actionforhealthykids.org/activity/active-learning-opportunities/>
- <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>
- <https://www.youtube.com/user/CosmicKidsYoga>
- <https://app.sworakit.com/collections/kids-workouts>
- Making a Calm Down Kit <https://www.andnextcomesl.com/2016/04/what-to-put-in-a-calm-down-kit-for-kids.html>
- Deep Breathing Social story <https://www.andnextcomesl.com/2019/05/free-printable-social-story-for-teaching-deep-breathing.html>
- Make your Own Sensory Bottle <https://youtu.be/D7zp7KbxbKY>
- Alphabet Grounding Game <https://www.andnextcomesl.com/2019/06/free-printable-abc-grounding-technique.html>
- Make Your Own Sensory Bin <https://busytoddler.com/2016/04/sensory-bin-basics/>
- Indoor sensory activities <https://www.thechaosandtheclutter.com/archives/easy-indoor-sensory-activities-at-home>

Supplemental Academic Sites

- More than 4,000 resources aligned with Alberta's curriculum www.learnalberta.ca
- Google Chrome Extensions for Struggling Students and Special Needs https://www.controlaltachieve.com/2016/10/special-needs-extensions.html?m=1&fbclid=IwAR0AKTZYCZnYkC9u8oQLJxHF_48ULr8-Mkq0N2MU7NV_j9prGyr_IYDTmnU
- Scholastic has created a free learn-from-home site with 20+ days of learning and activities. <https://classroommagazines.scholastic.com/support/learnathome.html>
- https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR3fZDbT2HiB95k_PjJdjuTgejCzrGjW0ADiN_-IMdZDeWl6Gb7IhfXyvZA
- <https://www.starfall.com/h/>
- <https://www.abcya.com/>
- <https://www.funbrain.com/>
- <https://www.splashlearn.com/>
- <https://www.storylineonline.net/>
- <https://pbskids.org/>
- <https://www.highlightskids.com/>
- <https://kids.nationalgeographic.com/>

Caregiver Resources and Guidance

Caregivers, this is for you!

Coronavirus (COVID-19) Pandemic Response

- <https://www.coolmath4kids.com/>
- <http://www.mathgametime.com/>
- <https://www.uniteforliteracy.com/>
- <https://www.e-learningforkids.org/>
- <http://www.literactive.com/Home/index.asp>
- <http://www.sciencekids.co.nz/>
- <https://www.switchzoo.com/>
- <https://www.seussville.com/>
- <https://www.turtlediary.com/>

Community Supports

Many community members and organizations want to help those who are struggling through the COVID-19 pandemic.

- There are many support groups on Facebook and other social media platforms. Try looking on your community Facebook page or do a Facebook search for possible groups near you that can help.
- Examples of Facebook support groups:
 - Facebook COVID 19 community support, YEG (Edmonton) Community Response
 - CareMongering-YYC: YYC Community Response to COVID-19 (Calgary)
 - Beaumont, Alberta Community Response to COVID-19
 - Central Alberta Community Response COVID19

Financial Supports

- Talk to your kinship or foster care support worker if you are struggling financially due to COVID-19
- Service Canada - Employment Insurance (EI) sickness benefits provides up to 15 weeks of income replacement and is available to eligible claimants who are unable to work because of illness, injury or quarantine, to allow them time to restore their health and return to work. Canadians quarantined can apply for Employment Insurance (EI) sickness benefits due to COVID-19.
- Service Canada
 - Separate Line for COVID-19 related case: 1-833-381-2715
 - (EI Claims) <https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html>
- Canada Emergency Funds for COVID-19: <https://www.canada.ca/en/department-finance/economic-response-plan.html?fbclid=IwAR0BqbtBHKfm1S7PUFpAN28AsUeKaaVkFr6Z19EPY3tpVffXQWCrQ-O2K5k#individual>
- Alberta Income Support: 1-877-644-9992
 - <https://www.alberta.ca/income-support-how-to-apply.aspx>
 - Only online applications are accepted at this time
- Alberta Emergency Financial Assistance: 1-866-644-5135
- <https://www.alberta.ca/emergency-financial-assistance.aspx>
- TELUS internet for low income families <https://www.telus.com/en/about/company-overview/community-investment/how-we-give/cause-campaigns/internet-for-good>

Food

- Check your local grocery store or restaurant for home delivery
- Some grocery stores have online order and delivery.

Caregiver Resources and Guidance

Caregivers, this is for you!

Coronavirus (COVID-19) Pandemic Response

- There are many grocery stores including Superstore and Walmart that have order online and contactless car pick up. Check online for locations.
- Some grocery stores may still have shopping only hours for seniors. Contact your local grocery store for further details.
- Ask someone from your support network to pick up groceries for you
- Examples of home delivery services for restaurants in Alberta:
 - www.ubereats.com
 - www.doordash.com
 - www.skipthedishes.com
- Costco Grocery. Delivery available within qualified areas in Canada.
 - Same-day Delivery. Available for all groceries including fresh food and household supplies. The order minimum is \$35 before taxes. You must be present for delivery.
 - 2-day delivery; No minimal order; No delivery fee for orders of \$75.00 or more
<https://www.costco.ca/grocery-household.html>
- SaveOn Foods: <https://www.saveonfoods.com>
\$40.00 Delivery charge
- Walmart:
<https://www.walmart.ca/en/grocery/N-117>
Minimum purchase \$ 50 before tax
\$9.97 for delivery
Cancel order: 1-800-328-0402

Caregiver Resources and Guidance

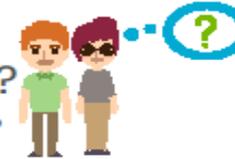
Caregivers, this is for you!

Coronavirus (COVID-19) Pandemic Response

APPENDIX 1

Do I Need Personal Protective Equipment?

Personal Protective Equipment (PPE) Guidance for Kinship and Foster Caregivers during the COVID-19 Pandemic
Guide for those supporting the caregivers.



UPDATED MAY 14, 2020 DRAFT

General Information

The most effective way to prevent the spread is:



- Practicing good hand hygiene
- Physical distancing (2 m./6 ft. apart)
- Cover coughs and sneezes
- Avoid touching your face
- Clean household items and sanitize hard surfaces



Do I Need PPE?

